



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

Summer 2018 Session: July 9 - August 3 Nutrition, Health & Wellness Courses

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

Visit us at:

www.johnstalkerinstitute.org

or

e-mail us at:

*johnstalker@framingham.edu
to be added to our mailing
list*

**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**



Massachusetts Department of
ELEMENTARY & SECONDARY
EDUCATION

*All courses provide one graduate credit
15 PD hours for School Nutrition, 15 CPEUs for RDs
or 22.5 PDPs for Teachers*

*All courses online • All courses \$205.00
To register go to: www.framingham.edu/opdce*

PRDV.78317 Exploring Food Allergies

Instructor: Christanne Smith Harrison, MPH, RD

An in-depth review of food allergies for teachers, nurses, and other school personnel. To better understand the issues facing children with these allergies, the course includes: causes, symptoms, diagnostic tools, treatment, prevention, current research and food labeling.

PRDV.70423 Growing Your School Garden

Instructor: Jumana Saleh, MS

A school gardening course for teachers and school nutrition directors, who are already involved with at least one school gardening initiative and wish to expand. Participants will evaluate their current school gardening program and apply resources to allow for expansion. Emphasis will be on connecting gardening lessons to state curriculum frameworks and/or nutrition education in the classroom, as well as sharing of best practices and outcomes. Prerequisite: PRDV 73522 *School Gardening 101* or approval by instructor, verifying the implementation of at least one school gardening lesson or school garden activity.

PRDV 70325 Sweet Solutions

Instructor: Vanessa Cavallaro, MS, RD, LDN

An overview of sugar and non-nutritive sweeteners including guidelines and recommendations for children and adolescents. Topics include: types of sugar and non-nutritive sweeteners, including information about safety; the use of these products in the current food supply; updates on food marketing to children as it relates to sugar; and efforts to reduce sugar consumption in the US and the school.