



2019 Concurrent Breakout Session Descriptions

Leading the Way through Evidence Based Education!

Many of the descriptions are abbreviated versions. Complete descriptions, learning objectives, available concurrent sessions, and speaker bios will be available in February. Speakers are subject to change.

Power Up Your School

Brittany Hamill, MHA, Operations Manager, SNAP-Ed, Adagio Health, Inc.
Co-Presenters: Teresa Yoder, MAFS, RDN, LDN and Sara Mastrine, DTR (Supervisor II, Adagio Health, Inc)

Research supports that physical activity enhances communication in the brain for improved learning and increases eye-hand coordination essential for reading. Power Up educators are using this research to support increasing physical activity breaks in the classroom. All educators will provide a physical activity "energizer" during each of their direct education lessons. Additionally, Power Up educators can provide a 90-minute training to teachers through an in-service on how to lead a wide variety of short physical activity breaks that reinforce academic concepts.

Physical Activity: Making Behavior Change Happen

David Genova, Director of Health Promotion, Montgomery County Department of Health and Human Services

The decision to be physically active depends on both a person's motivation and ability to be active. Businesses, schools, health centers, key stakeholders, health care professionals all have a responsibility to help create environments in which people can safely choose to be physically active. During this session we will streamline the process of creating a physical activity plan by going through the five steps of physical activity plan formation. This session will directly benefit anyone interested in creating a physical activity plan for their community, schools, or worksites. Together we can organize an effort to get people moving.

Addressing Resistance and Creating Buy In the School Setting

Jessica Lawrence, MS, Director, Cairn Guidance

In this session, participants will participate in a variety of engaging activities around working and partnering in the K-12 school setting. The topics addressed will include addressing resistance, creating buy-in among education leaders, creating sustainable initiatives in schools, sharing your story and setting next steps. Most school administrators believe that healthy kids learn better, however, they are being held accountable for test scores, attendance and graduation rates. How do you effectively make your pitch and align what you do in the field of nutrition and healthy eating to those accountability measures? This session will help you align the two!

Spend Smart. Eat Smart: Online Tools to Complement Nutrition Ed.

Jody Gatewood, MS, RD, LD, Assistant State Nutrition Program Specialist, Iowa State University Extension and Outreach

Co-Presenter: Justine Hoover, MS, RD, LD, Human Sciences Specialist, EFNEP, FNP, Iowa State University Extension and Outreach

In order for nutrition educators to remain relevant they must meet consumers where they are and communicate using modern media. Spend Smart. Eat Smart. is a suite of high-quality, audience-centered online resources that are research-based and free to nutrition educators. Spend Smart. Eat Smart. content and delivery is specifically designed for a low-resource audience and material is ideal for use with EFNEP, SNAP-Ed, WIC and other nutrition programs.

Coalition Building for More Effective Nutrition Education Leading to Behavior Change

Mary Marczak, PhD, Director, Urban Family Development and Evaluation, University of Minnesota Extension

So why is it that one often sees gazelles hanging out with lions in the plains of Africa even though lions are their primary predators? The answer offers us a useful reminder about the importance of being intentional about inclusion and diversity when addressing complex issues of behavior change leading to healthy living. Coalitions play a critical role in developing and implementing relevant, effective nutrition education that leads to behavior change. However, without being intentional about diversity and inclusion, an undiagnosed knowledge gap or potential blind spot may mean a team might not fully understand the issue. When programming, what you don't know will affect success as much or more than what you know, and as the African gazelles have come to know too well- it's the lion that you don't see that'll eat you!

Voices for Food: Nutrition Educators as Community Coaches to fulfill PSE Standards

Suzanne Stluka, MS, RDN, LN, Food & Families Program Director, SNAP Ed Coordinator, South Dakota State University Extension

Co-Presenters: Lindsay Moore, MS, Family & Community Health Field Specialist, South Dakota State University Extension and Rebecca Henne, SNAP-Ed Coordinator and Associate Program Leader, Michigan State University Extension, Eaton County Extension Office

Contributing Author: Lacey McCormack, Assistant Professor, Director of the Undergraduate Didactic Program in Dietetics, South Dakota State University Extension

Voices for Food is a multi-state, trans-disciplinary intervention that focused on enhancing food security and improving access to and availability of nutritious foods in rural, high poverty communities in South Dakota, Indiana, Michigan, Missouri, Nebraska and Ohio. *Voices for Food* focused on three main components: Community Coaching, Food Policy Councils (FPCs) and Food Pantries. Nutrition Educators and Paraprofessionals were engaged as community coaches to fulfill policy, system and environment (PSE) standards through the development of FPCs, and the transition to guided-client choice (*MyChoice*) model of distribution in food pantries. The project team just concluded the 6-year study on the use of Nutrition Educators and Paraprofessionals as community coaches and as a result has compiled best practices for Extension staff engaging in PSE by serving as a community coach. . The results and practice-based tools, which include the *Voices for Food: Coaching Confidence Scorecard*, the *Voices for Food: Food Policy Council Scorecard* and the *Voices for Food: MyChoice Scorecard*, will be shared.

Community Cooks: A Food Pantry Based Nutrition Ed. Program

Tracy Oliver PhD, RDN, LDN, Associate Professor, Villanova University

Co-Presenter: Rebecca Shenkman MPH, RDN, LDN, Director for the MacDonald Center for Obesity Prevention and Education

Food insecurity has continued to increase over the past several decades and is often linked to negative health outcomes. To combat food insecurity, the number of food pantries has also grown in efforts to provide emergency and supplemental food in times of need. Nutrition education delivered within a food pantry is a suggested strategy to improve the diets of those who are food insecure. This program, "Community Cooks", evaluated the feasibility of utilizing peer mentors from a Martha's Choice Marketplace (MCM) food pantry to deliver this type of nutrition education.

Real Food First, Nutrition Follows

Weston Petroski, Nutrition Coordinator, Project SHARE

Despite our continued efforts as nutrition educators to teach clients about eating healthfully through the nutrition facts label, Americans are just as confused as ever. By teaching participants how to use simple, whole food ingredients to cook flavorful and healthy meals from scratch, lasting, positive behavior change is possible. During this session, we will not only discuss how community cooking programs can embed nutritional Policy, System and Environmental changes into your community, but how by simply focusing on real food first, nutrition will inevitably follow. Real Food First, Nutrition Follows takes an in-depth look at how a poorly attended nutrition class at a central Pennsylvania food pantry turned into a thriving community-cooking program with record attendance.

Food Insecurity: What Can You Do To Help!

Teri Wassel, RD, Public Health Nutritionist, Montgomery County Office of Health and Human Services

Food insecurity remains a problem in different pockets throughout Montgomery County as well as neighboring counties. Many populations do not have easy access to fresh produce for reasons such as budget constraints, location of available produce and inability to drive to a location to purchase fresh foods. The Montgomery County Department of Health and Human Services developed a strategic plan to implement community gardens to improve access to fresh produce and create educational opportunities on nutrition and cultivation. During this session, participants will learn on how to bridge the gap between food insecure residents and access to fresh produce through building community gardens, nutrition education, healthy cooking demonstrations, and programming on produce preservation. Not only will participants gain sustenance from this session, but they will learn how to incorporate fruits and vegetables into their diet while developing skills to start and sustain a garden or a CSA produce project. Maintenance and harvesting of a garden will provide a unique opportunity for physical activity, teamwork, and social interaction.

We Made a Kid Friendly Garden! You Can Do It Too!

Cheryl Moss, Owner/Director, A Mother's Touch Center for Child Development

Co-Presenter: Michelle Smith Co-Presenter Position, Outreach Manager Pennsylvania Head Start Association

Research shows that children learn best through play. Children love playing in the dirt. This session will highlight how an Early Childhood Educator was able to turn young children's love of playing in dirt the dirt into a thriving Garden. Topics will include how to create a garden with kids, how gardening with young children lines up the PA Learning Standards Farm to ECE and STARS, discovers various grants available to implement a ECE garden, as well as the positive impact gardening has on children and their families.