

2010 Vermont Dietitians Association Annual Conference Dietitians Working for Healthy Food and Communities

Wednesday April 28th:

Cooking Close to Home

5:00-6:00pm Registration, Cocktail Hour, Networking

6:00-8:00 pm Dinner & Presentation Panel:

Healthy Food Options in Food Systems

Kathy Alexander

Katherine Alexander has been the Food Service Manager at the Ferrisburgh Central School for the past nine years. This program, in a small rural school of 200 students, works closely with local farmers using local foods throughout the school year to prepare homemade wholesome foods for students. Katherine believes that the food service programs of public schools are an extension of student's educational day and that the success of these programs depends upon seeing every aspect of the program in light of its impact on students learning about food and nutrition. Katherine is also Legislative Chair of VT School Nutrition Association, a Board member of the VT Campaign to End Childhood Hunger, and a graduate student at UMass Amherst studying Public Health- Nutrition.

Diane Imrie, MBA, RD

Diane Imrie, MBA, RD, has 20 years of experience working in a variety of healthcare food service operations. For the past 12 years she has worked as Director of Nutrition Services at Fletcher Allen Health Care, responsible for clinical, retail, and patient Nutrition Services. Recent work at that organization includes the implementation of new retail services, room service for patients, and a food sustainability program that is nationally recognized. Diane received the first Fletcher Allen CEO leadership award, titled "Living the Leadership Philosophy". She is passionate about local food, both personally and professionally, and is the co-author of a cookbook highlighting seasonal cooking titled "Cooking Close to Home".

Abbie Nelson

Abbie Nelson has been the Education Coordinator at NOFA VT for 9 years and is the Director of VT FEED (Food Education Every Day), a statewide farm to school project of 3 non-profits (Food Works at Two Rivers Center, Northeast Organic Farming Association of VT, and Shelburne Farms).

Thursday April 29th:

Dietitians Working for Healthy Food and Communities

8:00-8:30 am Registration/Breakfast/Exhibits

8:30-8:45 am Welcome & Opening Remarks

8:45-9:45 am American Heart Association: Weighs in on Sugars and Cardiovascular Health

Keynote Rachel K Johnson, PhD, MPH, RD

Rachel K. Johnson, PhD, MPH, RD is the Associate Provost, Professor of Nutrition and Professor of Medicine at the University of Vermont. Dr. Johnson has served on the Board of Editors for the Journal of the American Dietetic Association, Nutrition Today, and the Nutrition Bulletin. Dr. Johnson has served as Chair of the Commission on Dietetic Registration for the American Dietetic Association and on the Board of Directors for the ADA. Dr. Johnson was appointed by the U.S. Secretary of Agriculture, U.S. Secretary of Health and Human Services, and the U.S. Surgeon General to the Year 2000 Dietary Guidelines Advisory Committee. She served on the Panel on Dietary Reference Intakes (DRI) for the macronutrients for the National Academy of Sciences / Institute of Medicine. Dr. Johnson was a member of the Additives and Ingredients Subcommittee of the U.S. Food and Drug Administration's (FDA) Food Advisory Committee. She is currently the incoming chair-elect of the American Heart Association Nutrition Committee.

9:45-10:45 am Increasing Your "Health Span" via Berryfruits and Walnuts

Dr. James Joseph, PhD

Dr. Joseph, PhD received his Ph.D. in Behavioral Neuroscience from the University of South Carolina in 1976. He is the author or co-author of 260 scientific publications. He also serves on the editorial review boards for the following journals Experimental Gerontology, Neurobiology of Aging and Current Topics in Nutraceutical Research and Journal of Alzheimer Disease. His book, the Color Code, which is concerned with the health benefits of colorful fruits and vegetables, has been translated into five languages and is playing an important role in helping to change the diets of many people in the United States and other countries.

10:45-11:15 am Enjoy Dairy Everyday: Sip It, Slice It, Spoon It!
Break/Exhibits/Silent Auction

11:15-12:15 pm Overfed yet Undernourished: Solving the Paradox
Keith Ayoob, Ed.D, RD, FADA

Keith Ayoob, Ed.D, RD, FADA is a nationally known nutritionist, specializing in the areas of child and adult nutrition, obesity and heart health. He is the Associate Clinical Professor of Pediatrics at the Albert Einstein College of Medicine and Director of the Nutrition Clinic at the Rose F. Kennedy Children's Evaluation and Rehabilitation Center in New York. He was an American Dietetic Association (ADA) national media spokesperson from 1995-2004. During this time he participated in over 800 interviews in the electronic and print media. He is on several professional advisory boards and has presented at numerous national professional conferences.

12:15-1:30 pm Lunch/Business Meeting/Silent Auction/Exhibits

DON'T FORGET TO BRING YOUR CHECKBOOKS!

There will be a **SILENT AUCTION** with lots of wonderful baskets and items!



1:30-2:30 pm Mindful Eating
Laura Biron, MBA, RD, CD
2009 Recipient of the B. Hiser Award

Laura Biron, MBA, RD, CD has over 20 years of experience pursuing her passion of helping people live better by eating well and making peace with food. By using mindfulness techniques, Laura is able to help her patients cultivate awareness of their eating and make intentional choices about why, what, when, where and how they eat. She has completed professional trainings in mindfulness based approaches including Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Eating Awareness (MB-Eat). She has a private practice with offices in Stowe and Burlington, is a member of the Outpatient Nutrition Counseling Team at Central Vermont Medical Center and is an instructor for the VTrim Weight Management Program at University of Vermont.

2:30-3:30 pm Nutrigenomics & the Dietitian
Dr. Rebecca Guy, PhD

Dr. Rebecca Guy, PhD is a lecturer at UVM in the department of Genetics and Nutrition.

3:30-4:30pm The Raw Milk Debate: Value of Raw Milk as a Healthy Food
Moderator: Keith Silva, Across the Fence

Dr. Catherine Donnelly, PhD

Dr. Catherine Donnelly, PhD is an internationally known food microbiologist who often speaks with the media, she's an ardent supporter of the unpasteurized aged cheeses (AKA "raw cheeses") that have come under FDA scrutiny in recent years. Dr. Donnelly launched the Vermont Institute for Artisan Cheese at UVM with her NFS colleague Professor Paul Kindstedt.

Lindsay Harris, Farmer

Lindsay Harris and her partner, Evan Reiss, started Family Cow Farm stand in Hinesburg, VT. Their main product is unpasteurized milk, which is sold directly to their community through their farm stand and delivery. They also raise beef, pork, eggs, and vegetables in addition to teaching home dairying classes at the farm. Lindsay is passionate about whole, raw foods, grass-based farming, draft power and working with the animals' natural tendencies. Lindsay serves on the Board of Directors of Rural Vermont.

4:30 pm Closing Remarks & Silent Auction Results

This program has been approved for continuing education credits (April 28-2.0 CEUs; April 29-7.0 CEUs)