

CATEGORY: FAMILY-FOCUSED AND SCHOOL NUTRITION

Adequate nutrition, both at school and home, is critical for children as they require a variety of nutrient-rich foods to help them grow. These sessions focus on school food service and family meal planning, and include strategies that schools and parents can utilize to provide healthy offerings for their students and children.

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
- Nutrition for Latino Family Health Promotion
- Partnering with Parents to Create Healthy Home Environments
- Talking with Parents about Weight: What to Say, How to Say it, and Using Messages that Work

School Nutrition and Food Service

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

Meal Planning and Family Meals

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

Speakers Available for this Category

- Barbara Mayfield, MS, RD
- Bridget Swinney, MS, RD, LD
- Dayle Hayes, MS, RD
- Felicia Busch, MPH, RD, LD, FADA
- Gail Frank, DrPH, RD, CHES
- Georgia Kostas, MPD, RD, LD
- Keith Ayoob, EdD, RD, FAND
- Liz Weiss, MS, RD
- Nancy Rodriguez, PhD, RD, CSSD, FACSM
- Susan Johnson, PhD
- Susan Nicholson, RD, LD

SESSION DESCRIPTIONS

Family-Focused Nutrition Education

Food, Fitness, and Fun: Putting It All Together for 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 aged 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*

Nutrition for Latino Family Health Promotion

This session 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*

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 lifestyle 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*

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, the presenter 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*

School Nutrition and Food Service

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 have opened the door for multiple opportunities in programs, products and recipes. America's farmers, ranchers and food manufacturers responded with innovation; school nutrition professionals have used creative marketing to introduce new items to their young customers.

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

- Outline the 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 meals and nutrition education programs on student nutrition, behaviors and classroom performance.
 - *Possible Learning Needs Codes: 2000, 4000, 6000, 8000*

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*

Meal Planning and Family Meals

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*

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*

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

This session will guide the audience to 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; show clients menu planning skills for saving money through planning; show clients how to embrace the concept of eating out of the pantry and freezer; and 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 speaker 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*

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*

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*

Saving the Family Dinner Hour...or Half Hour**(Alternate Title: FAMILY MEALS MATTER: Barriers, Benefits, and Strategies for Eating Together)**

Eating family meals together is the best recipe for encouraging good eating habits, healthy body weight in children and adolescents, and reduced risk for eating disorders. Kids who break bread with their families also get better grades in school, eat more fruits and vegetables, and consume fewer soft drinks. Despite the benefits to both body and soul, just 30% of families eat dinner together every night. This session explores the benefits of, barriers to (some of them may surprise you), and creative and doable and delicious dinner strategies for nurturing family mealtime. After attending this session, nutrition professionals should be able to:

1. List and discuss evidence-based benefits to eating family meals together.
2. Understand the five most common barriers to family mealtime.
3. Identify and implement creative strategies aimed at helping families increase the frequency of eating meals together.

- *Possible Learning Needs Codes: 4040, 4150, 4160, 8060*

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*