

CHALLENGES AND TRENDS IN NUTRITION

April 8, 2016
Kennebec Valley Community College
US Route 201, Hinckley



Michael Pistiner, MD, MMSc is a pediatric allergist for Harvard Vanguard Medical Associates and the father of a child with food allergies. He has a special interest in food allergy management and education. He is co-founder and content creator of AllergyHome and serves as a voluntary consultant for the Mass. Dept. of Public Health, School Health Services.

He was a reviewer for the CDC's Voluntary Guidelines for Managing Food Allergies in Schools and served on the National Association of School Nurses/National Association of School Nurse Consultants/American Academy of Pediatrics' Epinephrine Policies and Protocol's Work Group. He is a fellow in the American Academy of Pediatrics, where he is a member of the Council of School Health, the Section of Allergy & Immunology and the Project Advisory Committee for the Medical Home Chapter Champions Program. He is a member of the American Academy of Allergy Asthma & Immunology, where he is a member of the Adverse Reaction to Food Committee and food allergy in school sub-committee, and a member of the American College of Allergy, Asthma & Immunology. He serves on the boards of the Asthma & Allergy Foundation of America, New England Chapter, the National Assn. of School Nurses editorial board & the National Food Allergy Management and Education Advisory Board. He is a consultant for the Allergy Asthma Network/American Academy of Pediatrics Chapter Champions Program. Dr. Pistiner is the author of ***Everyday Cool with Food Allergies***, and a co-author of ***Living Confidently with Food Allergy***.



Mary Ellen Camire, PhD, CFS is a Professor of Food Science and Human Nutrition at the University of Maine School of Food & Agriculture. She earned her A.B. in biology at Harvard University, M.S. in nutrition from the University of Massachusetts- Amherst. Her dissertation research at Texas Woman's University focused on the development of healthful snacks. She directs the Sensory Evaluation Center at the University of Maine and works with many crops including seaweed, berries, potatoes, grains and various aquaculture products. Mary Ellen is a member of the American Society for Nutrition (ASN), the Obesity Society, CAST, the American Chemical Society and several sensory evaluation organizations.

Maine Nutrition Council



Kara Kaikini, MS, IBCLC is the OB Parent Education Program Manager at MMC where she coordinates the prenatal education program and inpatient education in the Family Birth Center and manages the expanding team of Lactation Consultants and childbirth educators. She has facilitated breastfeeding groups for the past 6 years and was the Principal Investigator of an IRB-approved breastfeeding research study at MMC. She has been working with families for over 10 years and became an IBCLC in 2009. She loves supporting expectant and new parents and is proud mama of two young boys.



Katherine Creswell is the Farm Manager at KVCC. She has managed three vegetable farms in Maine since graduating from Bates College in 2005 with a BA in Environmental Studies. She specializes in year-round growing and use of season extension structures. She is a competitive cyclist and runner. KVCC will provide a guided tour. Participants will visit the state-of-the-art culinary kitchen, animal facilities, high tunnels, greenhouse and fields as well as the newly constructed vegetable wash/pack facility and education center. You may be walking in wet fields, so bring appropriate footwear and rain gear.



Mark B. Lapping is the Distinguished University Professor Emeritus in the Muskie School at USM. He is the Lead Investigator for the Maine Food Strategy. A co-author of "A New England Food Vision" he is involved in matters related to regional food system development and food insecurity issues. The workshop will focus on a description of what a food system is, what the current Maine food system looks like, what opportunities exist, what barriers must we overcome, what results might we see in the way of better health, economic and social outcomes?

Conference Agenda

- 8:00 Registration & Exhibits @ The Alford Recreation Center
- 8:45 Welcome
- 9:00 Keynote - Dr. Michael Pistiner, MD, MMSc - [Food Allergy Management Strategies for Your Clients, Patients and Students](#)
- 10:15 Exhibits & Networking
- 10:45 Breakout Session I - In the Averill Bldg and Center for Science and Agriculture
 1. ***Debunking Childhood Allergy Myths*** - Michael Pistiner MD, MMSc
 2. ***Breastfeeding: A Public Health Call to Action*** - Kara Kalkini MS, IBCLC
 3. ***Navigating the Milk Aisle*** - Mary Ellen Camire PhD, CFS
 4. ***What's Eating Maine and What Does Maine Eat?*** - Mark Lapping PhD

Maine Nutrition Council

5. **Cooking Local Foods**- Kelly Clarke—KVCC Culinary Arts Instructor

6. **KVCC Sustainable Agriculture Campus Tour** - Katherine Creswell, Farm Manager

12:00 Lunch & Exhibits

12:45 Scholarships & Awards

1:00 A Tribute to our founder, Dr. Musgrave - Dr. Adrienne A. White, PhD, RD

1:30 Breakout Sessions II
(repeat of morning sessions)

2:55 Closing Remarks

3:15 Evaluation & Door Prizes

Maine Nutrition Council

MNC CONFERENCE REGISTRATION FORM **Challenges and Trends in Nutrition** **April 8, 2016**

Name/Title: _____ Organization: _____

Address: _____ Zip _____

Phone: _____ E-Mail _____

Fee/includes lunch: **Member** \$85 (includes dues) **Non-member** \$100 (includes dues) **Student/retired** \$50

Special Dietary or Other Accommodations: _____

Breakout Sessions: Number top 3 choices

- _____ 1. Debunking Childhood Allergy Myths - Michael Pistiner MD, MMSc
- _____ 2. Breastfeeding: A Public Health Call to Action - Kara Kalkini, MS, IBCLC
- _____ 3. Navigating the Milk Aisle - Mary Ellen Camire PhD, CFS
- _____ 4. What's Eating Maine and What Does Maine Eat? Mark Lapping PhD
- _____ 5. Cooking Local Foods - Kelly Clarke—KVCC Culinary Arts Instructor
- _____ 6. KVCC Sustainable Agriculture Campus Tour - Katherine Creswell, Farm Manager

Registration Deadline: March 20, 2016 - Please mail forms and make checks payable to:
The Maine Nutrition Council, P.O. Box 246, Augusta, ME 04330 For exhibitor information contact
Michelle Dupuis at mdupuis@hancockgrammar.org