



Society for  
Nutrition Education  
and Behavior



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# Empowering Food Citizens

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# SNEB2023

INTERNATIONAL ANNUAL CONFERENCE

Washington, D.C. | July 20-23, 2023

Preliminary Programme

*Together for nutrition and food systems transformation*



# SNEB2023 Conference Logo Elements

## The Logo



*Together for nutrition and food systems transformation*

## Empowering Food Citizens

### Conference Name

The conference name with the key colors of the SNEB logo: Turquoise and Green.



### SDG Ring

Representing the commitment to the 17 Sustainable Development Goals (SDGs) and how they are the basis of the vision.



### SDG 2/Food Bowl

Symbol and color of SDG 2: Zero Hunger, the main focus of the conference.



### Slogan

Each word defines the course of the conference.

*Together for nutrition and food systems transformation*

### Motto

Representing one of the main purposes of the conference.



# Visual Identity Elements



## Central Shape and the Largest

Fish/person: The fish represents the importance of biodiversity. The tail of the fish, which meets one of the circles to simulate the two arms and head of a person, symbolizes humanity.

## Other Shapes



Hexagon: Structure and Organization



Equal Sign: Equality



Leaves: Re-inspiration and creation



Semicircle: Bowl of food

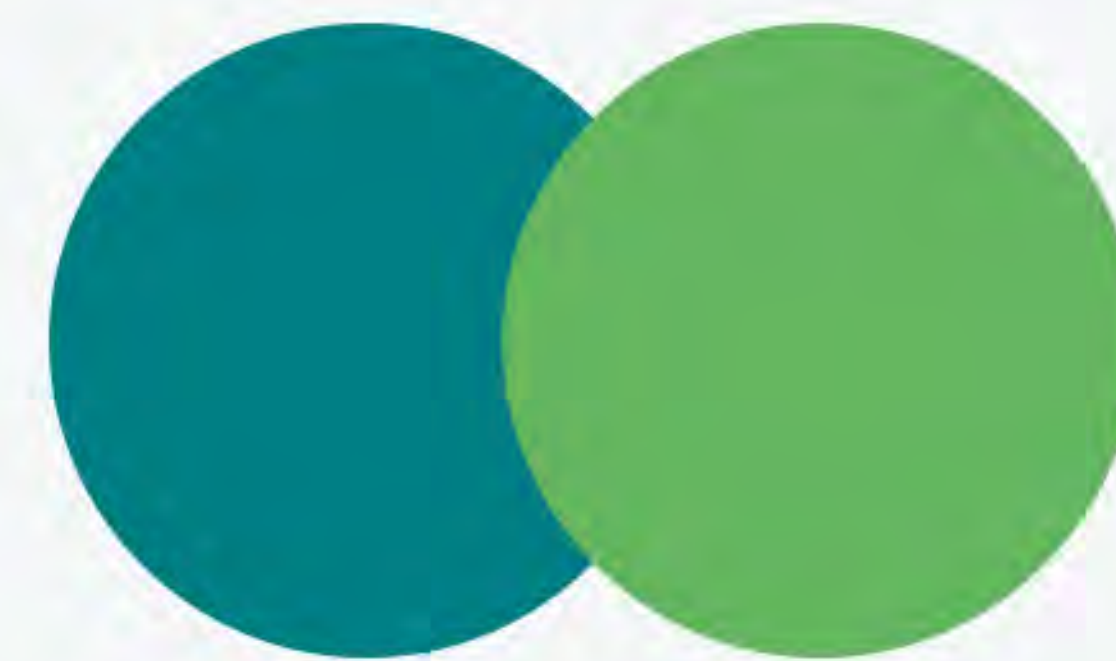


Circles: Ideas and exchange of information



Seed/Drop: Agriculture and water

## Colors



### Green and Turquoise

The colors of the SNEB logo and the basis of all our visual identity.



### SDG Colors

The colors of the SDGs most relevant to the conference are used to give accentuations in certain graphics.

Designed by  
Santiago Medina López  
Youth-Creator





## Message from Conference Chair Yenory Hernández-Garbanzo, PhD

We are delighted and honored to invite all SNEB members, prospective members, and partners from around the world to participate fully in the upcoming 2023 SNEB Conference. The event will be held in the beautiful city of Washington D.C. from July 20-23, 2023, and will focus on the theme "Empowering Food Citizens: Together for Nutrition and Food Systems Transformation. Re-connect, Re-nourish, Re-inspire."

The conference's theme builds on SNEB's expertise in promoting effective nutrition education and behavior through research, policy, and practice, as it aims to bring everyone together to identify and propose the most powerful ways to empower food citizens, who must be at the heart of nutrition and food systems transformation.

Today, there is an urgent need to re-connect, re-nourish, and re-inspire everyone's effort to work towards actionable "pathways for transitioning food systems to protect human and planetary health". Several opportunities have been put in place to ensure all people's active and meaningful participation. Two remarkable examples are the past 2021 United Nations Food Systems Summit and the 2022 White House Conference on Hunger, Nutrition and Health.

The 2023 SNEB conference will also serve as the perfect platform to share and apply new developments, evidence, and expertise to better understand and influence the interconnections between food-related behaviors, food systems, nutrition education research, and practice approaches and policies for healthier diets.

By working together towards maximizing the "multiplier effect" of nutrition education and behavior, we can ensure that everyone is empowered to become active food citizens, real partners, and drivers of change.



This 2023 conference will also be the place to unleash, discover and/or live what makes SNEB unique. Undoubtedly, its uniqueness and true richness come from each of its members. SNEB people, through its specialized Divisions, inspire others with innovative approaches and cultivate strong connections to nourish each other's professional growth. You will not leave the conference without feeling solidarity everywhere!

We extend our heartfelt appreciation to the conference planning committee members, SNEB divisions and volunteers, sessions organizers and speakers, and government and non-government organizations for their invaluable support in organizing and delivering what promises to be a fulfilling 2023 SNEB experience. On behalf of our dedicated and exceptional team, we sincerely hope you will relish this opportunity to re-connect with friends, re-nourish your knowledge and expertise, and feel re-inspire to make a positive impact in your respective fields.

Yenory Hernández-Garbanzo, PhD  
2023 SNEB Conference Chair  
2022-2023 SNEB President-elect  
2023-2024 SNEB President



## Schedule Icons and Colors Key

In this schedule, there are three icons associated with each day:



RE-CONNECT  
Day 1



RE-NOURISH  
Days 2-3



RE-INSPIRE  
Day 4

Some events follow certain Conference Tracks, each with its own associated color:



Nutrition Equity, Leaving No One Behind



Healthy Diets, Healthy Food Systems, and a Healthy Planet



Nutrition Education and Behavior Theory, Research, Evaluation and Policy



Digital Technology and Nutrition Education



Healthy and Sustainable Pathways for Children and Youth



Advances for the Future of Nutrition Education and Behavior



Capacity Development and Training for the Next Generation of Nutrition Educators





# DAY 1: RE-CONNECT

Thursday, July 20th, 2023






TIME	EVENT
<b>REGISTRATION OPEN</b>	7:30 AM - 5:30 PM
<b>CAPITOL HILL VISIT</b>	<i>Duration: 5 hours/ \$25-RSVP is required - 25 person limit.</i>
8:30 AM - 1:00 PM 	Advocating for Nutrition Education: A Day on Capitol Hill
<b>EXPERIENTIAL FIELD TRIP</b>	<i>Duration: 5 hours/ \$25-RSVP is required - 20 person limit.</i>
8:30 AM - 1:00 PM 	Exploring Farm to School in D.C. with FoodPrints: Empowering the Next Generation of Food Citizens through School-Based Experiential Food Education
<b>DEEP DIVE WORKSHOPS</b>	<i>Duration: 6 hours. A separate registration fee is required. Space is limited.</i>
9:30 AM - 3:30 PM 	Community Food Security and Nutrition in Action (Cost: \$75)
9:30 AM - 3:30 PM 	Qualitative Data Analysis for Nutrition Education Research (Cost: \$25)
9:30 AM - 3:30 PM 	Defining, Applying, and Measuring Food Literacy Frameworks for Health and Education (Cost: \$25)
<b>LEARNING LABS</b>	<i>Duration: 2-3 hours. No additional fee.</i>
9:30 AM - 12:30 PM 	The Power of Graphic Style Stories to Empower Sustainable Healthy Eating Behaviors
9:30 AM - 12:30 PM 	Application of the Mobile Teaching Kitchen as an Innovation to Tackle Food Insecurity in the US and Internationally
01:30 PM - 3:30 PM 	New SNAP-Ed Tools and Strategies to Help Communities Reach 2030 White House Conference Targets
01:30 PM - 3:30 PM 	Client Directed Counseling for the Nutrition Professional
<b>SNEB LEADERSHIP WELCOME MEETING</b>	
3:45 PM - 4:45 PM	SNEB Leadership Welcome Meeting (by invitation only)
<b>MENTORING INITIATIVE</b>	
4:00 PM - 4:45 PM	Mentor-Mentee Meet Up
<b>OPENING PLENARY SESSION</b>	
5:00 PM - 5:10 PM	Opening and Welcome Remarks by SNEB Leadership
5:10 PM - 5:25 PM	Land and Labor Acknowledgement and Indigenous Spiritual Ceremony
5:25 PM - 5:45 PM	Setting the Scene: The Vital Role of Nutrition Education and Courageous Leadership for Healthy Diets and Sustainable Food Systems
5:45 PM - 7:00 PM	Cooking Up Empowerment: Ingredients for Food Citizens Transformation
<b>WELCOME RECEPTION AND LIVE MUSICAL PERFORMANCE BY AY YOUNG, UN YOUTH LEADER FOR THE SDGs</b>	
7:00 PM - 8:30 PM	Re-connect with friends & meet new people
7:00 PM - 8:30 PM	Renourish with tasty local food appetizers and cash bar
7:00 PM - 8:30 PM	Re-inspire your spirit with music and entertainment





# DAY 2: RE-NOURISH

Friday, July 21st, 2023

TIME	EVENT
<b>GETTING READY</b>	
7:00 AM - 5:30 PM	Registration Open
7:00 AM - 5:00 PM	Speakers Ready Room (Computer available for presenters)
<b>ENERGIZE YOUR DAY #BeActive</b>	
6:15 AM - 6:45 AM	Start the Day on the Right Foot (#SNEB2023 Morning Walk/Run in D.C.)
6:45 AM - 7:00 AM	We are Connected! Morning Mindfulness through Nature Connection
<b>BREAKFAST AND NETWORKING</b>	
7:00 AM - 8:00 AM	Coffee with JNEB Editor-in-Chief and Editors (All welcome) (Sponsored by Elsevier).
<b>MORNING PLENARY SESSION</b>	
8:00 AM - 9:30 AM	 Youth Change-Makers and Nutrition Education: Connecting, Nourishing and Inspiring a Better Food Future.
<b>ENERGIZER BREAK</b>	
9:30 AM - 9:45 AM	Energizer Break: Stretch and Move
<b>CONCURRENT SESSIONS I</b>	
9:45 AM - 10:45 AM	 Eating Competence Research: A Global Happening
9:45 AM - 10:45 AM	 Strategies to Integrate Racial and Health Equity into Nutrition Education and Food System Transformation Plans
9:45 AM - 10:45 AM	 Nurturing Young Food Citizens of the Future through Policy, Systems, and Environmental Changes
9:45 AM - 10:45 AM	 Nutrition Security and Equitable Access to WIC Nutritious Foods: United States Federal Policy Implications
<b>NUTRITION BREAK IN EXHIBIT HALL</b>	
10:45 AM - 11:15 AM	Nutrition Break Served
10:45 AM - 4:00 PM	Exhibit Hall Open
<b>POSTER SESSION</b>	
10:45 AM - 12:00 PM	Poster Abstracts
<b>LUNCH ON THEIR OWN, MEETINGS &amp; NETWORKING</b>	
11:00 AM - 12:00 PM	Research Division
11:00 AM - 12:00 PM	DigiTech Division
11:00 AM - 12:00 PM	DINE Division
11:00 AM - 12:00 PM	FNEE Division







TIME	EVENT
12:00 PM - 1:00 PM	Student Division
12:00 PM - 1:00 PM	Children's Division
12:00 PM - 1:00 PM	Journal Committee
11:00 AM - 1:00 PM	Meet USDA-NIFA Leaders

### DIALOGUE NOW SESSION WITH THE FOOD TRUST

12:00 PM - 1:00 PM	 Strengthening Farm to School Initiatives: Innovative Ideas for Creating Connections Between Schools and Farmers
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### SKILL-BUILDING SESSIONS

1:15 PM - 2:45 PM	 Creative Connections
1:15 PM - 2:45 PM	 Developing Strategies You Can Use to Promote Sustainable Eating and Food Citizenship
1:15 PM - 2:45 PM	 From Anchored to Equitable ... Centering Community Voice, Transforming Policies, and Connecting Communities to Relevant Nutrition Education
1:15 PM - 2:45 PM	 Empowering Our Youngest Food Citizens: Nourishing Bodies and Minds Through Responsive Eating and Family-Style Dining





### ORAL ABSTRACT PRESENTATIONS

3:00 PM - 4:00 PM	 Oral abstracts 01-04: Exploring Research on Diet Quality, Nutrition Behavior, Breastfeeding, and Infant Health.
3:00 PM - 4:00 PM	 Oral abstracts 05-08: Exploring Research on Food Security, Health Outcomes, and Access to Healthy Food
3:00 PM - 4:00 PM	 Oral abstracts 09-12: Exploring Research on Novel Approaches to E-Nutrition Education Interventions
3:00 PM - 4:00 PM	 Oral abstracts 13-16: Exploring Research on Food Behaviors, Community-Based Interventions, and Food Literacy Assessment

### REFRESHING BREAK

4:00 PM - 4:15 PM	Walk, Talk and Recharge with Coffee, Tea, or Water
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### CONCURRENT SESSIONS II

4:15 PM - 5:15 PM	 Empowering Communities through Digital Technology
4:15 PM - 5:15 PM	 Promoting Equity Through Language Access: Lessons Learned Developing the Dietary Guidelines for Americans Recursos en Español
4:15 PM - 5:15 PM	 Why aren't Americans Eating Seafood: Consumer Input to Better Shape Education and Policy
4:15 PM - 5:15 PM	 Asset-Based Community Nutrition Education: Aligning Program and Partner Efforts for Equity-Centered Nutrition and Food Systems Transformation

### AFTERNOON PLENARY SESSION

5:30 PM - 6:45 PM	SNEB Presidential Address and Awards Ceremony
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### SOCIAL NIGHT AT D.C.

7:00 PM - 8:30 PM	Dinner organized by each Division
7:00 PM - 8:30 PM	New Member and First-time Attendee Reception





# DAY 3: RE-NOURISH

Saturday, July 22nd, 2023

TIME	EVENT
<b>GETTING READY</b>	
7:00 AM - 5:00 PM	Registration Open
7:00 AM - 5:00 PM	Speakers Ready Room (Computer available for presenters)
<b>ENERGIZE YOUR DAY #BeActive</b>	
6:15 AM - 6:45 AM	Start the Day on the Right Foot (#SNEB2023 Morning Yoga Practice)
6:45 AM - 7:00 AM	Sweetly connected! Morning Mindfulness through Nature Connection
<b>BREAKFAST AND NETWORKING</b>	
7:00 AM - 8:00 AM	Breakfast and Networking (All welcome)
7:00 AM - 8:00 AM	SNEB Past Presidents Breakfast (Invitation only)
7:00 AM - 8:00 AM	EFNEP Meeting (invitation only)
7:20 AM - 8:20 AM	Competencies Committee
<b>MORNING PLENARY SESSION</b>	
8:00 AM - 9:30 AM	George M. Briggs Nutrition Science Symposium: Aquatic Foods: Current Evidence and Implications for Food Systems and Individual and Planetary Wellbeing
<b>ENERGIZER BREAK</b>	
9:30 AM - 9:45 AM	Energizer Break: Stretch and Move
<b>CONCURRENT SESSIONS III</b>	
9:45 AM - 11:15 AM	 Transforming the Charitable Food Systems for the Future
9:45 AM - 11:15 AM	 Getting Beyond 50% - Closing the Gap with WIC Outreach, Innovation, and Modernization
9:45 AM - 11:15 AM	 School Meals for All: Exploring Global Initiatives and Lessons Learned from California and Maine
9:45 AM - 11:15 AM	 Transforming Food Labeling: Empowering Food Citizens with Accurate Information
<b>NUTRITION BREAK IN EXHIBIT HALL</b>	
11:15 AM - 11:45 AM	Nutrition Break Served
11:15 AM - 4:00 PM	Exhibit Hall Open
<b>POSTER SESSION, TECH PLAYGROUND AND BOOK SIGNING EVENT</b>	
11:15 AM - 12:30 PM	Poster Abstracts
11:15 AM - 12:30 PM	Tech Playground
11:15 AM - 12:30 PM	Nutrition Education: Linking Research, Theory, and Practice: Book Signing with Isobel R. Contento and Pamela A. Koch (Don't Forget to Bring Your Own Copy of the Book!)
<b>LUNCH ON THEIR OWN, MEETINGS &amp; NETWORKING</b>	
11:00 AM - 12:00 PM	SNEB Foundation
12:00 PM - 1:00 PM	Sustainable Food Systems Division







TIME	EVENT
12:00 PM - 1:00 PM	Food Sector Division
12:00 PM - 1:00 PM	Higher Education Division
12:00 PM - 1:00 PM	Healthy Aging Division
12:00 PM - 1:00 PM	Public Health Division
11:00 AM - 5:00 PM	JNEB Rapid reviews (Sign-up today for a one-on-one meeting with a Journal of Nutrition Education and Behavior Associate Editor or Editor-in-Chief to discuss your paper or research project)





### DIALOGUE NOW SESSION WITH THE DAIRY COUNCIL OF CALIFORNIA

12:00 PM - 1:00 PM	 Reimagining Nutrition Education: Collaborating to Build Healthier Communities
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### SKILL-BUILDING SESSIONS

1:15 PM - 2:45 PM	 Empower Consumers to Connect the Dots from Savings to Table with Shop Simple with MyPlate
1:15 PM - 2:45 PM	 Innovative and Inclusive Methods for Teaching Nutrition Education to Children with Disabilities
1:15 PM - 2:45 PM	 Inspiring Food Citizens Through USDA-NIFA's Community Food Projects Competitive Grant Program: A program that links the Whole Food System to Improve Food Access, Affordability and Reduce Food Insecurity for American Households
1:15 PM - 2:45 PM	 Behavior Change Through Teaching Kitchens: A Deep Dive





### ORAL ABSTRACT PRESENTATIONS

3:00 PM - 4:00 PM	 Oral abstracts 17-20: Exploring Research on Nutrition Behaviors, School Lunches, Interactive Cooking Classes, and Family Mealtime
3:00 PM - 4:00 PM	 Oral abstracts 21-24: Exploring Research on Food Security, and Dietary Patterns Among Diverse Populations
3:00 PM - 4:00 PM	 Oral abstracts 25-28: Exploring Research on Innovative Approaches to Nutrition Education and Training for Nutrition Professionals
3:00 PM - 4:00 PM	 Oral abstracts 29-32: Exploring Research on Diet and Consumer Perceptions

### REFRESHING BREAK

4:00 PM - 4:15 PM	Walk, Talk and Recharge with Coffee, Tea, or Water
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### CONCURRENT SESSIONS IV

4:15 PM - 5:15 PM	 Cultivating Opportunity Through Farm-to-School Efforts
4:15 PM - 5:15 PM	 Community Gardens Impact on Food Security and Health
4:15 PM - 5:15 PM	 Empowering Nutrition Educators to Engage Populations in Substance Use Recovery
4:15 PM - 5:15 PM	 Exploring Mediterranean Food Systems through Study Abroad Education

### AFTERNOON PLENARY SESSION

5:30 PM - 6:45 PM	ACPP Plenary: A Case Study in Policy Advocacy: Transforming the Food System with Produce Rx
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### SOCIAL NIGHT AT D.C.

7:00 PM - 8:30 PM	Dinner Organized by Each Division
7:00 PM - 11:00 PM	D.C. Tour at Night (\$50 per person)





# DAY 4: RE-INSPIRE

## Sunday, July 23rd, 2023

TIME	EVENT
<b>GETTING READY</b>	
7:00 AM - 5:00 PM	Registration Open
7:00 AM - 5:00 PM	Speakers Ready Room (Computer available for presenters)
<b>ENERGIZE YOUR DAY #BeActive</b>	
6:15 AM - 6:45 AM	Start the Day on the Right Foot (#SNEB2023 Zumba Session)
6:45 AM - 7:00 AM	Mindfulness Meditations and/or Nature Connections to Start the Day
<b>BREAKFAST AND NETWORKING</b>	
7:00 AM - 8:00 AM	Breakfast and Networking (All welcome)
7:00 AM - 8:00 AM	SNEB New Board Meeting (Invitation only)
<b>MORNING PLENARY SESSION</b>	
8:00 AM - 9:00 AM	USDA Highlights from the NIFA's AFRI Diet, Nutrition, and the Prevention of Chronic Diseases Projects and FNS's Team Nutrition Projects
<b>ENERGIZER BREAK</b>	
9:00 AM - 9:15 AM	Energizer Break: Stretch and Move
<b>CONCURRENT SESSIONS III</b>	
9:15 AM - 10:15 AM	 Culturally Responsive Practices in Food and Nutrition Security Interventions for New Americans in the United States: Grass roots and Public Health Perspectives
9:15 AM - 10:15 AM	 Early Career Researchers Empowering Young Food Citizens: Exploring Models of School Food Environments and Nutrition Education Across the Globe
9:15 AM - 10:15 AM	 Improving Diet Quality of Immigrant Communities: Building Access to Food Through Systems and Solidarity (BASIS) Program
9:15 AM - 10:15 AM	 USDA GusNIP Nutrition Incentive and Produce Prescription Programs Role in Strengthening Community-based Food Systems
<b>NUTRITION BREAK IN EXHIBIT HALL</b>	
10:15 AM - 10:45 AM	Nutrition Break Served
10:15 AM - 4:00 PM	Exhibit Hall Open
<b>POSTER SESSION AND TECH PLAYGROUND</b>	
10:15 AM - 11:30 AM	Poster Abstracts, USDA NIFA-AFRI and Team Nutrition Poster Abstracts
10:15 AM - 11:30 AM	Tech Playground
<b>MEETINGS &amp; NETWORKING</b>	
10:30 AM - 11:30 AM	Membership Committee



**TIME****EVENT****CELEBRATION OF THE INTERNATIONAL YEAR OF MILLETS WITH DINE (IYM 2023)**

**10:20 AM - 11:20 AM**  The Next Big Grain: Inspiring the Nutrition Professional to Reconnect with Millet for People and the Planet

**INSPIRING CONVERSATIONS**

**11:30 AM - 1:00 PM**  Revitalizing Indigenous Food Systems: Fostering Inspiring Conversations to Honor and Sustain Traditional Foods and Cultures

**11:30 AM - 1:00 PM**  Conversations with USDA

**11:30 AM - 1:00 PM**  Ensuring Equitable Access to Halal Foods for K-12 and College Students: Stories from Food Equity Advocates

**REFRESHING BREAK**

**1:00 PM - 1:15 PM** Walk, Talk and Recharge with Coffee, Tea, or Water

**CONCURRENT SESSIONS IV**

**1:15 PM - 2:15 PM**  Building Capacity for Empowered Food Citizens through Involvement in SNEB

**1:15 PM - 2:15 PM**  EFNEP Changes Lives of Food Citizens in Urban and Rural Communities - Voices from the Lived Experience

**1:15 PM - 2:15 PM**  Rewards and Challenges of Start-Up Projects Promoting Nutrition Equity to Mitigate Health Disparities of the Black Community in D.C.

**1:15 PM - 2:15 PM**  Empowering Rural Communities for Food System and Health Equity

**CLOSING PLENARY SESSION**

**2:30 PM - 2:45 PM** Welcome Remarks and Highlights of the Conference

**2:45 PM - 4:00 PM** Bee Marks Communication Symposium and Multi-Stakeholder Panel Discussion: A Good Food Future Full of Verve and Visibility

**4:00 PM - 4:20 PM** Looking Ahead: SNEB Divisional Leaders' Closing Statements

**4:20 PM - 4:30 PM** Closing and Farewell