

# Maine Nutrition Council

Annual Conference:

## Sustainable Nutrition for ME

Wednesday, April 11, 2018

8am - 4pm

University of Southern Maine, Lewiston-Auburn College  
51 Westminster St, Lewiston, ME 04240

**Keynote Speaker:** Dr. Miriam Nelson, UNH Sustainability Institute

**Speaker bio:** Miriam Nelson is currently the Director of the Sustainability Institute at the University of New Hampshire. Most recently, Dr. Nelson served as Associate Dean of Tufts University's Tisch College of Citizenship and Public Service and Professor at the Friedman School of Nutrition Science and Policy. At the Friedman School, she was the founding director of the John Hancock Research Center on Physical Activity, Nutrition, and Obesity Prevention and co-founder of ChildObesity180. As an international leader in research on nutrition, physical activity, and public health, Dr. Nelson has published extensive scholarly work on food policy, exercise, and civic engagement. Based on her innovative research, Dr. Nelson has written ten books, including *Strong Women Stay Young* and four other New York Times bestsellers. Together, these books have sold over a million copies in 14 languages. Dr. Nelson has contributed broadly to public policy initiatives. In 2008 she served as the vice-chair of the Physical Activity Guidelines Advisory Committee for the U.S. Department of Health and Human Services. She also served on the 2010 and 2015 respective Dietary Guidelines Advisory Committees (DGAC) for the U.S. Department of Health and Human Services and U.S. Department of Agriculture. Within the 2015 DGAC, Dr. Nelson spearheaded the influential work on dietary guidance and sustainability.

**Topics for the day include:** Sustainable dietary guidance, cooking demo basics, connecting local foods to cafeterias and institutions, sustainable seafood, and more!

### MNC CONFERENCE REGISTRATION FORM

**Sustainable Nutrition for ME**      **April 11, 2018**

Name/Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Fee (includes lunch):  Member \$90 (includes dues)  Non-member \$105 (includes dues)

Student/retired \$55

Special Dietary or Other Accommodations: \_\_\_\_\_

Please mail registration by: March 31, 2018 - Please mail forms and make checks payable to:  
The Maine Nutrition Council, PO Box 246, Augusta, ME 04330

For exhibitor & sponsor information please contact Kelsey Fortin at [kelsey.maitc@gmail.com](mailto:kelsey.maitc@gmail.com)  
(certificates for 6 contact hours will be awarded to each participant that completes the conference)