



Framingham
State University

The John C. Stalker Institute of Food and Nutrition Framingham State Online Professional Development



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

*Spring II 2018 Session:
March 19 – April 13, 2018*

*The John C. Stalker
Institute of Food and
Nutrition offers programs
designed to improve the
nutrition environment in
Massachusetts schools.*

Nutrition, Health & Wellness Courses All courses provide one graduate credit

*15 PD hours for School Nutrition, 15 CPEUs for RDs
or 22.5 PDPs for Teachers*

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**The John C. Stalker
Institute of Food and
Nutrition is a partnership
of the
Massachusetts Department
of Elementary and
Secondary Education,
Office for Food and
Nutrition
and
Framingham State
University**

PRDV 71021 Hydration and Beverages

Instructor: Vanessa Cavallaro, MS, RD, LDN

An overview of hydration including basic requirements and guidelines for children and adolescents, and hydration needs for student athletes. Topics addressed in the course include: the current beverage environment; common ingredients and additives; beverage guidelines for schools; and the role of beverage marketing and beverages in the school environment.

PRDV 73522 School Gardening 101

Instructor: Jumana Saleh, MS

An introductory school gardening course for teachers and school nutrition directors interested in incorporating gardening into their curriculum, school nutrition program and/or school nutrition activities. Participants will investigate and apply resources to create a gardening initiative proposal for their school district that connects to the classroom.



Massachusetts Department of
ELEMENTARY & SECONDARY
EDUCATION