

PA NEN 2019 Annual Conference

PA Nutrition Education Network

NUTRITION EDUCATORS

LEADING THE WAY



APRIL 29-30, 2019

NEMACOLIN WOODLANDS RESORT

FARMINGTON, PA



NUTRITION EDUCATORS LEADING THE WAY



About PA NEN

For over 20 years, PA NEN has been 'Your Nutrition Resource Connection' providing effective, nutrition education resources for low income population, as well as providing professional development opportunities for nutrition educators who are LEADING THE WAY to creating sustainable positive behavior change for the SNAP/Food insecure population.

About the Conference

Are you looking for information to help guide you through the ever changing world of nutrition education? Let us empower you to continue Leading the Way!

The conference features forward thinking speakers who will share best practices for enhancing partnerships, systems, and environments to create behavior change and build healthier communities.

Come spend two days learning and networking. Leave with new strategies and techniques that will further empower you to assist your participants to make positive behavior change.

Conference Goals:

1. Learn effective ways to engage the SNAP/food insecure population
2. Explore current nutrition issues related to food insecurity
3. Adopt strategies to create sustainable positive behavior change
4. Develop new partnerships

Who should attend?

YOU! If you are passionate about promoting and implementing nutrition education that encourages positive behavior change, then this conference is for you!

Continuing Education Credits:

CDR Credits Pending Approval

The Agenda at a Glance

Times are subject to change. Please refer to the [website](#) for the most up-to-date agenda.

Monday, April 29

9:00 AM - 7:15 PM:	Registration Area is Open
9:00 AM - 7:15 PM:	Resource Area is Open
1:30 PM - 2:00 PM:	Welcome: Conference Launch
2:15 PM - 3:30 PM:	Concurrent Sessions
3:45 PM - 5:00 PM:	Concurrent Sessions
5:00 PM - 7:15 PM:	Evening Reception

Tuesday, April 30

6:00 AM - 4:15 PM:	Registration Area is Open
6:00 AM - 4:15 PM:	Resource Area is Open
7:00 AM - 9:00 AM:	Breakfast Buffet: Rise & Shine!
7:30 AM - 8:00 AM:	Annual Member Meeting
8:00 AM - 9:00 AM:	Breakfast Keynote
9:15 AM - 10:30 AM:	Concurrent Sessions
10:30 AM - 11:00 AM:	Networking
11:15 AM - 12:30 PM:	Concurrent Sessions
12:30 PM - 1:30 PM:	Lunch
1:30 PM - 2:45 PM:	Concurrent Sessions
3:00 PM - 3:45 PM:	Closing Celebration



Welcome

Leading the Way Conference Launch!

Date: Monday, April 29

Time: 1:30 – 2:00 PM

The official opening of the 2019 PA Nutrition Education Network Conference will take place on Monday, April 29 in the beautiful Ballroom of the Nemaquin Woodlands Resort.

The Launch will lead you on your way to excellent opportunities to network with others who have a passion for serving the SNAP/food insecure population.

Join us as we launch into two days of discovering ways to Lead the Way to positive behavior change!

Resource Area

Leading the Way with New Resources!

Date: Monday, April 29

Time: 9:00 AM – 7:15 PM

Date: Tuesday, April 30

Time: 6:00 AM – 4:15 PM

The 2019 Resource Area is a hub where you will make connections with exhibitors and learn about the latest nutrition education resources. You will have the opportunity to meet with the industry's best and most-innovative exhibitors. You can expect to network with organizations that will meet or exceed your nutrition education resource needs.

You can also feel free to relax, prepare for your next session or network with colleagues and exhibitors.

Evening Reception

Leading the Way through Networking!

Date: Monday, April 29

Time: 5:00 – 7:15 PM

Building a network of nutrition professionals is one of the main goals of PA NEN. By fostering your connections with others, you can develop more resources and Lead the Way to creating sustainable nutrition behavior change.

Get to know your colleagues in a relaxed environment. Enjoy!

Breakfast Keynote:

Leading the Way to Do Something Extraordinary!

Date: Tuesday, April 30

Time: 7:30 – 8:00 AM

Jessica Lawrence, MS, Director, Cairn Guidance

Three years ago, Jess experienced her own call to action. During the summer of 2013, she successfully completed a 23-year old dream of bicycling 4,197 miles across the country. Solo. In her keynote, Jess shares the extraordinary journey of preparing and fulfilling a major life goal, and relates her experience to key lessons that empower leaders to create positive change within the Public Health and Education sectors. She motivates her audiences to create personal calls to action, and has her participants up and moving throughout the presentation to provide an atmosphere that welcomes movement, connection, and change.

In sharing her story, Jess hopes to inspire you and give a voice to audience members' own professionally journeys, daring them to do something extraordinary to create lasting change.

Annual Membership Meeting

Leading the Way through Engagement!

Date: Tuesday, April 30

Time: 7:30 – 8:00 AM

Meet the 2019/2020 Board of Directors, receive an update on the past year and learn what is planned for the coming year.

Find out how PA NEN is working in the state and ways that you can engage in the process. This meeting will be held during the breakfast buffet.

Networking Break

Leading the Way through Collaboration!

Date: Tuesday, April 30

Time: 10:30 – 11:00 AM

Sure, you could hang out in the lobby "Snapchatting" but that wouldn't lead to new opportunities, now would it?

Take a tech break: reconnect with colleagues, visit vendors, and make new friends at this Leading event for nutrition educators.

Lunch & Table Topics

Leading the Way through Conversation!

Date: Tuesday, April 30

Time: 12:30 – 1:30 PM

During Tuesday's lunch hour, sit in on fun conversations with your peers. We'll provide the lunch – you provide the great conversation!

Finished lunch with time to spare? This would be a great time to connect with the exhibitors.

2019 PA NEN Closing Celebration

Leading the Way to Success!

Date: Tuesday, April 30

Time: 3:00 – 3:45 PM

PA NEN is excited to announce it's inaugural Closing Celebration!

We will recognize members who are "Leading the Way!" and show appreciation for the services they provide not only to PA NEN but to their communities as well.

Stay and celebrate your contributions that have made PA NEN "Your Nutrition Resource Connection."

For your trip home, be sure to grab a complimentary 'road snack'.

Learn more about Nemaquin's movement to use [locally sourced](#) products and services.



2019 Concurrent Breakout Session Descriptions

Leading the Way through Evidence Based Education!

Many of the descriptions are abbreviate versions. Complete descriptions, learning objectives, available concurrent sessions, and speaker bios are available [here](#). 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 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 they'll eat you!

Registration opens February 18, 2019

- **Online Registration:** Click here to [register](#)
- **Group Registration:** If you are registering a group of 3 or more, PA NEN staff will be able to help
 - Each staff person completes [this form](#)
 - Submit all completed forms to pa_nen@phmc.org

2019 Concurrent Breakout Session Descriptions

Leading the Way through Evidence Based Education!

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

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-Presenters: Lisa Kieser Diewald, MS, RD, LDN, Program Manager, MacDonald Center for Obesity Prevention and Education, Villanova University

Rebecca Sherkman MPH, RDN, LDN, Director for the MacDonald Center for Obesity Prevention and Education and Lisa Diewald, Villanova University

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

Long lasting, positive behavior change is possible when participants learn how to use simple, whole food ingredients to cook flavorful and healthy meals from scratch. Real Food First, Nutrition Follows takes an in-depth look at how a Central Pennsylvania food pantry did just that by transforming a poorly attended nutrition class into a thriving community-cooking program. During this interactive session, we will discuss how community-cooking programs that focus on real food first will inevitably lead to positive behavior change and improved nutrition. Topics covered will include the downfalls of the 'nutritionism' paradigm, the beauty of food synergy, and common whole-foods that may prevent chronic diseases.

SILVER SPONSOR

PA NEN would like to thank Visualz,
formerly *Learning ZoneXpress*,
for supporting PA NEN since 2011.

Stop by their table to visit with Mary Beth, **sign up for a \$100 Gift Certificate**, and hear the latest news - new name and ownership, more customization opportunities, and as always, samples of new products.

Visit www.getvisualz.com.



2019 Concurrent Breakout Session Descriptions

Leading the Way through Evidence Based Education!

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

Farm-to-early care and education (ECE) learning experiences provide / families learn to develop and improve healthy eating habits that create lifelong healthier family lifestyles. Farm-to-ECE activities can be seamlessly woven into current daily routines, learning environments, assessment practices, and family partnerships. Join us to learn more about the developmental benefits of gardening in children. Come and learn how programs can make their own gardens and ways these gardens cover the Key Learning Areas of Pennsylvania's Early Learning Standards.

Registration Information

	Member Rate	Non-Member
Entire Conference Fee	\$185	\$205
Day 1 Only - Monday, April 29	\$90	\$110
Day 2 Only - Tuesday, April 30	\$110	\$130
Student Fee*	\$75	\$90

*In State Undergraduate/ Graduate/ Dietetic Interns

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 - Each staff person completes [this form](#)
 - Submit all completed forms to pa_nen@phmc.org

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 Nemaquin Woodland Resort. Room rates, reservation cut off date, and reservation group code can be found [here](#).

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.