

PA NEN & PA SNAP-Ed Joint 2018 Conference

Nutrition Educators: Making Behavior Change Happen *Learn, Eat, Live*



April 30 – May 1, 2018

Kalahari Resort, Pocono Manor, PA



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Nutrition Educators: Making Behavior Change Happen *Learn, Eat, Live*

PA NEN's Mission

The Pennsylvania Nutrition Education Network facilitates communication among individuals and organizations engaged with improving nutrition in our communities. We work to ensure that effective, evidence-based, appropriate nutrition resources – primarily for low income populations – are available across the state.

About the Conference

Join PA NEN and PA SNAP-Ed for this groundbreaking, joint conference featuring well-known food and nutrition experts and professionals, who work with low-income populations. We will utilize the proven, highly effective intervention settings (Learn, Eat, Live, Work, Shop, and Play) and explore best-practices to positively impact the behavior change(s) of low income Pennsylvanians.

You will have many opportunities to learn, network, and have fun with your colleagues while collaborating on ways to put these concepts into action.

Monday, April 30th

9:30 am – 5:00 pm Registration and Resource Area are Open

11:45 am – 1:00 pm PA SNAP-Ed Opening Plenary Session

Meeting Resistance to Nutrition Education with Resilience: How to Stretch Your Participants Mindset without Snapping

Kathy Parry, Owner and Founder, Wellness Road Trip/
Kathy Parry, LLC

Daily, nutrition educators try to stretch participants towards healthier eating, yet are often met with resistance. The challenge of changing behaviors can feel overwhelming. Learning to stretch instead of snapping in the face of challenging circumstances will be the focus of this plenary session. In this powerful keynote, Kathy Parry will share a three-step method to help educators not only become more resilient in their practice, but also show how to develop change-friendly mindsets in their participants. While sharing her 3-R method for resilient behaviors (React, Reframe, Re-energize), Ms. Parry will engage the audience using questions and interactive exercises. Attendees will leave the session with the toolkit needed to not only help participants stretch but also learn the best practices to stay resilient in their practices.

Conference Goals

- Inform and update participants about current nutrition issues related to food access, dietary intake, and nutritional status of low-income Pennsylvanians.
- Engage participants in interactive learning opportunities to explore effective nutrition education strategies.
- Share best practices for implementing effective programs that incorporate policy, environmental, or systematic change.

Who Should Attend?

Includes but is not limited to: Nutrition Educators, WIC Nutritionists, Nutritionists, Dietitians, Health Professionals and Paraprofessionals, Early Childhood Educators, Anti-Hunger Advocates, School Food Service Directors, Public Health Advocates as well as those concerned with food access issues and the nutrition issues affecting low income Pennsylvanians.

Continuing Education Credits

At the time of print PA NEN has applied for Continuing Education Credits from:

- The Academy of Nutrition and Dietetics (CDR)
- The American Association of Family and Consumer Sciences

Tuesday, May 1st

6:00 am – 2:45 pm Registration Open

7:00 – 8:00 am Breakfast Buffet and Resource Area are Open

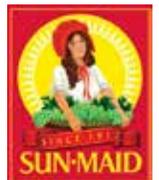
8:00 – 9:00 am Breakfast Keynote

Let's Eat Mindfully!

James Painter, PhD, RD, Adjunct Professor,
University of Texas –Houston, School of Public Health

Most people are not aware of the volume of food they consume, and this lack of awareness may lead to over-consumption. Dr. Painter will illustrate, with examples, how portion sizes have increased over the past two decades and the ways to control food portions. Dr. Painter will also present techniques to help consumers eat less and help restaurants reduce food waste. He will discuss current research regarding mindful eating, as well as modifying the eating environment to encourage consumers to make better choices and put restaurants in a position where they can offer customers foods that hit the "sweet spot" of tasty and healthy.

The breakfast keynote is sponsored by Sun-Maid.



Concurrent Training Workshops & Sessions Descriptions

Complete descriptions, learning objectives, available concurrent sessions, and speaker bios will be available online beginning February 1, 2018.

Intercultural Competency for Effective PSE Implementation

Lupita Fabregas, PhD, Assistant Director, 4-H Diversity & Expansion, University of California Division of Agriculture and Natural Resources

One of the main important challenges for nutrition educators in the 21st Century is welcoming diversity, fostering inclusion, and improving personal intercultural competence. The challenges and the opportunities are clear; we have the responsibility of improving participants' intercultural competence, developing abilities to effectively work with people from other cultures, and building organizations and programs which reflect the culture of the people we serve.

Creating a System to Overcome Poverty

Chuck Holt, President/CEO, The Factory Ministries

Both locally and nationally the statistics of those struggling in poverty is staggering and the numbers continue to rise. This workshop is for those who are ready to look at poverty through a different lens and define it in a more comprehensive manner. This Bridges Out of Poverty overview will interactively explore, how to address poverty in our communities in a more systemic and sustainable way. We will create accurate mental models of class in order to create relationships of mutual respect across all classes.

Good and Cheap: Eat Well on \$4 a Day

Leanne Brown, Author, Good and Cheap: Eat Well on \$4 a Day

Kitchen skills are the key to good eating, especially on a limited budget. Leanne Brown shares the power and process of cooking the many delicious meals available to those even on the strictest budgets, particularly those on the US SNAP-Ed budget of \$4 per day/per person. Each session will include a cooking demonstration of two recipes prepared and presented by Ms. Brown.

Closing the Gap between Good Intentions & Healthy Habits

Monica Reinagel, MS, LD/N, CNS, Owner, Nutrition Over Easy

It's not enough to tell people what they should be eating. Even explaining the benefits of a healthy diet isn't enough. If we want to close the persistent gaps between the recommendations outlined in the Dietary Guidelines and typical eating patterns, we need to break down the cultural, logistical, and culinary barriers that stand between good intentions and better eating habits. Leave this session armed with concrete strategies and tips that will help your participants build kitchen confidence and competence, expand cultural and culinary horizons, and increase their intake and enjoyment of healthful foods.

Hunger: An Invisible Epidemic & the Pivotal Role of Nutrition Educators

Clancy Cash Harrison, RD, Healthy Living Lifestyle, LLC

Hunger is an invisible epidemic. With over 42 million food insecure Americans (13.1 million are children), hunger lurks on every corner and has been growing more rapidly in the suburbs since 2007. Nearly 40% of the people who qualify for food assistance do not apply for the help they need due to the stigma associated with food assistance. Educators, regardless of specialty, work with participants struggling to feed themselves and their family. Clancy will demonstrate practical solutions that add dignity to a process that is often shamed, and will identify how effective collaboration with community partners will improve health outcomes.

Super Hero Nutrition for Elementary Aged Children

Kathy Parry, Owner and Founder, Wellness Road Trip/ Kathy Parry, LLC

Ask a child who their favorite super hero is and you will get immediate and passionate responses. Ask them what their favorite super food is and you will get blank stares. This session will provide a fool-proof template to engage and teach elementary aged children key nutritional information, while having fun! Kathy Parry will outline how to approach school and program administrators about nutrition presentations so attendees can get in front of this critical audience. Learn how you can engage students with exercises that speak their language, games that are interactive, and language they can use to help their parents and caregivers understand what they have learned.

Innovative Approaches to Food Security: Partnerships between Healthcare & the Emergency Feeding Network

Moderator: Jorja Barton, Health Innovations Coordinator, Central Pennsylvania Food Bank

Co-Presenters: Judith Dillon, MSN, MA, RN, Director of Community Outreach, Penn State Milton S. Hershey Medical Center; Andrea Feinberg MD, Medical Director of Health and Wellness Geisinger Health; Allison Hess, Associate Vice President of Health and Wellness Geisinger Health

The Central Pennsylvania Food Bank, along with representatives from Geisinger Health Plan and Penn State Health, will present current projects that have been designed to work with low income, food insecure individuals. These projects focus on Food as Medicine and offer intensive engagement with low income consumers, many of whose health is compromised. The overall goal of this session is to introduce participants to collaborative partnership models that intersect the emergency food distribution network with healthcare services and nutrition education programming.

Concurrent Training Workshops & Sessions Descriptions

Growing Healthy Children through Continuous Quality Improvement

Lori McMonigal, Coordinator for Special Projects, TIU 11 Community Education and Workforce Services

Co-Presenters: Shannon Dryden, Healthy Early Childhood Coordinator for Get Healthy Philly, the Philadelphia Department of Public Health's Division of Chronic Disease Prevention; Dyan Schauer, Project Manager, TIU 11 Community Education and Workforce Services & Libby Ungvary, MEd ECELS Director, PA Chapter, American Academy of Pediatrics

Join us to hear how state agencies are working together through the Keystone Kids Go! initiative to improve the nutrition and physical activity habits of children and their adult role models through policy, systems and environmental change. Discussion will include outcomes from the Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC) process, the impact Child Care Health Consultation has on policy development, and how the integration and support of new beverage and screen time recommendations passed by the Philadelphia Board of Health has inspired action. Gain access to resources and opportunities that encourage programs to implement manageable changes that will result in a meaningful, healthy impact.

Application for the New Sugar Labeling Laws (Food Demo)

James Painter, PhD, RD, Adjunct Professor, University of Texas -Houston, School of Public Health

Co-Presenter: Maggie Schuster, RD, Nutrition Consultant

Since the 1960s sugar has been associated with many chronic diseases, however, it was so overshadowed by the demonization of fat; nutrition education has not prioritized reducing added sugars... until today. With the FDA's requirement to list added sugar on the nutrition facts panel scheduled to take effect in little over a year, dietitians are on the verge of being the key to help consumers and companies understand the implications of this new addition to the food label. Unlike the low fat fad, this trend is likely to last and have far reaching impacts on the food industry because the trifecta of modern science, consumer perception, and government guidelines all agree that added sugar is a major contributor to chronic diseases.

Best Practices for Developing a Representative Local Wellness Policy

Elizabeth Hivner, CHES, Project Coordinator, Penn State Pro Wellness

Co-Presenter: Jennifer Edmondson, Public Health Nutrition Consultant, Penn State Pro Wellness

In this session, participants will engage in a simulation that will showcase the tools and resources available to assist school districts in revising their local wellness policies. Experts from the Department of Education and Penn State PRO Wellness will guide participants through a step-by-step process to inform and assist school district wellness councils in developing LWP's that meet National and State guidelines.

Collaborating on Food Access: The Case of SHARE Produce Stands at Philadelphia Schools

Erin Cassar, Research Assistant, School District of Philadelphia (EAT. RIGHT. NOW.)

Co-Presenters: Beth Brody, Outreach Director, SHARE Food Program & Kim Brenneman, Program Coordinator, School District of Philadelphia (EAT. RIGHT. NOW.)

In Pennsylvania, it has been estimated that 17.9% of children experience food insecurity, which presents an enormous challenge for nutrition education in schools. This presentation will discuss a unique collaboration between the School District of Philadelphia's Eat.Right.Now. and SHARE Food Program that aims to both increase parent/caregivers' knowledge through educational workshops as well as provide access to healthy foods through SHARE produce stands. This session will also explore how this model addresses the broader Policy, Systems, and Environmental (PSE) changes within schools and communities and how other organizations might employ a similar model.

Making It Real at the Register: Applying the Nutrition Education You've Learned to Eat & Live

Kilene Knitter, RD, Nutritionist, Giant Food Stores

Did you know Giant Food Stores has nine in-store Nutritionists available to help your clients navigate the grocery store and have a successful shopping experience? As Nutrition Educators, you lay a strong foundation that allows for positive behavioral changes to be made. In order for those changes to develop into lifelong healthy habits, there needs to be continued education and support. Learn how Giant Nutritionists can provide that for your clients. By reinforcing topics, like MyPlate, meal planning, shopping for value, and more; together we can make it real at the register by helping clients turn learned skills into everyday healthy practices.

Registration Information

	Member Rate Before March 31	Non-Member Rate Before March 31	Member Rate After March 31	Non-Member Rate After March 31
Entire Conference Fee	\$155.00	\$180.00	\$180.00	\$205.00
Day 1 Only - Monday, April 30	\$75.00	\$100.00	\$100.00	\$125.00
Day 2 Only - Tuesday, May 1	\$95.00	\$120.00	\$120.00	\$145.00
Student Fee (Undergraduate/ Dietetic Interns)	\$55.00	\$55.00	\$80.00	\$80.00

Registration opens February 1, 2018

ACCOMMODATIONS

Registrants are responsible for their own accommodations and should make reservations directly with the hotel. A block of rooms have been reserved at the Kalahari Resorts & Conventions, 250 Kalahari Blvd., Pocono Manor, PA 18349. A special room rate of \$150, per standard room plus applicable taxes, is available to conference registrants. To reserve a room, call 877.525.2427 and ask for the PA NEN 2018 Annual Conference Room Block or click [here](#) and use code 1330 to reserve a room online. Discount rates expire Saturday, March 31, 2018. For more information about the Kalahari Resorts & Conventions, click [here](#).

CANCELLATION

A \$50 administrative fee will be assessed for all cancellations received before April 1, 2018. There will be no refunds or credits for cancellations received after April 1, 2018. Substitutions are accepted.

PHOTO RELEASE

By submitting a registration form for this conference, you verify that you are volunteering to participate in a photograph, video and/or materials that may be used to represent the Pennsylvania Nutrition Education Network for educational/informational use on public brochures, training modules and/or on any other promotional materials in the form of print and/or web-based versions.

GUESTS

Guests are permitted at meal functions. There is a \$50 fee per meal, per guest. To register your guest please contact Rose at rcleland@phmc.org or 717.233.1791. Guests will be issued a guest badge and will only be permitted to attend the meal functions that they registered and paid for.



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