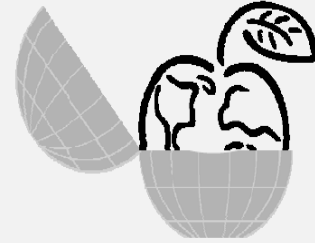


Ohio Nutrition Council
30th Biennial Conference
Wednesday
March 24, 2010

Pre-Conference Tuesday
March 23, 2010

2010 Ohio Nutrition Council
Biennial



Nutrition: Fresh From the Earth

The Quest Conference Center
8405 Pulsar Place
Columbus, Ohio 43240
614-540-5540

Ohio Nutrition Council
30th Biennial Conference
171 Green Meadows Drive South
Lewis Center, OH 43035

Optional Pre-Conference Tuesday, March 23, 2010

Sessions Tuesday Night are located at:

The Westerville Meijer store
100 Polaris Parkway,
Westerville, OH 43082

It is 2.25 miles east of the Quest Center on Polaris Parkway.

Tuesday night is limited to the first 80 people who sign up. Participants will receive confirmation of their registration.

Light hors d'oeuvres and demonstration samples will be provided.

5:45 **Registration**

6:00 **Welcome**

6:15 **Cooking with Grains** Chef James Warner, *Associate Director, Nutrition Services, Ohio State University Medical Center*. Explore the world of grains from around the globe. Experience the flavors and nutritional value that whole grain goodness can provide during this lively demonstration.

8:00 **Herbal Cooking with a Gardeners View** Georgeann Brown, *Un Coup De Main cooking school owner and master gardener*. By using fresh or dried herbs you can enhance the flavors of grain dishes without reaching for the salt shaker or the butter.

9:00 **Adjourn**

Certificates of attendance for 3 CEU's will be awarded for attending the pre-conference.



Wednesday, March 24, 2010

7:30 **Registration & Continental Breakfast**
Exhibits & Vendor booths available through-out the day during breaks.

9:00 **Welcome**

9:15 **Power Up Your Communication Skills**
Kathleen Zelman, *MPH, RD, LD Director of Nutrition, WebMD Health*. Learn how to improve your skills, market yourself for career success and grow to be the voice of your community. Become a trend setter and learn how to create timely media messages that make audiences stop, look and listen.

10:15 **New Nutrition Labeling Initiatives** Janine Faber *MEd, RD, LD* and Tina Miller, *MS, RD, Healthy Living Advisors, Meijer*. A discussion of the various nutrition labeling programs now available in supermarkets will enable you to understand the different systems and how to use them to evaluate healthier food selections.

11:30 **Luncheon and Awards**

12:30 **Fields of Green, a Successful Community Partnership to Fight Obesity** Stephanie Cihon *Director, Community Relations and Advocacy, ProMedica Health System*. Participants will learn about the multi-faceted program initiated by ProMedica Health System designed to combat the growing obesity epidemic.

Concurrent Sessions

1:45 **Panel: The Greening of our Communities through Community Gardening** Bill Dawson, *Franklin Park Conservatory, Growing to Green Coordinator, Franklin Park Conservatory*. Participants will discuss how the Growing to Green program of the Franklin Park Conservatory and community gardens are providing benefits such as local food access, nutrition-based education and exercise that can lead to better eating habits.

Susan Zies *Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Lucas County* Participants will learn about community gardening in Lucas County as well as OSU extension's role in working with consumers on how to use and preserve produce from local gardens in Northwest, Ohio.

Concurrent Sessions (continued)

- 1:45 **Food Allergies: Where Did They Come From?**
Julie Shertzer PhD, RD, LD, CSSD Program Specialist, The Ohio State University. Nearly 12 million Americans are affected by food allergies, including 6-8% of children. Explore several hypotheses, based on research, that may contribute to food allergies.
- 3:00 **Physical Activity for Older Adults** Linda Scovern
MPH, RD, LD, PAPHS Physical Activity and Nutrition Coordinator, Ohio Department of Health. Learn about the challenges and opportunities of working with older adults to become physically active. Topics covered will include the physiology of aging and exercise, motivation tips, common health challenges and fitness assessment.
- 3:00 **Nutrition Intervention and Therapies for Autism**
Jody Wall RD, LD, The Ohio State University Nisonger Center LEND Program. Autism Spectrum Disorder affects as many as 1 out of 150 children. Through this presentation you will better understand autism as well as the rationale, safety and efficacy of the multitude of herbal and dietary supplements used with this population.
- 3:00 **From Concept to Supermarket Shelf** Greg Shepherd
President and Founder, Stadium Salsa, LLC
 Bill Hirzel *Food Technologist, Canning Co. and Farms*
 Entrepreneur Greg Shepherd and Food Techologist Bill Hirzel will discuss how they take a concept and develop a product for the marketplace.
- 4:00 **Adjourn**

Certificates of attendance for 5 CEU's will be awarded for attending Wednesday.

Meeting Rooms

Meeting room climates vary, so wear layered clothing to ensure your personal comfort.

Directions to the Quest Center

From the East & Port Columbus Airport

I-670 East to 270 North to I-71 North. Exit at Polaris Parkway, Exit 121. Turn Right onto Polaris Parkway. Turn Right onto Pulsar Place.

From the North

I-71 to the Gemini Place exit, Exit 121. Turn Left onto Gemini. Then turn Right onto Orion Place followed by a Right onto Pulsar Place.

From the South

I-71 North through Columbus. Exit at Polaris Parkway, Exit 121. Turn Right onto Polaris Parkway. Turn Right onto Pulsar Place.

From the West

I-70 East to I-270 North. Merge onto I-71 North via Exit 26. I-71 North to Exit 121, Polaris Parkway. Turn Right onto Polaris Parkway. Turn Right onto Pulsar Place.

