

FOOD SERVICE AND CULINARY ARTS

School Nutrition and Food Service

- Serving Gluten-Free Meals: Is Your Kitchen or Food Service Ready?
- Mealtime in Child Care: Succeeding at Family Style Service
- MyPlate ZIPS to School: New Rules, Recipes and Regulations Pump Up School Meals ... Monday thru Friday!!
- School Nutrition Today: It's a Whole New Food Environment on Campus

Culinary Arts

- It's the Taste, Silly! Adding Taste Using Fruits, Vegetables and Spices
- The Flavor Bridge
- Weird Science: Food and Wine Reactions
- The Science of Beef Eating Satisfaction
- Perfect Pairings: The Art and Science of Food and Wine Pairings
- The Chef and the Sommelier
- Beef and Wine-Imagine the Possibilities**
- The 5 S's of Wine-How To Taste Wine Like a Sommelier**
- B & B (Beef and Bourbon)**
- Expanding Your Repertoire: Culinary Techniques Every Nutrition Professional Should Master
- Recipe Writing 101**

*****New or Updated Topics***

SPEAKERS AVAILABLE FOR THE CATEGORY:

- Shelly Asplin, MA, RD, LMNT
- Keith Belk, PhD
- Laurie Forster
- Dayle Hayes, MS, RD
- Barbara Mayfield, MS, RD
- Bridget Swinney, MS, RD, LD
- Dave Zino
- Toby Amidor, MS, RD, CDN
- Liz Weiss, MS, RD
- Michael Schafer, Esq., Sommelier, CSW, CCTP
- Keith Belk, PhD

School Nutrition and Food Service

Serving Gluten-Free Meals: Is Your Kitchen or Food Service Ready?

This session provide an overview of the differences between celiac disease and non-celiac gluten sensitivity and then dive into meal planning strategies, food prep strategies to avoid cross contamination and cite tools available to assist in gluten-free dining experiences.

Possible Learning Needs Codes: 2000, 4000, 8000, 8040, 8090, 8100

Mealtime in Child Care: Succeeding at Family Style Service

The mealtime environment, which includes the physical surroundings, the mealtime routine, the procedures for serving, and the social interactions during meals, plays an important role in encouraging healthy behaviors and promoting well-being. Learn how to assess and optimize mealtime environments and routines, comparing child-centered versus adult-centered practices. Discuss effective approaches to achieving family style service in all types of child care settings.

Possible Learning Needs Codes: 4150, 8010, 8030, 8110

MyPlate ZIPS to School: New Rules, Recipes and Regulations Pump Up School Meals ... Monday thru Friday!!

The Healthy, Hunger-Free Kids Act of 2010 required USDA, state child nutrition offices, and local districts to make many changes, at times dramatic ones, in school meals. The rollout of the new meal patterns and Smart Snacks in School has opened the door for multiple opportunities in programs, products and recipe. America's farmers, ranchers and food manufacturers responded with innovation; school nutrition professionals have used creative marketing to introduce the new items to their young customers.

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

- Outline basic requirements of the 2010 Healthy Hunger-Free Kids Act for Nutrition Standards in School Meals, Local Wellness Policies and Smart Snacks in Schools.
- Describe outstanding examples of new products, recipes and menus being served across the country.
- List sources of nutrition requirements, standards, best practices, resources and grant funding options for enhancing school programs.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000, 9000

School Nutrition Today: It's a Whole New Food Environment on Campus

Many dietetic professionals want to help improve school nutrition in their district, but are unsure about how best to work with the nutrition program director and other staff. Others want to join, or enhance the effectiveness of, a school wellness committee – and some are considering a career in school nutrition. This inspiring session will explore the requirements, resources and best practices necessary for anyone wanting to enhance the quality of school nutrition as a parent volunteer or begin a job search for a career in schools.

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

- Outline basic requirements of the 2010 Healthy Hunger-Free Kids Act for Nutrition Standards in School Meals, Local Wellness Policies and Smart Snacks in Schools.
- Describe financial reimbursements, costs, and realities for USDA school meals, including breakfast, lunch, after-school snacks and supper.
- Discuss recent evaluation research on the impact of school meal and nutrition education programs on student nutrition, behaviors and classroom performance.

- List sources of school nutrition requirements, standards, best practices, resources and grant funding possibilities for enhancing local school programs.

Possible Learning Needs Codes: 2000, 4000, 6000, 8000, 9000

Culinary Arts

It's the Taste, Silly! Adding Taste Using Fruits, Vegetables and Spices

Research confirms that people choose their food by taste, not by health. Learn the science of taste as well as how to incorporate taste without adding extra salt by using fresh and dried herbs, vinegars, fruits and vegetables. This session includes a recipe makeover that can be served for lunch. It can also have a hands-on aspect for participants to make their own flavorful concoctions.

This talk can be customized for different groups including School Nutrition staff, dietitians and nutritionists and culinary students.

Possible Learning Needs Codes: 2000, 8000

The Flavor Bridge

In the past, chefs leaned on sodium and fat to perk up flavor for the meals they were preparing. This session, presented by Executive Chef, Dave Zino, will share his personal epiphany that took place during the creation of The Healthy Beef Cookbook that sodium and fat are not necessary to create delicious and nutritious recipes. The flavor bridge is an interactive presentation including a cooking demonstration for practical application. The principles of Umami will be reviewed before the focus shifts to methods of incorporating flavor into recipes without adding fat or sodium.

Possible Learning Needs Codes: 2000, 8000

Weird Science: Food and Wine Reactions

Are you looking to advise your clients on how to incorporate wine into a healthy diet? Join Laurie Forster, The Wine Coach for a seminar that focuses on the key principles of food and wine pairing. Laurie will review the basic styles of white and red wine along with their typical flavor profiles. Then you'll discover how wine reacts with common food components like salt, acids, and fats. Understanding these reactions can be your guide to knowing the right wine for any dish. Attendees will walk away with the knowledge to create perfect food and wine pairings every time.

Possible Learning Needs Codes: 2000, 8000

The Science of Beef Eating Satisfaction

Production of 'protein' is easy, but production of a food that provides the eating satisfaction of beef is a complex series of management practices that are aimed at creating a superb dining experience for consumers. This presentation will also describe how the biological features of muscle are managed to maximize the sensory experience, and why U.S. beef offers the most unique and desirable eating experience available world-wide.

Possible Learning Needs Codes: 2000, 8000

Perfect Pairings: The Art and Science of Food and Wine Pairings

As more consumers make wine part of a healthy dinner they are also looking for advice on food and wine pairings. Laurie Forster, The Wine Coach® will begin her session with a lively discussion of the keys to food and wine pairing. Then Laurie will help attendees interactively discover how wine reacts with common food components like salt, acids, and fats. Different styles of wine will be sampled with light fare and participants will learn how to describe each wine with instruction on how to create perfect food pairings. Attendees will taste their way to understanding how to create delicious food and wine pairings every time.

Possible Learning Needs Codes: 2000, 6000, 8000

The Chef and the Sommelier

Join Executive Chef Dave Zino and the Wine Counselor, Michael Schaffer, as they present the wonderful marriage of wine and beef through lively discussion and sampling.

Possible Learning Needs Codes: 2000, 6000, 8000

Beef and Wine - Imagine the Possibilities**

Explore the varied possibilities of beef and wine pairings with The Wine Counselor®, Michael Schafer. While Cabernet Sauvignon is frequently the first choice, there are many other wonderful wines that enhance the king of meats.

Possible Learning Needs Codes: 2000, 8000

The 5 S's of Wine - How to Taste Wine Like a Sommelier**

Learn how to taste wine like a Sommelier using the 5 S's of wine tasting. Share with friends and family how much better beef tastes when paired with the appropriate wine.

Possible Learning Needs Codes: 2000, 8000

B & B (Beef and Bourbon) **

Discover how beef is enhanced using America's whiskey. Using recipes and pairings, experience the fantastic combinations these all-American products can create for your table.

Possible Learning Needs Codes: 2000, 8000

Expanding Your Repertoire: Culinary Techniques Every Nutrition Professional Should Master

Traditional French culinary techniques rely on butter, salt, and sugar to flavor food. However, these are foods nutrition professionals are trying to minimize in most diets. Basic healthy flavor enhancers, sauce alternatives, and cooking techniques will be discussed along with examples on how to use them. Once a nutritional professional can master these techniques, they can begin to develop their own delicious, healthy recipes.

Possible Learning Needs Codes: 2000, 8000

Recipe Writing 101**

Whether you're creating an original recipe from scratch for a blog, publication, or for your clients or using a recipe you found online or elsewhere, knowing the basic rules for recipe writing is critical for mealtime success and for putting nutrition guidelines into action on the dinner table. If a recipe is unclear and too difficult to follow or simply does not work, then you run the risk of wasted ingredients and frustrated consumers. During this session, you'll learn how to write a good recipe, evaluate existing recipes, and use best practices for using and giving credit to outside recipe (and food photo) sources.

Learning Objectives:

- List basic rules of recipe writing

- Explain how to adapt recipes to your target audience
- Identify best practices for crediting third-party recipes

Possible Learning Needs Codes: 2000, 8000

*****New or Updated Topics***