

FAMILY-FOCUSED AND SCHOOL NUTRITION

Family Focused Nutrition Education

- Food, Fitness, and Fun: Putting It All Together for the Healthy Kids, Healthy Families, Healthy Weights
- Mom Talk: How to Communicate with Moms so They Will Listen and Take Action
- Talking with Parents about Weight: What to Say, How to Say it, and Using Messages that Work
- Partnering with Parents to Create Healthy Home Environments
- Nutrition for Latino Family Health Promotion
- Stop Texting and Start Living (At Least During Dinner!)

School Nutrition

- Strong Bodies, Smart Brains, Super Behavior: How Nutrient-Rich Foods and Physical Activity Help All Kids Be Ready-to-Succeed
- School Garden Success!**

Meal Planning and Family Meals

- Raising Healthy Kids: The Impact of Family Mealtimes on Health, Weight, & Total Well-being
- Who's Home for Dinner?
- More than a Meal: Resources and Strategies for Promoting Family Mealtimes
- Saving the Family Dinner Hour...or Half Hour
- Family Meals in a Fast Paced World
- Making the Menu: Planning Dinner Tonight--And Every Night of the Week--*no fuss, no muss, no problem!*
- Meal Makeovers: From Simple to "Extreme"!
- Menu Building with Leftovers
- Confidently Offering Gluten-Free Options
- Harmonizing Menus to Bring Diverse Tastes to the Table

*****New or Updated Topic***

SPEAKERS AVAILABLE FOR THE CATEGORY:

- Shelly Asplin, MA, RD, LMNT
- Gail Frank, DrPH, RD, CHES
- Dayle Hayes, MS, RD
- Georgia Kostas, MPD, RD, LD
- Barbara Mayfield, MS, RD
- Susan Nicholson, RD, LD
- Nancy Rodriguez, PhD, RD, CSSD, FACSM
- Bridget Swinney, MS, RD, LD
- Elizabeth Ward, MS, RD
- Liz Weiss, MS, RD

Family Focused Nutrition Education

Food, Fitness, and Fun: Putting It All Together for the Healthy Kids, Healthy Families, Healthy Weights

American families need nutrition and fitness help – now more than ever. With climbing obesity rates and chronic diseases in school age children, families desperately need practical, flexible advice for their 24/7 schedules. The key to weight management success is to make healthy choices fun and easy. In this motivating session, you'll learn realistic strategies for helping families eat more naturally nutrient-rich foods – and fit fitness into hectic lives.

Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 8000

Mom Talk: How to Communicate with Moms so They Will Listen and Take Action

With moms being the traditional gatekeeper of the house, it's important to interact with them in a way that will make them take notice and take action, to improve the health of their family and reduce the risk of child obesity. This presentation takes concepts from motivational interviewing as well as social media and advertising to help health professionals reach moms on a whole new level.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

Talking with Parents about Weight: What to Say, How to Say it, and Using Messages that Work

Weight – both overweight and underweight – is a sensitive subject. Nutrition advisors, like WIC and childcare staff, sometimes have difficulty knowing what to say, what not to say, and how to effectively discuss weight issues with parents. In this positive and practical session, Dayle will demonstrate effective strategies to use in both one-on-one counseling and small group presentations.

Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 8000

MyPlate for Moms: How to Feed Yourself and Your Family Better

This session reviews the dietary guidelines utilizing MyPlate for not only yourself, but your entire family. This presentation reviews the latest research as well as recommendations to implement within your own kitchens.

Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 8000

Partnering with Parents to Create Healthy Home Environments

Help parents recognize the impact of the home environment, including their personal health beliefs and behaviors, to impact their children's health and life style choices. Learn how to inspire a commitment to positive change that leads to healthier families. Be equipped to empower parents to take realistic and repeatable steps that become healthy habits that are sensible, satisfying and sustainable. Be prepared for obstacles and resistance to change.

Possible Learning Needs Codes: 4030, 4060, 6010

Nutrition for Latino Family Health Promotion

Identifies unique beliefs and cultural practices which challenge dietary recommendations for health promotion. Presents community-based participatory research (CBPR) interventions and results with positive results among Latinos. Knowledge of and intent to follow healthy behaviors as reported by mothers are discussed and a toolkit for approaches given.

Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 8000, 8015

Stop Texting and Start Living (at least during Dinner!)

Get an update on the latest research about how screen time affects health. Help Families understand how TV and Screen Time affects short and long term health of them and their children—and how to turn the trend around. This session will include hands-on time to develop messages to use in counseling sessions.

Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 8000

School Nutrition

Strong Bodies, Smart Brains, Super Behavior: How Nutrient-Rich Foods and Physical Activity Help All Kids Be Ready-to-Succeed

Nutrition provides the fuel for strong bodies, smart brains and super behavior at school and home. School meals can help bridge existing gaps in children's food security, health status and nutrient intake. Physical activity is critical for student health, cognition and well-being. Together, nutrition and fitness at school can also enhance the learning environment, student performance and academic success. This session will review the latest data on the status of children's health and explore recent research on the learning connection.

At the end of this session, participants will be able to:

- List the documented benefits of school meals, especially breakfast for at-risk students.
- Discuss the relationship of recess before lunch and classroom energizers to academics, behavior and nutrition.
- Identify ways dietetics professionals and other health providers can promote positive nutrition, physical activity and learning in schools.

Possible Learning Needs Codes: 2000, 4000, 8000

School Garden Success!**

School gardens are a great way to get kids interested in nutrition and in eating more produce. This talk will highlight successful school gardens across the country and share resources to bring the school garden and nutrition to the classroom.

Meal Planning and Family Meals

Raising Healthy Kids: The Impact of Family Mealtimes on Health, Weight, & Total Well-being

Promoting family mealtime could become a top strategy for preventing or reducing childhood obesity, improving children and family nutrition and health, and building stronger families and communities. When a family eats together, academic, emotional, mental, social, spiritual, and weight benefits follow. The demise of the family mealtime contributes to behavioral as well as weight issues for young children and young adults. Come strategize at this interactive session with colleagues to learn ways to improve family mealtimes and use the Enriching Family Mealtimes Toolkit with families, schools, organizations, and community leaders.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

Who's Home for Dinner?

Whether a family comes together for mealtime impacts a child's diet and eating habits, weight and health, academic performance, and emotional well-being. Today's families want to eat together but struggle with finding the time and energy. What are the barriers and what are the best reasons to overcome them? Learn successful strategies for getting families together for meals and how these can be promoted in communities.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

More than a Meal: Resources and Strategies for Promoting Family Mealtimes

Whether a family comes together for mealtime impacts a child's diet and eating habits, weight and health, academic performance, and emotional well-being. Learn about the negative effects the demise of the family meal has had on families and children. Promoting family mealtime could become a significant public health measure for improving nutrition and health, reducing overweight, and building stronger families and communities. Strategize on utilizing a variety of resources to promote the family meal to parents and families, schools, organizations, and community leaders.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

Saving the Family Dinner Hour...or Half Hour

In a perfect world, all families would sit down each evening to a healthful, balanced meal while enjoying each other's company and engaging in lively conversation. In reality, many of today's families juggle crazy schedules and tight budgets. During this session, the speaker discusses real-world tips and strategies that help busy families put great-tasting, nutrient-rich, and appealing foods on the table.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

Family Meals in a Fast Paced World

Today's busy family needs help with menu ideas that are easy to prepare, cost conscious and provide for tasty and nutritious meals. Fast food does not have to come from a chain restaurant. Learn how to educate the busy family on healthy meals, fast.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

Making the Menu: Planning Dinner Tonight--And Every Night of the Week--no fuss, no muss, no problem!

Eating Learn and identify skills necessary to teach clients and patients how to plan menus for their own healthy meals. Teach clients the importance of planning not only their meals, but will teach them how to shop strategically and cook efficiently. Dietitians will show clients menu planning skills for saving money through planning. They will embrace the concept of eating out of the pantry and freezer. R.D's will teach clients how to involve the whole family in putting healthful, delicious meals on the table in a timely manner.

Possible Learning Needs Codes: 4000, 6000, 8090, 8100

Meal Makeovers: From Simple to "Extreme"!

If your clients, patients, blog readers, or family members and friends are struggling to eat a healthful, nutrient-rich diet, they may be in need of a meal makeover. But where and how should they begin? During this session, attendees will take off their thinking caps and replace them with chef's toques as the speakers discusses strategies for "fixing" some of the most fatty, salty, sugar-laden recipes out there. From making an olive roux for lasagna and a low-fat cheese sauce for mac 'n cheese to incorporating whole grains into rich brownies and ingredients such as canned pureed pumpkin into whoopie pies, the speaker reveals interesting (and easy) culinary technique and ingredient swaps that consumers can easily implement in their own home kitchens. The icing on the cake: the meal makeovers are delicious and nutritious!

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

Menu Building with Leftovers

Learn strategies for people who think they don't have time to cook by using leftovers with flair. This session has an exercise from the Food Network show "Chopped", where they will be asked to think outside the box to develop meals from leftovers as well as unique items in the pantry.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

Confidently Offering Gluten-Free Options

Many homes in America are going gluten-free. This session will go over planning gluten-free menu options, distinguishing best practices when offering gluten-free options and troubleshooting real life scenario's to help your clients succeed in having a gluten-free lifestyle.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000

Harmonizing Menus to Bring Diverse Tastes to the Table

You have clients who want to have "family meals" but someone eats vegetarian and the rest of the family loves meat; or one family member has special dietary needs (possibly under your direction) but doesn't want to impose those restrictions on the rest of the family; or some like food spicy and others prefer mild. How can you help the menu maker please varying tastes, eating styles, and special needs without opening a restaurant? Learn how to equip families with practical strategies to overcome the challenges of feeding varying tastes and create a harmonious blend at meal time.

Possible Learning Needs Codes: 8090, 8060, 8100, 8015