



A Member of the University of Maine System

Nutrition, Food and Physical Activity Symposium

Tuesday, May 11, 2010

**Wells Conference Center
University of Maine
Orono, Maine**

The Nutrition, Food and Physical Activity Symposium will:

- Examine research and programs in all areas of community nutrition, physical activity and food safety related to improving the health and well-being of Maine people and reducing the incidence of obesity.
- Highlight innovative work that will help Maine lead the way towards promotion of lifestyles to improve wellness and reduce the risk of chronic disease.

Who Should Attend?

The University of Maine Cooperative Extension Nutrition, Food and Physical Activity Symposium is designed to provide a staff development opportunity for professional colleagues within the public health sector. Those who work in the general field of nutrition, health, and wellness will find this to be an event to help you better serve your target audience.

Directions & Parking

A campus map and parking permit will be sent to you upon receipt of your registration.

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University System shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status or gender expression, national origin, citizenship status, age, disability, or veteran's status in employment, education, and all other areas of the University System. The University provides reasonable accommodations to qualified individuals with disabilities upon request. Questions and complaints about discrimination in any area of the University should be directed to the Executive Director of Equal Opportunity, The University of Maine, Room 101, 5754 North Stevens Hall, Orono, ME 04469-5754, telephone (207) 581-1226 (voice and TDD)

Agenda

- 8:30 Registration and Continental Breakfast**
- 9:00 Welcome**
John Rebar, Executive Director
University of Maine Cooperative Extension
- 9:20 Educational Implications of Access to Healthy Foods in Rural Maine**
Matthew L'Italien, MS, RD, LD, Muskie School of Public Service, University of Southern Maine
- 9:55 Farm to School: Connecting Classrooms to Communities**
Ellie Libby, UMaine Extension
- 10:30 Maine WIC Nutrition Program—Time for a Change!**
Karen Gallagher, MS, RD, LD Maine WIC Program
- 11:05 Let's Go!: A Multi-Sector Approach to Childhood Obesity**
Emily Rines, Let's Go!, United Way of Greater Portland
- 11:40 Poster Session & Lunch**
- 1:00 The Business of School Lunch**
Doris Demers, Maine School Food Service Association
- 1:35 Nutrient Rich Cafeteria Makeover**
Ann-Marie Davee, MS, RD, LD, RSU No. 5
- 2:10 Varietal Differences in Potato Antioxidant Content**
John Jemison, UMaine Extension
- 2:45 The Impact of Maine's State-wide Nutrition Policy on the Sale of "Foods of Minimal Value" in High Schools**
Janet Whatley Blum, University of Southern Maine
- 3:15 Evaluation and Certificates of Attendance**

Poster Session Presenters

Programs

Countdown to a Healthy ME ~ Maryellen Thoma, Pediatric Specialty Care, Maine Medical Partners & Barbara Bush Children's Hospital of Maine Medical Center

Eat Well! A Newsletter for Healthy Eating ~ Kate Yerxa, MS, RD, LD, UMaine Extension

Food Preservation Education: Traditional, Trendy and Thrifty ~ Kathy Savoie, MS, RD, UMaine Extension

Healthy Options ~ Anita Huey, RD, Martins Point Health Care

Improving the Nutritional Quality of School Meals ~ Heidi Kessler, Barbara Bush Children's Hospital, MMC

Local Produce for Mid-Coast Kids: Using USDA Fresh Fruit and Vegetable Program to Develop Healthy Food Choices and Farm to School Relationships ~ Ellie Libby, UMaine Extension

Safe Routes to School & Taking it to a New Level: Sanford Moose Trails All Ages Endeavor ~ Patti Gulnac, Partners for Healthier Communities

Stone Soup Garden ~ Shelby Childs, Stone Soup Garden

Successes & Challenges of Establishing an After School Bike Club ~ Amanda Hopkins, ACCESS Health

The Orono Community Garden Project: Seven Years of Creating Community with Food ~ John Jemison, UMaine Extension

Turn Beauty Inside Out: Community Education for Health, Media Literacy and Leadership ~ Aileen Fortune, UMaine Extension

Using SNAP-Ed Funds to Develop Garden Based Nutrition Education Programs in Western Maine ~ Ken Morse, Healthy Oxford Hills/Maine Farm to School Work Group

Research

Examining a Statewide Law Banning Junk Food & Beverage Marketing in Maine High Schools ~ Michele Polacsek, University of New England

Factors Contributing to Food Store Selection by Food Supplement Program Recipients in a Rural Food Environment ~ Krissy Mailman, Muskie School of Public Service, University of Southern Maine

Physical Activity and Nutrition Data from the 2009 Maine Integrated Youth Health Survey ~ Nancy Birkhimer, Maine CDC

Use of Retrospective Assessment in the Eat Well Program ~ Brianna Monahan, University of Maine

Nutrition, Food and Physical Activity Symposium Registration

Name: _____

Organization: _____

Mailing Address: _____

Telephone Number: _____

E-mail: _____

Send registration and payment by **April 27, 2010** to:

Nannette Marcinkowski
5717 Corbett Hall, Room 310
University of Maine
Orono, ME 04469-5717

Please make checks payable to:
University of Maine Cooperative Extension

Conference registration fee is \$40.00
Fee includes continental breakfast, lunch, and conference materials. Space is limited.

Sorry, no refunds after April 27, 2010

If you are a person with a disability and will need any accommodations to participate in this program, please call Kathy Savoie at 1-800-287-1471 to discuss your needs. Please contact us at least 15 days prior to this event to assure fullest possible attention to your needs.

A limited number of partial student scholarships are available.
Please contact Kathy Savoie at 1-207-780-4205 or ksavoie@umext.maine.edu

Certificates of Attendance will be provided.