

# OPTIMIZING IMPACT

## Supporting Food Systems with Nutrition Education



**SOCIETY FOR NUTRITION EDUCATION AND BEHAVIOR**

# 2018 Annual Conference

JULY 21-24 • MINNEAPOLIS MINNESOTA

### 2018 Annual Conference Detailed Program Schedule

## Message from Conference Chair Jennifer McCaffrey, PhD, MPH, RD

Welcome to SNEB in Minneapolis, Minnesota.

Thank you for joining us for our 51st Annual Conference where the focus is *Optimizing Impact: Supporting Food Systems with Nutrition Education*. We have an outstanding lineup of speakers with more than 18 breakout sessions and keynote presentations focusing on different angles of sustainable diets. If you haven't had a chance, download the conference mobile app and start planning your conference experience. Search "SNEB Conference" in the App Store and on Google Play to download the app for free.

New this year, the conference kicks off with the opening session where we will honor the outstanding award winners of the Society. Come support the winners and stay for the reception to network and connect with new and familiar colleagues. It is a great way to make connections setting the stage for a successful conference.

This year we are also trying a more streamlined schedule. As a longtime member of SNEB, one of the comments I heard the most was that the conference was so busy that it was impossible to fit everything in the schedule. With that in mind, we adjusted the schedule to allow for more time for networking and meeting with collaborators. We also tried to streamline the time dedicated to the divisions. Divisions are the backbone of the organization, and over the years, attendance has fluctuated greatly. As a result, we provided dedicated time for only the divisions to meet with no other competing commitments. We hope you attend one of these sessions and look for engagement opportunities. If you are new to SNEB, drop in on any division meeting. They are open to all.

Over the past few months, the Board of Directors have started the process of formulating a new strategic plan. This has been an exciting process looking at the future of the organization. As we go into the final phases of the planning, we would like your feedback. At the conference, there are several ways you can provide input on aspects of the Society. First is at the business meeting. The format of the business meeting will include 30 minutes for updates on Society business and then 30 minutes for roundtable discussions. Questions and conversations during the roundtables will be integral to the board as we finalize the plan. The second way to provide feedback is to share a note about what you would like to see at next year's annual conference or how we can serve you better. Notes can be left on the board near the conference registration tables. Lastly, feedback is always welcome through the conference evaluation.



We are glad you are here, and we look forward to an engaging conference. I look forward to hearing what you found most valuable!

Jennifer McCaffrey, PhD, MPH, RD  
2018 Conference Chair,  
2017-2018 SNEB President-Elect,  
2018-2019 SNEB President



# Schedule at a Glance

Friday, July 20		
4:00pm-7:00pm	Nicollet Promenade	Registration Open
Saturday, July 21		
7:00am-6:00pm	Nicollet Promenade	Registration Open
7:45am-3:15pm	Nicollet D	FNEE PreConference Workshop: Building Culturally Inclusive Coalitions (Registration required)
8:00am-5:00pm	St. Croix	Speaker Ready Room (computer and printer available for presenters)
8:00am-12:00pm	Greenway A-E	Voices for Food: Engaging Extension Professionals as Community Coaches (CCs) to Fulfill Policy, System, and Environmental (PSE) Standards (Registration required)
12:00pm-4:00pm	Greenway F-G	Sustainable Food Systems Division Planning Meeting (Division members only)
12:30pm-4:30pm	Greenway A-E	Practical Use of Social Media As a Social Marketing and Nutrition Education Tool (Registration required)
3:00pm-4:15pm	Greenway H-I	SNEB Leadership Workshop (SNEB committee/division leadership only)
4:45pm-5:30pm	Nicollet A-C	Opening Comments and presentation of SNEB Awards
5:30pm-6:30pm	Northstar	Opening Reception with hors d'oeuvres served <i>Supported by Wegmans School of Health and Nutrition at Rochester Institute of Technology</i>
Sunday, July 22		
7:00am-5:30pm	Nicollet Promenade	Registration Open
7:00am-8:00am	Greenway A-J	Coffee with JNEB Editors (All welcome)
7:00am-8:00am	Regency Room	Yoga with Kathy Flaminio, 1000 Petals (All welcome)
8:00am-8:30am	Nicollet A-C	Coffee served for attendees
8:00am-5:00pm	St. Croix	Speaker Ready Room (computer and printer available for presenters)
8:30am-10:00am	Nicollet A-C	George M. Briggs Nutrition Science Symposium: Toward Sustainable Diets - Current Evidence and Future Challenges
10:15am-11:15am	Nicollet D	A Healthy Perspective - Understanding What Drives America's Food Purchasing Decisions <i>session sponsored by Chobani Health and Wellness</i>
10:15am-11:15am	Nicollet A-C	Food Literacy as an Essential Framework for Nutrition Educators
10:15am-11:15am	Northstar	Food Waste in Schools: How to Effectively Measure and Reduce Food Waste in School
10:30am-1:30pm	Nicollet Promenade	Grab and Go Lunches for purchase from hotel
11:30am-12:30pm	Nicollet A-C	JNEB Awards Presentation: 2017 Best Article and Best GEM share their research (All welcome)
12:45pm-1:45pm	Greenway A-J	Dialogue Now: SNAP-Ed Programming and Evaluation – A Conversation with Altarum (All welcome)
12:45pm-1:45pm	Greenway D-E	ACPP Committee Meeting (Committee only)
12:45pm-1:45pm	Greenway H-I	Journal Committee Meeting (Committee only)
12:45pm-1:45pm	Greenway F-G	Mentor/Mentee Meet-Up
12:45pm-1:45pm	Greenway B-C	Nominating Committee Meeting (Committee only)
12:45pm-1:45pm	Regency Room	Student Committee (All students welcome)
1:00pm-5:30pm	Exhibit Hall	Exhibits Open
2:00pm-3:15pm	Northstar	Oral Abstracts O1-O5: Nutrition Education and Food Systems for Community
2:00pm-3:15pm	Nicollet D	Oral Abstracts O6-O10: Nutrition Education and Food Systems for Youth
2:00pm-3:15pm	Nicollet A-C	Oral Abstracts O11-O15: Student Showcase
3:00pm-3:30pm	Exhibit Hall	Nutrition Break for attendees <i>sponsored by Chobani Health and Wellness</i>
3:00pm-5:00pm	Exhibit Hall	Poster Abstracts P1 - P108
3:00pm-4:00pm	Greenway H-I	ASNNA Meeting (Invitation only)
3:15pm-4:15pm	Greenway A-J	Dialogue Now with Seafood Nutrition Partnership - Seafood for Human Health, The Planet's Health, and our Future Food Security (All welcome)
3:30pm-5:00pm	Nicollet D	Rapid Reviews with JNEB Editors (Registration required for set appointment time - onsite availability possible)
4:30pm-5:30pm	Greenway A-J	Dialogue Now with Learning ZoneXpress - Signs, Signs, Everywhere a Sign! Learn from the Experts (All welcome)
5:30pm-6:30pm	Greenway B-C	Elsevier (Invite only)
6:30pm	Offsite - Meet at restaurant	Higher Education Division Dinner at Union Bar and Grill (RSVP requested - see Registration Desk)
7:00pm-9:00pm	Offsite - Meet in Lobby	Elsevier/Board of Editors Dinner at Cafe and Bar Lucrat (Invite only)
7:00pm-9:00pm	Offsite - Meet in Lobby	Past President's Dinner at McCormick and Schmicks (Invite only)

<b>Monday, July 23</b>		
7:00am-8:00am	Nicollet D	Advisory Committee on Public Policy Open Meeting (All welcome)
7:00am-8:00am	Meet in Loring Greenway	Fun Run Walk/Run benefitting SNEB Foundation led by Chris Taylor <i>Loring Greenway is on second floor next to Regency Room</i>
7:30am-6:00pm	Nicollet Promenade	Registration Open
8:00am-8:30am	Nicollet A-C	Coffee served for attendees
8:00am-5:00pm	St. Croix	Speaker Ready Room (computer and printer available for presenters)
8:30am-9:30am	Nicollet A-C	ACPP Public Policy Plenary: Nutrition Policy is Food Policy
9:30am-10:30am	Greenway A-J	Dialogue Now - Tisch Food Center Recent Research and New Directions: Linking Nutrition Education Policy, Sustainable Food, and Healthier School Meals (All welcome)
9:30am-12:00pm	Exhibit Hall	Exhibits Open
9:30am-10:00am	Exhibit Hall	Nutrition Break for attendees
9:30am-11:30am	Exhibit Hall	Poster Abstracts P109-P207
10:30am-11:30am	Greenway A-J	Dialogue Now with University of New England - Engaging With Students Using Social Media (All welcome)
10:30am-1:30pm	Nicollet Promenade	Grab and Go Lunches for purchase from hotel
11:30am-1:00pm	Lakeshore Ballroom	SNEB Foundation Trustees (Invite only)
11:30am-12:30pm	Regency Room	Digital Technology in Nutrition Education and Behavior Change Division Meeting (All welcome)
11:30am-12:30pm	Greenway A-J	Food and Nutrition Extension Education Division Meeting (All welcome)
11:30am-12:30pm	Greenway B-C	Higher Education Division Meeting (All welcome)
11:30am-12:30pm	Greenway D-E	Nutrition Education with Industry Division Meeting (All welcome)
11:30am-12:30pm	Greenway F-G	Public Health Nutrition Division Meeting (All welcome)
11:30am-12:30pm	Greenway H-I	Communications Division Meeting (All welcome)
12:30pm-1:30pm	Greenway F-G	Healthy Aging Division Meeting (All welcome)
12:30pm-1:30pm	Greenway D-E	International Nutrition Education Division Meeting (All welcome)
12:30pm-1:30pm	Greenway A-J	Nutrition Education for Children Division Meeting (All welcome)
12:30pm-1:30pm	Regency Room	Research Division Meeting (All welcome)
12:30pm-1:30pm	Greenway H-I	Sustainable Food Systems Division Meeting (All welcome)
12:30pm-1:30pm	Greenway B-C	Weight Realities Division Meeting (All welcome)
1:45pm-2:45pm	Northstar	Mobilizing Nutrition Education-Is There an App For That?
1:45pm-2:45pm	Nicollet D	Social Marketing for Healthy Food Systems: A Case Study of the FNV Campaign in Wisconsin
1:45pm-2:45pm	Nicollet A-C	The Higher Education Division's Scholarship on Teaching and Learning Presentation: How Can We Improve Student Self-Awareness and Meta-Cognition? Optimizing Impact Through Reflective Learning
3:00pm-4:00pm	Nicollet A-C	SNEB Business Meeting and Emerging Issues Roundtables (All welcome)
4:15pm-5:30pm	Greenway A-E	Conversations with USDA and Funding Opportunities (All welcome)
4:15pm-5:15pm	Nicollet A-C	Farmers Market Programming for Limited-Resource Households
4:15pm-5:15pm	Nicollet D	Media Relations 101: Elevating the Reach & Impact of Nutrition Messages
4:15pm-5:15pm	Northstar	The Pregnancy/Birth-24 Months Project: Examining Current Evidence for Feeding Practices on Food Acceptance and Weight Outcomes in Toddlers
5:30pm-6:30pm	Lakeshore Ballroom	Student and Young Professional Networking (All welcome)
6:00pm-7:00pm	Regency Room	NIFA-AFRI Reception (Invite only)
<b>Tuesday, July 24</b>		
7:00am-9:00am	Greenway F-J	Board of Directors Meeting (Committee only)
7:00am-9:00am	Regency Room	EFNEP (Invitation only)
8:00am-4:30pm	Nicollet Promenade	Registration Open
8:00am-5:00pm	St. Croix	Speaker Ready Room (computer and printer available for presenters)
8:30am-9:00am	Nicollet A-C	Coffee served for attendees
9:00am-10:30am	Nicollet A-C	Bee Marks Communication Symposium: Toward Sustainable Diets: Communicating the Evidence, Addressing the Challenges
10:30am-11:00am	Exhibit Hall	Nutrition Break for attendees
10:30am-12:30pm	Exhibit Hall	USDA Posters NPI - NP37
11:30am-12:30pm	Nicollet D	Determine Impact and Maximize it!
11:30am-12:30pm	Nicollet A-C	Evaluation and Dissemination Experiences from Evidence-Based Hands-On Cooking Programs with Children and Families
11:30am-12:30pm	Northstar	Spend Smart. Eat Smart; Using a Mobile App and Consumer-Focused Website to Complement Nutrition Education Initiatives in Various Food System Sectors

# Schedule at a Glance

12:30pm-1:30pm	Greenway F-J	2019 Annual Conference Planning Meeting (All welcome, especially Florida members)
1:30pm-3:00pm	Greenway A-E	Child Obesity Prevention: Highlights from USDA NIFA AFRI Grantees (all welcome)
1:30pm-2:30pm	Nicollet A-C	Engaging Youth for Inclusive and Equitable Food Systems
1:30pm-2:30pm	Nicollet D	Farm to School and School Wellness Policies: Working Together for Effective Nutrition Education
1:30pm-2:30pm	Northstar	Using Social Media to Engage Low Income Moms to Improve Healthy Eating
3:00pm-4:00pm	Northstar	Child, Clan and Culture: Effective Communication Methods for Obesity Prevention
3:00pm-4:00pm	Nicollet A-C	Optimizing Nutrition and Health Outcomes Through Agriculture and Food and Nutrition Education: Examples from EFNEP and Partners
3:00pm-4:00pm	Nicollet D	Train the Trainers: Equipping Nutrition Educators with Knowledge Application Tools in Food Systems Assessment to Influencing Health Care Practitioners
<b>Wednesday, July 25</b>		
7:00am-8:30am	Nicollet Promenade	Registration Open
8:00am-1:45pm	Offsite - Meet in Nicollet Promenade	Tribal Gardens and Natural Foods Market Run by the Shakopee Mdewakanton Sioux Community and Minneapolis Public School (Reservation required)

## Pre-Conference Programs - Saturday, July 21

### Registration Open

7:00 a.m. - 6:00 p.m. | Nicollet Promenade

### Building Culturally Inclusive Coalitions

7:45 a.m. - 3:15 p.m. | Nicollet D | 6.5 CEUs

- Breakfast and lunch served | Registration required

*Moderator: Michelle F. Brill, MPH, Rutgers Cooperative Extension*

*Speakers: Maggie Adamek, PhD, University of Minnesota Research Fellow; Tracy Fox, MPH, RD, Food Nutrition & Policy Consultants, LLC; Andrea Pepin, MS, Zuni Youth Enrichment Project; Mary S. Marczak, PhD, University of Minnesota Extension; Claire Uno, MLIS, MS, Teachers College Columbia University; Katharine VonRueden, MPH, New Mexico Department of Health*

Coalition building is an important facet of Extension work. Participants will develop deeper understanding of the importance of cultural diversity within coalitions and learn best practices for recruiting and sustaining culturally diverse team partners. Using coalition effectiveness survey(s), participants will learn how effective and diverse coalitions can be the drivers for collective impact across sectors. Participants will engage in activities and discussions on the benefits and challenges of culturally diverse coalitions using examples from obesity task forces, advisory boards, food policy councils, etc. in leveraging the diversity to advocate for the greater community within business, politics, and industry.

Learning Objectives:

- Participants will examine best practices for building culturally inclusive coalitions that operate under a collective impact model to support multicultural food systems within their communities.
- Participants will practice using a coalition effectiveness survey.
- Participants will learn about how coalitions can be a powerful mechanism for effectively communicating the public value of their work to local, state and national leaders.

*Organized by the Food and Nutrition Extension Education Division*

### Posters:

- FNEE1/P49      Accessing SNAP-Ed Program Success Through Teacher Surveys - Katie Holland, MS, RD, University of Arkansas
- FNEE2/P6      How to Form a Successful Collaboration From "Farm Gate" to "Consumer Plate" to Support Food Systems Education - Alice Henneman, MS, RDN, University of Nebraska-Lincoln Extension

### Speaker Ready Room

8:00 a.m. - 5:00 p.m. | St. Croix

Room is available for speakers to prepare their conference presentations.

### Voices for Food: Engaging Extension Professionals as Community Coaches (CCs) to Fulfill Policy, System, and Environmental (PSE) Standards

8:00 a.m. - 12:00 p.m. | Greenway A-E | 4 CEUs

- Light breakfast served | Registration required

*Moderator: Lindsay Moore, MS, Moore Healthy Living, LLC*

*Speakers: Kendra Gibson, RD, MSU Extension, West Shore Community College; Becky Henne, MS, Michigan State University Extension; Lacey McCormack, PhD, MPH, RD, LN, EP-C, South Dakota State University; Dan Remley, M.S.P.H, PhD, Ohio State University Extension; Suzanne Stlučka, MS, RD, LN, South Dakota State University Extension*

Voices for Food (VFF) utilized Extension professionals as community coaches (CCs) to develop food policy councils (FPCs) that collaborated with food pantries to enhance food security and diet quality in rural, limited resource communities; embracing policy, system, and environmental (PSE) work.

# Pre-Conference Programs - Saturday, July 21

VFF will be summarized, including its alignment with PSE work, experiences from CCs, and research findings that support this and future applications of this work. Participants will engage in role-play scenarios and solution-oriented dialogue to understand how FPCs and food pantries collaborate, identify successes and challenges Extension professionals as CCs face in PSE work, and leave with implementation resources.

## Learning Objectives:

- Participants will learn how to work with public health professionals and staff as community coaches in rural, high poverty communities with the goal of building Food Policy Councils (FPCs) and creating relationships with local food pantries to enhance food security and diet quality among community members.
- Participants will be able to identify the successes and challenges of working with public health professionals and staff as community coaches to meet the SNAP-Ed Guidance on policy, system and environmental (PSE) work, and potential solutions to challenges that may occur.
- Participants will gain an understanding of the relationship between community coaching, building FPCs, transitioning local food pantries to a guided client choice system called MyChoice, and food security by engaging in hands-on interactive learning with the Voices for Food Toolkit.

## Meeting

Sustainable Food Systems Division Planning Meeting  
12:00 p.m. - 4:00 p.m. | Greenway F-G | Division only

## Practical Use of Social Media as a Social Marketing and Nutrition Education Tool

12:30 p.m. - 4:30 p.m. | Greenway A-E | 4 CEUs

- Includes afternoon snacks | Registration required

*Moderator: Alisha Farris, Appalachian State University*

*Speakers: Austin Brooks, MS, RDN, Virginia Tech/Virginia Cooperative Extension Family Nutrition Program (SNAP-Ed/EFNEP); Christopher Sneed, PhD, University of Tennessee Extension*

Want to learn how you can take your social marketing outreach to the next level? Interested in using paid social media promotion? Find out how digital ads helped improve Virginia's and Tennessee's social marketing campaigns!

This workshop will include learning how to build a Facebook paid advertising campaign, establishing your target audience, defining your budget, tracking reach, impressions, clicks, and other analytics, and evaluating your results after your campaign ends. This workshop is a great opportunity to help you get your creative juices flowing and learn a new skill for helping people develop healthier behaviors.

## Learning Objectives:

- Utilize paid social media messages within social marketing campaigns to best reach target audiences, with emphasis on SNAP-eligible population
- Compare cost per impression/result of various social marketing channels, including social media, bus ads, billboards, print advertising, TV, and radio
- Describe different tools and strategies for tracking social marketing campaign performance with emphasis on social media and digital tools

## Opening Comments/SNEB Awards

4:45 p.m. - 5:30 p.m. | Nicollet A-C

Recognize this year's award winners including the Helen Denning Ullrich Award for Lifetime Excellence in Nutrition Education, Mid Career Achievement, Early Professional, and Research Awards. The Higher Education Division will present the Student Research Awards and the Korean Society of Community Nutrition (KSCN) will award the KSCN-SNEB Professional and Student Achievement Awards.

## Opening Reception

5:30 pm -6:30 pm | Northstar

- Hors d'oeuvres served

*Opening session supported by Wegmans School of Health and Nutrition at Rochester Institute of Technology*



# Conference Programs - Sunday, July 22

## Registration Open

7:00 a.m. - 5:30 p.m. | Nicollet Promenade

## Coffee with JNEB Editors

7:00 a.m. - 8:00 a.m. | Greenway A-J

Join Editor in Chief Karen Chapman-Novakofski and other editorial staff members from the *Journal of Nutrition Education and Behavior* (JNEB) for coffee and informal conversation at the SNEB Annual Conference.

*Sponsored by Elsevier*



## Yoga with Kathy Flaminio, 1000 Petals

7:00 a.m. - 8:00 a.m. | Regency Room | Led by Kathy Flaminio, President and Founder, 1000 Petals | All welcome

## Coffee Served

8:00 a.m. - 8:30 a.m. | Nicollet A-C

## Speaker Ready Room

8:00 a.m. - 5:00 p.m. | St. Croix

Room is available for speakers to prepare their conference presentations.

# Conference Programs - Sunday, July 22

## George M. Briggs Nutrition Science Symposium - Toward Sustainable Diets: Current Evidence and Future Challenges

8:30 a.m. - 10:00 a.m. | Nicollet A-C | 1.5 CEUs

*Speakers: Kate Clancy, PhD, Johns Hopkins Bloomberg School of Public Health; Gregory Miller, PhD, M.A.C.N., Dairy Management, Inc./National Dairy Council; Michael W. Hamm, PhD, Michigan State University*

Food, food systems, and sustainability continue to evolve. This session will explore the current state-of-the-art with respect to the complexity of defining dietary patterns and sustainability. There is a great deal of science backing what we know and a great deal more research that yet needs to be done. The science behind sustainability from the standpoint of climate change, water use, land use, health, and livelihoods both with respect to what we know and uncertainties moving forward will be explored. This session will also describe the kinds of research and programs that food group producers need to pursue to address environmental, social and economic pillars of sustainability and examine how some choices may have unintended consequences. Finally, the session will explore policy implications of the current state of the science for dietary guidance and sustainability of food systems

Learning Objectives:

- Understand the complexities of defining food system sustainability and sustainable diets.
- Recognize the science supporting sustainable nutrition and future research needs and priorities.
- Discuss the kinds of research and programs that food group producers need to pursue to address the environmental, social and economic pillars of sustainability, using dairy as an example, and understand how some choices may have unintended consequences.

*Session sponsored by the SNEB Foundation*



## A Healthy Perspective – Understanding What Drives America's Food Purchasing Decisions

10:15 a.m. - 11:15 a.m. | Nicollet D | 1 CEU

*Moderator: Robert Post, Ph.D., MEd., MSc., International Food Information Council Foundation*

*Speakers: Alexandra Lewin-Zwerdling, PhD, MPA, International Food Information Council Foundation*

Although there is no shortage of research examining American's perceptions around food, there is little consumer research helping unpack factors that drive food purchasing decisions.

This session highlights new research illustrating purchasing trends as well as specific factors contributing to the food buying habits of Americans, with special attention to how new factors like online grocery delivery and meal kits are re-shaping our food systems. Also, the session will show nutrition educators how they can use

communications takeaways from 2018 Food & Health Survey findings to facilitate healthy behavior change.

Learning Objectives:

- Understand current food purchasing habits and how they have changed over time.
- Understand how factors like income, gender, chronic disease, and education affect food purchasing and eating behaviors.
- Learn how consumer insights can be used to help tailor communications to improve nutrition outcomes across the lifespan.

## Food Literacy as an Essential Framework for Nutrition Educators

10:15 a.m. - 11:15 a.m. | Nicollet A-C | 1 CEU

*Moderator: Pamela Koch, EdD, RD, Teachers College, Columbia University*  
*Speakers: Sarah Amin, PhD, Friedman School of Nutrition Science & Policy, Tufts University; Anupama Joshi, National Farm to School Network; Megan Leberner, MS, Friedman School of Nutrition Science Policy, Tufts University; Eva Ringstrom, FoodCorps*

In the face of climate change and global food needs, youth must possess a systems-based understanding of food to ensure future human and environmental health. In this session, we will explore food literacy (FL), a holistic framework encompassing food-related knowledge, skills, and behaviors associated with navigating the food system to support a diet pattern beneficial for health and the environment. Through a dynamic discussion with researchers and national leaders implementing school-based nutrition programming, participants will learn why FL should be promoted as a framework for nutrition educators and the potential for a FL survey to evaluate child outcomes

Learning Objectives:

- Define food literacy as a holistic, systems-based framework and its role in enhancing nutrition education for children and adolescents.
- Observe the successful integration of FL and food systems-concepts into school-based nutrition interventions at the national scale.
- Demonstrate the utility of a FL survey as an evaluation tool for school-based nutrition education programs.

*Session organized by the Division of Sustainable Food Systems*

## Food Waste in Schools: How to Effectively Measure and Reduce Food Waste in Schools

10:15 a.m. - 11:15 a.m. | Northstar | 1 CEU

*Moderator: Kathleen Morgan, Dr. M.H., NDTR, Rutgers Cooperative Extension/Rutgers University*

*Speakers: Carmen Byker Shanks, PhD, RDN, Montana State University; Sara Elnakib, RD, MPH, CHES, Rutgers Cooperative Extension*

During this session we will discuss the impact of food waste on the environment, how schools can be used as a leverage point to reduce food waste, the methods to measuring food waste in schools and strategies that have been shown to reduce food waste in schools. We will review case studies of different programs all over the country

# Conference Programs - Sunday, July 22

that worked on reducing food waste, and the different strategies and methods they used to measure food waste.

Learning Objectives:

- Participants will identify the impact of food waste on the environment.
- Participants will differentiate between the three methods of measuring waste; visual estimation, digital photography and direct weight.
- Participants will identify strategies used in studies to reduce food waste in schools.

## JNEB Research Awards

11:30 a.m. - 12:30 p.m. | Nicollet A-C

Hear presentations from the recipients of the Journal of Nutrition Education and Behavior Best Article and Best GEM Awards. All are welcome to attend.

The Best Article Award will be presented to authors Matthew M. Graziose, MS; Pamela A. Koch, EdD, RD; Y. Claire Wang, MD, ScD; Heewon Lee Gray, PhD, RD; Isobel R. Contento, PhD, CDN for their article “*Cost-effectiveness of a Nutrition Education Curriculum Intervention in Elementary Schools*,” published in the September 2017 issue of JNEB.

The Best GEM award will be presented to authors Leanne Whiteside-Mansell, EdD and Taren M. Swindle, PhD for their paper “*GEM NO. 570: Together We Inspire Smart Eating: A Preschool Curriculum for Obesity Prevention in Low-Income Families*,” published in the May 2017 issue of JNEB.

## Meetings

- 12:45 p.m. - 1:45 p.m. | Dialogue Now: SNAP-Ed Programming and Evaluation – A Conversation with Altarum | Join Altarum for facilitated networking on SNAP-Ed programming and evaluation | Greenway A-J | All welcome
- 12:45 p.m. - 1:45 p.m. | ACPD Committee Meeting | Greenway D-E | Committee only
- 12:45 p.m. - 1:45 p.m. | Journal Committee Meeting | Greenway H-I | Committee only
- 12:45 p.m. - 1:45 p.m. | Mentor/Mentee Meet-Up | Greenway F-G
- 12:45 p.m. - 1:45 p.m. | Nominating Committee Meeting | Greenway B-C | Committee only
- 12:45 p.m. - 1:45 p.m. | Student Committee | Regency Room | All students welcome - both SNEB members and non-members

## Exhibit Hall Open

1:00 p.m. - 5:30 p.m. | Exhibit Hall

## Oral Abstracts - Nutrition and Education and Food Systems for Community

2:00 p.m. - 3:15 p.m. | Northstar

Learn about the latest research and programs occurring in the field in this oral abstract session focused on Nutrition and Education and Food Systems for Community.

- O1 Extension Master Food Volunteer Program: Integrating Food Systems into Community Engagement about Nutrition and Cooking - Dara Bloom, PhD, NC State University
- O2 The Role of Collaboration and Community Engagement in Improving Food Systems - Diane Smith, MA, RD, WSU Extension, Skagit and Whatcom Counties
- O3 Powerful Food System Partnership - Food Pantries + Waste Reduction Efforts - Adrienne Markworth, MA, Leah's Pantry
- O4 Challenges and Successes of Operating a Farm-to-Consumer Retail Outlet in an African American Community: A Qualitative Study - Chelsea Singleton, PhD, MPH, University of Illinois at Chicago
- O5 Empowered Eaters: Analyzing the Landscape of Federal, State, and Local Nutrition Education Policies and Programs - Claire Uno, MS - Department of Health and Behavior Studies, Teachers College Columbia University

## Oral Abstracts - Nutrition Education and Food Systems for Youth

2:00 p.m. - 3:15 p.m. | Nicollet D

Learn about the latest research and programs occurring in the field in this oral abstract session focused on Nutrition Education and Food Systems for Youth.

- O6 Young Adults' Attitudes Towards Food Production Practices: Continuity Over Time and Linkages to Dietary Behaviors and Intake - Nicole Larson, PhD, MPH, RDN - University of Minnesota School of Public Health
- O7 Educating From The Ground Up: A Pilot Study to Determine the Feasibility of a Public Housing Complex Garden Program for Children and a University CSA's Outreach Program - M. Elizabeth Miller, PhD, RD, LD - Miami University
- O8 Oregon Farm to School Education Grants Reach 20,000 Children and Improve Produce Acceptability - Kristen Giombi, PhD - RTI International
- O9 A is for Apple: Analyzing the Landscape of Nutrition Education Programs in New York City (NYC) Schools - Pamela Koch, EdD, RD - Department of Health and Behavior Studies, Teachers College, Columbia University
- O10 Food Waste in Schools: An Intervention of Randomized Schools on the Reduction of Food Waste - Sara Elnakib, MPH, RD, CHES - Rutgers Cooperative Extension

# Conference Programs - Sunday, July 22

## Oral Abstracts - Student Showcase

2:00 p.m. - 3:15 p.m. | Nicollet A-C

Learn about the latest research and programs occurring in the field in this oral abstract session focused on student research.

- O11 HEN Garden Lab: Participant Outcomes in a Garden Literacy Program Targeting Nutrition and Dietetics Students - Lanae Hood, PhD, Meredith College
- O12 Innovative Approaches to the Evaluation of Hands-On Cooking Skills with Youth - Jessica Metcalfe, MPH, University of Illinois at Urbana-Champaign
- O13 Exploring Food Waste at a Residential Youth Summer Camp - Susan Chen, BS - Virginia Tech
- O14 Supporting Summer Nutrition Programs in North Carolina Through Regional SummerPalooza! Summits - Jessica Soldavini, MPH, LDN, RD - No Kid Hungry NC, UNC Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill
- O15 Difference in Eating Patterns between Children with Siblings and without Siblings - Chelsea Smith, MS - University of Oklahoma Health Sciences Center

## Nutrition Break

3:00 p.m. - 3:30 p.m. | Exhibit Hall

*Break sponsored by Chobani Health & Wellness*

# CHOBANI®

## Dialogue Now with the Seafood Nutrition Partnership - Seafood for Human Health, the Planet's Health, and Our Future Food Security

3:15 p.m. - 4:15 p.m. | Greenway A-J | All welcome

Sustainable aquaculture needs to be considered as part of the solution in developing a more sustainable and secure food system. The ocean covers 70% of the earth's surface and we are only using 2% of the ocean to produce food. Discuss the current best practices in use by aquaculture and current research on health benefits of seafood with the Seafood Nutrition Partnership.

# Conference Programs - Monday, July 23

## Registration Open

7:30 a.m. - 6:00 p.m. | Nicollet Promenade

## ACPP Open Meeting

7:00 a.m. - 8:00 a.m. | Nicollet D | All welcome

Includes presentation of the Health Promotion Policy Award to the National Farm to School Network.

## Poster Abstracts

3:00 p.m. - 5:00 p.m. | Exhibit Hall | 2.5 CEUs | P1 - P108 | See JNEB abstract supplement for details

## Rapid Reviews with JNEB Editors

3:30 p.m. - 5:00 p.m. | Nicollet D | All welcome | RSVP recommended but walk-ins may be available

Rapid reviews can cover almost any topic on the publishing process, but typically include:

- Journal scope and papers suitability
- Experimental design and statistics
- General manuscript preparation before submission
- The peer-review process

Attendees are also encouraged to ask any questions they might have on the publishing or research process during this informal setting. Take-home information on the publishing process, promoting your research, and other guides will also be available. Rapid reviews are scheduled for 15 minutes each in a first-come, first-served basis.

## Dialogue Now with Learning ZoneXpress - Signs, Signs, Everywhere a Sign! Learn from the Experts

4:30 p.m. - 5:30 p.m. | Greenway A-J | All welcome

Join the Learning ZoneXpress team to learn how to create high-impact signage that successfully promotes healthy eating and physical activity choices in schools and a variety of community settings.

## Elsevier

5:30 p.m. - 6:30 p.m. | Greenway B-C | Invitation only

## Higher Education Division Dinner

6:30 p.m. | Union Bar and Grill | RSVP suggested | See Registration Desk for information

## Elsevier/Board of Editors Dinner at Cafe and Bar Lucrat

7:00 p.m. - 9:00 p.m. | Offsite | Invitation only

## Past President's Dinner

7:00 p.m. - 9:00 p.m. | Offsite | Invitation only | Meet in Lobby at 6:30 p.m. to walk to restaurant.

## Fun Run/Walk to benefit the SNEB Foundation

7:00 a.m. - 8:00 a.m. | Meet in Loring Greenway | Cost: \$10

Join us for the annual Fun Run benefitting the SNEB Foundation and student scholarships!

Meet at the Loring Greenway (from your hotel room, exit the elevators on the second floor and exit the hotel by the Regency meeting room).

Registration before July 1 receives t-shirt/some shirts available at registration.

# Conference Programs - Monday, July 23

## Speaker Ready Room

8:00 a.m. - 5:00 p.m. | St. Croix

Room is available for speakers to prepare their conference presentations.

## ACPP Public Policy Plenary - Nutrition Policy is Food Policy

8:30 a.m. - 9:30 a.m. | Nicollet A-C | 1 CEU

*Speakers: Melissa Bradley, RD, LD, Hy-Vee, Inc.; Sara Eugene, Minneapolis Public Schools; Stephanie Heim, MPH, RD, University of Minnesota Extension, Health and Nutrition Program Director*

The purpose of this plenary is to bring together a systems analysis that allows us to articulate local and regional impacts from national nutrition standards and public education initiatives such as the Nutrition Facts Panel and menu labeling law.

Learning Objectives:

- Participants will be able to describe connections between implementation of nutrition standards and changes in the food supply chain.
- Participants will be able to frame a systems argument for improving nutrition standards and policies.
- Participants will be able to describe how implementation of nutrition standards can impact local and regional food systems.

## Dialogue Now - Tisch Food Center Recent Research and New Directions: Linking Nutrition Education Policy, Sustainable Food, and Healthier School Meals

9:30 a.m. - 10:30 a.m. | Greenway A-J | All welcome

This Dialogue Now is presented by the Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition, Teachers College Columbia University.

## Exhibits Open

9:30 a.m. - 12:00 p.m. | Exhibit Hall

## Nutrition Break

9:30 a.m. - 10:00 a.m. | Exhibit Hall

## Poster Abstracts

9:30 a.m. - 11:30 a.m. | Exhibit Hall | 2 CEUs

- P109 - P207

*See JNEB abstract supplement for details*

## Dialogue Now with the University of New England - Engaging with Students Using Social Media

10:30 a.m. - 11:30 a.m. | Presented by Ellie Dodge, M.S., Ph.D., Applied Nutrition Program Manager and Angelina M. Maia, PhD, RD | Greenway A-J | All welcome

## Foundation Trustees

11:30 a.m. - 1:00 p.m. | Lakeshore Ballroom | Invitation only

## Meetings

- 11:30 a.m. - 12:30 p.m. | Digital Technology in Nutrition Education and Behavior Change Division Meeting | Regency Room | All welcome
- 11:30 a.m. - 12:30 p.m. | Food and Nutrition Extension Education Division Meeting | Greenway A-J | All welcome
- 11:30 a.m. - 12:30 p.m. | Higher Education Division Meeting | Greenway B-C | All welcome
- 11:30 a.m. - 12:30 p.m. | Nutrition Education with Industry Division Meeting | Greenway D-E | All welcome
- 11:30 a.m. - 12:30 p.m. | Public Health Nutrition Division Meeting | Greenway F-G | All welcome
- 11:30 a.m. - 12:30 p.m. | Communications Division Meeting | Greenway H-I | All welcome
- 12:30 p.m. - 1:30 p.m. | Healthy Aging Division Meeting | Greenway F-G | All welcome
- 12:30 p.m. - 1:30 p.m. | International Nutrition Education Division Meeting | Greenway D-E | All welcome
- 12:30 p.m. - 1:30 p.m. | Nutrition Education for Children Division Meeting | Greenway A-J | All welcome
- 12:30 p.m. - 1:30 p.m. | Research Division Meeting | Regency Room | All welcome
- 12:30 p.m. - 1:30 p.m. | Sustainable Food Systems Division Meeting | Greenway H-I | All welcome
- 12:30 p.m. - 1:30 p.m. | Weight Realities Division Meeting | Greenway B-C | All welcome

## Mobilizing Nutrition Education: Is There an App for That?

1:45 p.m. - 2:45 p.m. | Northstar | 1 CEU

*Moderator: Karen Chapman-Novakofski, PhD, RD, University of Illinois at Urbana-Champaign*

*Speakers: Kristen DiFilippo, PhD, RDN, LDN, University of Illinois at Urbana-Champaign; Justine Karduck, MS, RDN, LDN, CDE, University of Illinois at Urbana-Champaign*

With thousands of health apps available and utilized by the public, nutrition educators need evidence-based strategies for incorporating apps into nutrition interventions. This session will provide best practices for evaluating and utilizing apps in nutrition education. Current research will be presented to provide a clear analysis of benefits and limitations to nutrition app use. These will include behavioral and clinical outcomes associated with apps as well as issues regarding app safety and privacy. To better understand app quality assessment, participants will be able to interact with a web-based app evaluation tool during the session.

Learning Objectives:

- Analyze the benefits and limitations of app use in nutrition interventions based on research evidence.
- Appraise app quality in order to guide app selection and incorporation into nutrition interventions.
- Explain current developments and future directions for nutrition educators.

# Conference Programs - Monday, July 23

## Social Marketing for Healthy Food Systems: A Case Study of the FNV Campaign in Wisconsin

1:45 p.m. - 2:45 p.m. | Nicollet D | 1 CEU

*Moderator: Emily Latham, MPH, FoodWise, a program of University of Wisconsin-Extension*

*Speakers: Erin Agesen, MS, MPH, FoodWise, a program of University of Wisconsin-Extension; Amber Canto, MPH, RDN, FoodWise, a program of University of Wisconsin*

FNV is a campaign from Partnership for a Healthier America (PHA) that harnesses the power of cutting-edge marketing techniques to inspire young people to eat their fruits and veggies. Wisconsin was the first state to utilize SNAP-Ed funding to implement the FNV campaign, using a multi-level programming approach and rigorous evaluation methods.

This session will provide an overview of our campaign in Wisconsin, including grounding in basic principles of social marketing. The session will also help you think through how to apply these principles to your own work, including the dissemination of newly-developed evaluation methods and tools.

Learning Objectives:

- Participants will be able to describe three characteristics of a social marketing campaign.
- Participants will be able to describe one strategy for implementing a social marketing campaign in each of the following categories: partnership development, program design, implementation and evaluation.
- Participants will receive data about the effectiveness of the FNV campaign, as well as sample evaluation tools, in a shareable format.

## The Higher Education Division's Scholarship on Teaching and Learning Presentation: How Can We Improve Student Self-Awareness and Meta-Cognition? Optimizing Impact Through Reflective Learning

1:45 p.m. - 2:45 p.m. | Nicollet A-C | 1 CEU

*Moderator: Marissa Burgermaster, PhD, MAEd, Columbia University Medical Center*

*Speakers: Taylor Chan, Bradley University; Teresa Drake, PhD, RD, CHES, Bradley University; Rachel Vollmer, PhD, RD, Bradley University*

In this Scholarship of Teaching and Learning (SoTL) program, participants will learn about using reflective learning in undergraduate and graduate curricula. This interactive program will involve participant reflection on current teaching practices and student self-awareness. Speakers will share findings from original research projects investigating how reflective writing contributes to students' meta-cognition and self-awareness in undergraduate and graduate courses. A graduate student will share her experience using reflective learning in an advanced metabolism course. The session will conclude with an opportunity for participants to develop a plan to integrate reflective practices into their own classrooms and a question and answer session.

Learning Objectives:

- Participants will practice reflective techniques that can be used in their classrooms.
- Participants will develop a plan to incorporate reflective learning in their teaching.
- Participants will be able to apply reflective learning techniques to enhance student self-awareness and meta-cognition.

## SNEB Business Meeting and Emerging Issues Roundtables

3:00 p.m. - 4:00 p.m. | Nicollet A-C

Celebrate the accomplishments of the past year and help chart SNEB's future by participating in emerging issues round table conversations on topics such as international engagement, position papers and resolutions, membership, conference format, and public policy. All attendees welcome including non-members.

## Conversations with USDA and Funding Opportunities

4:15 p.m. - 5:30 p.m. | Greenway A-E | 1.25 CEUs

*Speakers: Pascale Jean, PhD, RD, CHES, United States Department of Agriculture*

This session will provide an overview of USDA nutrition research and programs to SNEB conference participants. This session will help attendees identify the differences between USDA research and programs of the AFRI Sustainable Agricultural Systems, AFRI Function and Efficacy of Nutrients, Community Food Projects, Food Insecurity Nutrition Incentive, Expanded Food & Nutrition Education Program, AFRI Critical Agriculture Research & Extension, and AFRI Training & Fellowships. Following the speakers' presentations an interactive discussion will provide an opportunity to share knowledge with SNEB conference participants and strengthen collaboration with USDA partners.

## Farmers Market Programming for Limited-Resource Households

4:15 p.m. - 5:15 p.m. | Nicollet A-C | 1 CEU

*Moderator: Mateja R. Savoie Roskos, PhD MPH RD, Utah State University*

*Speakers: Carrie Durward, PhD, RD, Utah State University; Darcy Freedman, PhD MPH, Case Western Reserve University; Jennifer Garner, RD; Cornell University; Stephanie Pitts, PhD, East Carolina University*

Farmer's market programming for limited-resource households can directly support local, regional, and sustainable food systems. Through such programming, eligible individuals are encouraged to spend their nutrition assistance benefits at farmers markets and to purchase locally-grown fruit and vegetables.

In this session, we will describe and discuss ongoing research related to the use, promotion, costs, and effectiveness of these programs in contexts across the U.S. Lessons learned will be directly relevant to research, nutrition education, and policy systems and environment programming in this area.

# Conference Programs - Monday, July 23

## Learning Objectives:

- Attendees will be able to describe the policy implications of research on farmers market usage patterns, social access promotion, effectiveness, cost-effectiveness and barriers to use of incentive programming among limited-resource households.
- Attendees will be able to report research findings and lessons learned from a variety of study designs and settings.
- Attendees will be able to identify application of these research findings to the fields of nutrition education, policy systems and environmental change programming, and program evaluation research.

*Organized by the Public Health Nutrition Division*

## Media Relations 101: Elevating the Reach & Impact of Nutrition Messages

4:15 p.m. - 5:15 p.m. | Nicollet D | 1 CEU

*Moderator: Tatyana El-Kour, MS, RDN, FAND, Independent Expert Consultant*

*Speakers: Liz Sanders, MPH, RDN, International Food Information Council Foundation; Elsa Ramirez Brissou, PhD, MPH, RD, Food Fundamentals;*

Imagine a reporter calls you to ask about a trending new study or a program you're piloting at work. Would you know how to talk about your work and what message you want to reach your audience?

Working with the media can seem daunting, but it's an important part of raising awareness about what's happening in the field of nutrition education to inform the public and policymakers. During this session, participants will learn best practices and participate in interactive exercises enabling them to refine their "elevator pitch" and increase comfort in working with the media to elevate their work.

## Learning Objectives:

- Nutrition educators will understand the new media landscape and how they can leverage this rapidly changing environment to elevate their work.
- Nutrition educators will develop and refine a core message (i.e. boilerplate language or an elevator pitch) about their organization, research findings, or a specific project that they want to promote.
- Nutrition educators will describe how to tailor their message to connect with the right type media (i.e. traditional and social media outlets) based on their intended audience (i.e. policy makers, academics, consumers, etc.).

*Organized by the Communications Division*

## The Pregnancy/Birth-24 Months Project: Examining Current Evidence for Feeding Practices on Food Acceptance and Weight Outcomes in Toddlers

4:15 p.m. - 5:15 p.m. | Northstar | 1 CEU

*Moderator: Virginia C. Stage, PhD, RDN, LDN, East Carolina University*  
*Speakers: Emily Callaban, MS, United States Department of Agriculture; Jennifer Savage Williams, MR, Pennsylvania State University; Joanne Spahn, MS, RDN, FADA*

The next edition of the Dietary Guidelines for Americans (DGAs) will include comprehensive recommendations for women who are pregnant and children under 2 years of age. This session will educate participants on the P/B-24 Project as it relates to toddler feeding practices by: educating participants about the P/B-24 Project and its relationship to the 2020-2025 DGAs; discussing P/B-24 systematic reviews on toddler feeding practices; and summarizing of gaps in current understanding, and need for research related to feeding practices. The session will conclude with a perspective on the implications of these reviews for the practicing nutrition educator.

## Learning Objectives:

- Participants will be able to describe the P/B-24 Project's past, current, and future activities.
- Participants will be able to summarize findings from recent systematic reviews from the P/B-24 Project on toddler feeding practices.
- Participants will be able to summarize gaps in current understanding of P/B-24 exposures and health, and need for new avenues of research to inform future DGAs, and conclude with a perspective of the implications of this review for the practicing nutrition educator.

*Organized by the Nutrition Education for Children, FNEE, Higher Education, Communications and Public Health Divisions*

## Student and Young Professional Networking

5:30 p.m. - 6:30 p.m. | Lakeshore Ballroom | All welcome

Join us for a roundtable-style networking event organized around topic areas. You will have the opportunity to rotate through topics of your choice and network with others who share your interests.

## NIFA-AFRI Reception

6:00 p.m. - 7:00 p.m. | Regency Room | Invitation only

# Conference Programs - Tuesday, July 24

## Board of Directors Meeting

7:00 a.m. - 9:00 a.m. | Greenway F-J | Committee only

## EFNEP

7:00 a.m. - 9:00 a.m. | Regency Room | Invitation only

## Registration Open

8:00 a.m. - 4:30 p.m. | Nicollet Promenade

## Speaker Ready Room

8:00 a.m. - 5:00 p.m. | St. Croix

Room is available for speakers to prepare their conference presentations.

## Coffee Served

8:30 a.m. - 9:00 a.m. | Nicollet A-C

## Bee Marks Communication Symposium - Toward Sustainable Diets: Communicating the Evidence, Addressing the Challenges

9:00 a.m. - 10:30 a.m. | Nicollet D | 1.5 CEUs

*Speakers: Alexandra Lewin-Zwerdling, PhD, MPA, International Food Information Council Foundation; Mark David Richards, KRC Research*

Addressing complex often confusing issues of food, food systems and sustainability is challenging, even for food and nutrition experts. As a reality-based context for communicating evidence about sustainability, this session will explore public perceptions, along with barriers and misinformation that impact consumer decisions in their attempts to eat sustainably and support sustainable food systems. The session will provide ways that nutrition educators can translate the science of food sustainability into balanced, actionable and compelling initiatives that promote sustainable food decisions among the public.

*Session sponsored by the SNEB Foundation.*



## Nutrition Break

10:30 a.m. - 11:00 a.m. | Exhibit Hall

## USDA Posters NP1 - NP37

10:30 a.m. - 12:30 p.m. | Exhibit Hall | 2 CEUs

## Determine Impact and Maximize It!

11:30 a.m. - 12:30 p.m. | Nicollet D | 1 CEU

*Moderator: Karen Plawecki, PhD, RD, LDN, Benedictine University*  
*Speakers: Karen Plawecki, PhD, RD, LDN, Nutrition, Benedictine University; Catherine Stein Arnold, MS EdD, RD, LDN, Nutrition, Benedictine University*

Using behavioral theories as a foundation to measure program outcomes sounds logical, but is often not incorporated!

Measuring behavior change can be challenging, so it is critical to learn effective survey tool design methods for measuring learning success as well as program effectiveness. Intentional measurement of behavior change can also identify possible areas of participant resistance or agreement.

Learn about incorporating behavioral theory constructs into your regular program evaluation and survey development processes, including identification of survey tools and how to effectively modify tools to fit your program.

Learning Objectives:

- Discuss various behavioral theories and constructs for different populations and scenarios.
- Effectively critique survey tools.
- Apply principles of survey tool design to effectively adapt or design tools for use with target population.

## Evaluation and Dissemination Experiences from Evidence-Based Hands-On Cooking Programs with Children and Families

11:30 a.m. - 12:30 p.m. | Nicollet A-C | 1 CEU

*Moderator: Barbara Lobse, PhD, RD, CDN, Rochester Institute of Technology*

*Speakers: Sarah Colby, PhD, RD, University of Tennessee; Leslie Cunningham-Sabo, PhD, RDN, Colorado State University; Jessica Metcalfe, MPH, PhD Candidate, University of Illinois at Urbana-Champaign; Adrienne White, PhD, RDN, FAND, University of Maine*

Three evidence-based interventions that focus on experiential cooking activities for children and families (iCook 4-H: Cooking, Eating and Playing Together; Illinois Junior Chefs; and Fuel for Fun: Cooking with Kids Plus Parents and Play) will showcase challenges and solutions to common issues of balancing stakeholder needs, translation, scalability, fidelity, and sustainability.

Panelists will discuss evaluation approaches and best-practices for assessing large-scale implementation of these programs. Participants will be able to consult with experts in an interactive setting to facilitate integrating hands-on components into their own nutrition education programs.

Learning Objectives:

- Participants will be able to describe three evidence-based hands-on cooking programs (iCook 4-H: Cooking, Eating and Playing Together; Illinois Junior Chefs; and Fuel for Fun: Cooking with Kids Plus Parents and Play) and their impacts.
- Participants will be able to identify best practices regarding the evaluation of large-scale, multi-site nutrition education programs delivered in diverse settings, focusing on both process and outcome evaluations (including longitudinal follow-up).
- Participants will examine and discuss challenges and solutions related to scaling-up and implementing nutrition education programs that include hands-on components, focusing on issues related to balancing stakeholder needs, translation, scalability, fidelity, and sustainability.

*Organized by the Nutrition Education for Children Division*

# Conference Programs - Tuesday, July 24

## **Spend Smart. Eat Smart.: Using a Mobile App and Consumer-Focused Website to Complement Nutrition Education Initiatives in Various Food System Sectors**

11:30 a.m. - 12:30 p.m. | Northstar | 1 CEU

*Moderator: Amber Canto, MPH, RDN, University of Wisconsin*  
*Speakers: Jody Gatewood, MS, RD, LD, Iowa State University; Christine Hradek, MPH, Iowa State University Extension and Outreach*

The Cooperative Extension system has a long legacy of programming to support nutrition education and various sectors of the food system.

The Spend Smart. Eat Smart. Team at Iowa State University Extension and Outreach has created web-based materials (website, mobile app and accompanying social media) to support growers, consumers, retailers and food banking networks. Join us for a tour of these freshly updated, free, research-based tools and try them out for yourself using your tablet or smart phone.

Learning Objectives:

- Participants will recognize the value of web-based resources when working with various sectors of the food system.
- Participants will identify ways to use the Spend Smart. Eat Smart. online suite to enhance practices related to food waste reduction, healthy food access and agriculture.
- Participants will practice accessing and engage in hands-on use of the Spend Smart. Eat Smart. suite using tablets and smart phones.

## **2019 Planning Meeting**

12:30 p.m. - 1:30 p.m. | Greenway F-J | All welcome, especially Florida members

## **Child Obesity Prevention: Highlights from USDA NIFA AFRI Grantees**

1:30 p.m. - 3:00 p.m. | Greenway A-E | 1.5 CEUs

*Moderator: Marilyn Townsend, PhD, University of California, Davis*  
*Speakers: Ghaffar Hurtado Choque, PhD, University of Maryland; Sonya Jones, PhD, University of South Carolina; Mary Murimi, PhD, RD, Texas Tech University; Lorrene Ritchie, PhD, RD, University of California; Marilyn Townsend, PhD; Gregory Welke, PhD, Iowa State University*

This session will provide highlights from the research portfolio of the Agriculture and Food Research Initiative (AFRI) competitive grants program for childhood obesity prevention.

## **Engaging Youth for Inclusive and Equitable Food Systems**

1:30 p.m. - 2:30 p.m. | Nicollet A-C | 1 CEU

*Moderator: Amber Canto, MPH, RDN, University of Wisconsin-Extension*  
*Speakers: Josset Gauley, PhD, MS, University Of Wisconsin-Extension; Monica Lobenstein, MA, University Of Wisconsin-Extension; Claire Mance, MS, University Of Wisconsin-Extension*

This session highlights a youth inclusive approach to nutrition edu-

cation and food system improvement.

Presenters will share individual and community level outcomes of a SNAP-Ed funded project in which youth led an effort to raise awareness of food resources and improve access to healthy food in a USDA designated food desert. Presenters will share effective approaches and practice-based curriculum materials that others can use to implement youth action projects in their communities.

Learning Objectives:

- Session participants will be able describe the value of engaging youth as participants in PSE work aimed at improving food systems.
- Session participants will be able to identify components of youth participatory action programming.
- Session participants will be able to name specific strategies for engaging youth in the design and implementation of programs intended to impact local food systems.

## **Farm to School and School Wellness Policies: Working Together for Effective Nutrition Education**

1:30 p.m. - 2:30 p.m. | Nicollet D | 1 CEU

*Moderator: Ashley Schimke, DTR, National Farm to School Network, Arizona State Lead, Arizona Department of Education*  
*Speakers: Andrea Northrup, BA, BS, USDA, Food And Nutrition Service, Mountain Plains Region; Gina O'Brian, RD, RDN, USDA, FNS, MPRO, USDA, Food And Nutrition Service, Mountain Plains Region; Angela Rickey, MPH, RD, SNS, Roseville Area Schools*

This session includes guidance and resources, but also real-life stories, pictures, and best practices.

Attendees will be able to participate through stimulating activities that will move them into action for their own Local Wellness Policy and Farm to School coordinated outcomes. MPR FNS Farm to School Regional Lead and Senior Nutritionist will review Farm to School principles and resources, as well as Local School Wellness Policy requirements.

Learning Objectives:

- To understand the principles of Farm to School programs and potential impact on school wellness, the local economy, and local food systems.
- To understand required elements of Local School Wellness Policies and potential impact on school wellness environments.
- To identify specific ways participants can improve Local Wellness Policies and promote Farm to School.

*Sponsored by the Nutrition Education for Children Division*

# Conference Programs - Tuesday July 24

## Using Social Media to Engage Low Income Moms to Improve Healthy Eating

1:30 p.m. - 2:30 p.m. | Northstar | 1 CEU

*Moderator: Melissa Maulding, MS RD, Purdue Extension Nutrition Education Program*

*Speakers: Kimberlynn Laramy, Social Marketing Strategist and Senior Accountant, Ethos/VONT; Suzanne Madore, Ethos/VONT*

Social Media is here to stay, from Presidential tweets to funny cat videos and everything in between.

Learn how you can use social media to help promote your program. Hear more about how you can increase engagement with your program using the tools of social media. Uncover the planning and processes that can help you use social media in the most effective and efficient manner, increasing your reach and meeting your goals.

Learning Objectives:

- Attendees will learn about the different types of social media and how they relate to different audiences.
- Attendees will learn best practices with regard to using social media for promotion.
- Attendees will learn how to craft messages for maximum engagement.

## Child, Clan and Culture: Effective Communication Methods for Obesity Preventions

3:00 p.m. - 4:00 p.m. | Northstar | 1 CEU

*Moderator: Jennifer Savage Williams, PhD, The Pennsylvania State University*

*Speakers: Holly E. Brophy-Herb, PhD, Michigan State University; Alison Gustafson, PhD, MPH, RD, University of Kentucky; Margarita Teran-Garcia, MD, PhD, FTOS, University of Illinois Urbana-Champaign*

To reduce the risk of childhood obesity, this session will accomplish the following:

- Describe the formative-evaluation process of developing effective healthy messages for a variety of sub-populations;
- Examine how to evaluate impact (effectiveness) of various type of messaging among those receiving the messages;
- Explain other elements of the evaluation process to further elucidate key constructs and next steps in messaging development.
- The remainder of the session will focus on diverse cultural applications of simple messages currently available to nutrition educators in various geographic areas within the United States.

Learning Objectives:

- List 3 concepts of formative-evaluation when developing obesity prevention messages.
- Understand different methods of delivery for obesity prevention messages.
- View 3 examples of applications that bring “research to practice” in different cultural environments of valid prevention strategies and outcomes of delivering obesity prevention messages.

## Optimizing Nutrition and Health Outcomes Through Agriculture and Food and Nutrition Education: Examples from EFNEP and Partners

3:00 p.m. - 4:00 p.m. | Nicollet A-C | 1 CEU

*Moderator: Helen Chipman, PhD, RDN, Institute of Food Safety and Nutrition, National Institute of Food and Agriculture (NIFA), USDA*

*Speakers: Carinthia Cherry, PhD, RD, LDN, North Carolina A&T State University, Cooperative Extension Program; Christine Hradek, MPH, Iowa State University Extension and Outreach; Lorelei Jones, M.Ed., North Carolina State University; Mallory Koenings, Institute of Food Safety and Nutrition, National Institute of Food and Nutrition Education (NIFA)/USDA; Nicole Owens, PhD, Family, Youth and Community Sciences Department, University of Florida; Jeffrey Steiner, PhD, Division Director for Plant Production in the Institute of Food Production and Sustainability*

As food and communication systems become more complex, and people are more removed from agriculture within the food system, confusion surrounding healthy food choices has grown. Nutrition educators help consumers overcome this confusion.

Attendees will learn how the Expanded Food and Nutrition Education Program (EFNEP) is forging creative partnerships with agriculture, healthcare, foodbanks, and others, all working synergistically to expand nutrition education impacts and improve healthy food choices of low-income families and youth. The audience will use polling and mobile apps in this interactive session and leave equipped to increase community engagement and healthy nutrition outcomes through coordination and technology.

Learning Objectives:

- Identify influences that agriculture, consumer demands, research, education, and extension have on the national food system.
- Describe how EFNEP, a national nutrition education program, has partnered with agriculture, health, and other traditional and non-traditional sectors to improve nutrition education outreach, healthy food access, and nutrition and health impacts of low-income families.
- Determine two ways you (attendees) might join other nutrition professionals, the agricultural sector, and/or other partners to build connections, coordinate efforts, and utilize emerging technology and other resources to improve consumer understanding and access to healthy foods.

## Conference Programs - Tuesday, July 24

### **Train the Trainers: Equipping Nutrition Educators with Knowledge Application Tools in Food Systems Assessment to Influencing Health Care Practitioners**

3:00 p.m. - 4:00 p.m. | Nicollet D | 1 CEU

*Moderator: Zubaida Qamar, PhD, University of California, San Francisco (UCSF)*

*Speaker: Prof. Sumantra Ray, MBBS, MPH, MD, NNEdPro Global Centre for Nutrition and Health*

Globally we are experiencing a nutrition transition, where there is co-existence of both under and over nutrition in same populations. To tackle this global burden of malnutrition, nutrition educators are well equipped and competent in providing robust, evidence-based and regulated nutrition advice through motivational interviewing, counseling and behavior change. Due to lack of training and difficulty accessing reliable nutrition evidence, healthcare practitioners are unable to integrate nutrition into clinical practice.

Using a multi-modal education method, this session will equip nutrition educators with knowledge application tools extending their scope of practice and influencing a wider healthcare workforce to integrate nutrition into practice.

Learning Objectives:

- To equip nutrition educators with knowledge application tools to influence healthcare practitioners and develop understanding on the need for multidisciplinary collaboration in providing nutrition care.
- To provide nutrition educators with the tools to extend their scope of practice to the wider healthcare workforce within food systems.
- To expose nutrition educators to novel education and training methods to further enhance their practice in providing nutritional care.

*Organized by the Division of International Nutrition Education*

## Post-Conference Programs - Wednesday, July 25

### **Registration Open**

7:00 a.m. - 8:30 a.m. | Nicollet Promenade

### **Post-Conference Tour - Tribal Gardens and Natural Foods Market Run by the Shakopee Mdewakanton Sioux Community and Minneapolis Public Schools**

- Lunch included | Registration required | Meet at Nicollet Promenade | Casual attire and comfortable walking shoes are suggested

At the Wozupi Gardens, attendees will:

- Take a walking tour of the garden and tour the orchard, which is also where the chickens are raised.
- Visit cabin site. Learn the history of Wozupi and the environmental steps taken at the farm, such as wind turbines.
- Tour of Medicine Garden, which has recently been revamped.
- Visit bees and hives.

This outing will include a walking tour of the SMSC's Wozupi Tribal Gardens, which was created to provide organic, locally grown produce, eggs, maple syrup, and honey for the tribe and the local community, with special attention given to indigenous plants. Participants will also receive an overview of the many nutrition-related initiatives undertaken by the SMSC in recent years, including its national campaign for indigenous nutrition, Seeds of Native Health.

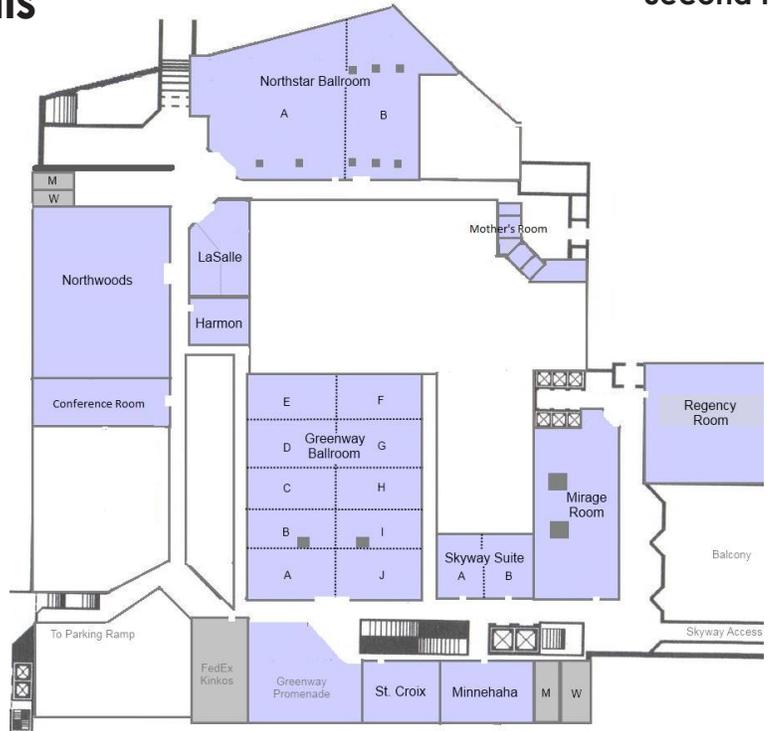
The tour group will have a chance to visit Mazopiya, the SMSC's natural food market, which offers healthy foods, Native American-made products, wellness classes, and more.

At the Minneapolis Public Schools Culinary Center, participants will learn more about their innovative efforts, like the Minnesota Thursdays campaign, farm to school program, taste tests, school gardens and partnerships with local chefs. Attendees will also have a chance to see their summer meals food truck in action, which provides free meals to children in low-income areas of the city. Participants will tour their Culinary Center, which acts as a central production and distribution hub for the district.

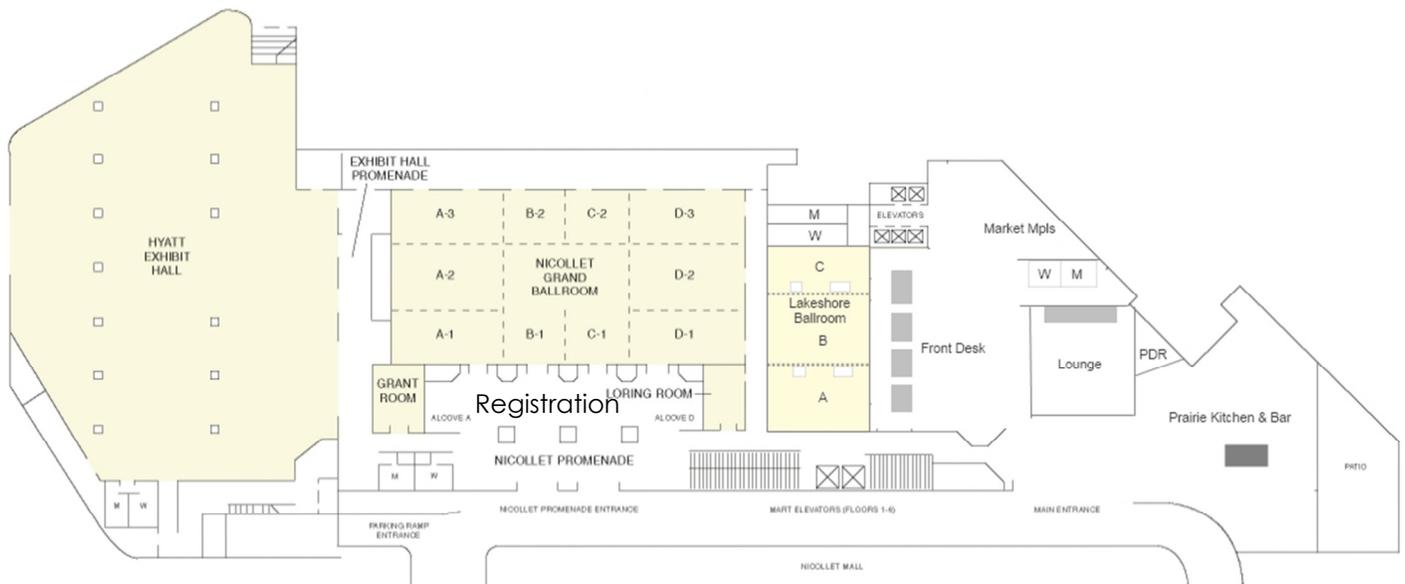
# Hyatt Regency Minneapolis

Second Floor

1300 Nicollet Mall  
 Minneapolis, MN 55403  
 612-370-1234



## First Floor



## Download the SNEB Conference Mobile App!

In an effort to reduce paper and enhance your conference experience, we are introducing a mobile app at this year's meeting. Download the app to access the schedule, abstracts, exhibitors, attendee directory, and more! For Android and Apple users, search for **SNEB Conference** in the App Store/Google Play. If you need assistance locating, downloading or using the app please come to the registration desk.