



Healthy Kids, Healthy Programs Summit

May 23 & 24, 2017

**Breakfast and Registration begin at 7:00 a.m.
Summit from 8:00 a.m. to 3:30 p.m.**

Four Points by Sheraton
1125 Boston Providence Turnpike
Norwood, MA

www.johnstalkerinstitute.org



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

Healthy Kids, Healthy Programs Summit

Sponsored by the Office for Food and Nutrition Programs at the Massachusetts Department of Elementary and Secondary Education and The John C. Stalker Institute of Food and Nutrition.

Join school nutrition directors and managers from across the Commonwealth for this two-day summit aimed at promoting healthy students and healthy school nutrition programs. Each day provides 5½ continuing education hours to meet your USDA Professional Standards training needs. School nutrition directors are encouraged to register their managers for May 23rd which includes a breakout session specifically for school nutrition managers.

Register Online

by May 5, 2017 at www.johnstalkerinstitute.org

Cost: \$60 per day or \$100 for both days

SNA of Massachusetts Reception

May 23rd from 3:30 p.m. to 6:00 p.m.

This event is free to Healthy Kids, Healthy Program Summit attendees, but registration is required.

Unwind after a full day of professional development! Relax with your peers and vendors while enjoying light snacks in the ballroom of the Four Points by Sheraton. Participate in a scavenger hunt designed to help you learn about available products and services. Get fun facts about your vendors and school nutrition. This is networking at its best. **Be sure to indicate on your registration form if you plan to attend.**



Scan to go to the JSI web site

Hotel Accommodations

A block of guest rooms at Four Points by Sheraton and at the Courtyard Marriot have been reserved at a discounted rate. Details available at www.johnstalkerinstitute.org

Please visit www.johnstalkerinstitute.org to view complete descriptions and to register.

Schedule at a Glance

Suggested Learning Codes (SLC) for Professional Standards listed after session descriptions.

MAY 23, 2017

MAY 24, 2017

7:00 A.M.	Registration and Continental Breakfast	
8:00 A.M.	Welcome Robert Leshin, MPA, <i>Director, Office for Food and Nutrition Programs</i> Karen McGrail, MEd, RDN, LDN, <i>Director, The John C. Stalker Institute of Food and Nutrition</i>	Welcome Mitchell D. Chester EdD, <i>Commissioner, Massachusetts Department of Elementary and Secondary Education</i>
8:30 A.M.	The Four Voices of Change David Hulings, <i>Motivational Transition Coach, Hulings and Associates, L.L.C.</i> When you initiate change, do you hear the fabric of your culture tearing and ripping apart? As change interacts with your culture there is a reaction that actually can be both anticipated and understood. You don't have to be in the dark about how change works. This keynote address will introduce you to the Four Voices of Change and give you strategies to harness them. Incorporating those strategies will not only save your culture, but enhance it and smooth the change process. SLC: 3210, 3440	Better Together with Team Up: Expanding Your Professional Network Linda Fischer, MEd, RD, LDN and Sally Teixeira, BA, <i>Educational Specialists</i> Learn about the highly acclaimed Team Up for School Nutrition Success initiative developed to help schools improve their nutrition programs through peer-to-peer mentorship, the exchange of best practices, and action plans. Participants from Massachusetts' first Team Up will also share their experiences and achievements. SLC: 3200
9:45 A.M.	Breakout Sessions	
		Resource Tables 9:30 a.m. to 2:00 p.m.
12:15 P.M.	Buffet Lunch	
12:45 P.M.	How to be Resilient in Times of Stress Arthur Ciaramicoli, EdD, PhD, <i>Co-Director, Integrated Success Consultants</i> Discover how perception and empathy can be used to reduce stress and create a happier life. Dr. Ciaramicoli will share simple and practical tools that can be used to expand your capacity for empathy and greatly reduce your stress reaction. SLC: 3450	News You Can Use and Recognition Ceremony Robert Leshin, MPA, <i>Director, Office for Food and Nutrition Programs</i> School Nutrition Program update and essential news you can use. SLC: 3200, 3230, 3260
2:00 P.M. - 3:30 P.M.	Breakout Sessions	

The Breakout Sessions include three different learning tracks – select one when you register.

Suggested Learning Codes (SLC) for Professional Standards listed after session descriptions.

Growing Your Business

Select this track to explore marketing techniques and strategies to increase student participation.

MAY 23

9:45 A.M.
TO
12:00 P.M.

Utilizing the Cafeteria as a Classroom

The Institute of Child Nutrition

This session is designed to provide the tools and resources that will enable managers to develop and enhance a school nutrition program that will be recognized as an integral part of the education system. Explore strategies to market healthy options, reach out to your school community, communicate with parents, and integrate farm to school and school garden programs. Utilize your cafeteria as a classroom and help students turn nutrition knowledge into action!

SLC: 4100, 4120, 4130, 4140, 4150, 4160

Attention School Nutrition Managers!

Register for this learning track offered specifically for you.

MAY 24

Team Up: Increasing Participation

Team Up session facilitated by school nutrition directors targeting successful strategies to increase participation in your school meal program.

SLC: 4120

Smarter Lunchrooms Movement: Nudging Students to Eat Healthy

Christanne Harrison, MPH, RD and Karen McGrail, MEd, RDN, LDN

Hear about the NEW Smarter Lunchrooms resources and steps Massachusetts School Nutrition Programs have implemented to make the healthy choice the easy choice.

SLC: 4160

Leading Your Business

Select this track to cultivate your leadership skills and strengthen your workforce.

MAY 23

9:45 A.M.
TO
12:00 P.M.

The Four Archetypes That Impact the Structure of Change

David Hulings, *Motivational Transition Coach*

Every change has an “implementation dip” after the change is launched. Great leaders recognize this “dip” and provide the structural roles necessary to limit how far the dip takes you away from your performance goals for your change initiative. In this breakout session you will learn about these four archetypes and how to apply them to your change process.

SLC: 3210, 3440

MAY 24

Team Up: Building Your Workforce

Team Up session facilitated by school nutrition directors targeting successful strategies to build your workforce.

SLC: 3440

2:00 P.M.
TO
3:30 P.M.

The Four Archetypes That Impact the Attitude of Change

David Hulings, *Motivational Transition Coach*

During the change process your staff will be jammed into a major vice of stress. It is not difficult to observe a sudden change in staff attitude as the initiative unfolds. In this breakout session we will look at four archetypes that impact mood and enhance morale.

SLC: 3210, 3440

Making It Count Meets Professional Standards: New Topics, New Trainings, New Tools

Lisa Jackson, MS, RD, LDN, *Educational Specialist*

Explore NEW training tools, resources, and steps to personalize staff training to meet the USDA Professional Standards requirements.

SLC: 3430

Maximizing Your Business

Select this track to discover financial management strategies to enhance your program’s purchasing and procurement process.

MAY 23

9:45 A.M.
TO
12:00 P.M.

The What and Why of School Food Service Procurement

Peter McLoughlin, MBA, *Financial Management Section Head*

Get in the driver’s seat and take control of your program’s purchasing and procurement with tried and true financial management strategies.

SLC: 2420, 2430

MAY 24

Team Up: Financial Management

Team Up session facilitated by school nutrition directors targeting successful strategies in financial management.

SLC: 3300

2:00 P.M.
TO
3:30 P.M.

The Procurement Review Process

Peter McLoughlin, MBA, *Financial Management Section Head*

Learn what to expect and how to prepare for a procurement review.

SLC: 3260

USDA Foods: Piecing Together the Procurement Puzzle

Marion Browning, MEd, *USDA Foods Section Head*

Explore tools available to assist with procurement, receiving and invoice review, as well as strategies to enhance entitlement usage and procurement requirements for USDA Foods.

SLC: 2430