



# Healthy Kids, Healthy Programs Summit

May 19 & 20, 2020

Breakfast and Check In 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

[johnstalkerinstitute.org/conference/2020](http://johnstalkerinstitute.org/conference/2020)



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

# Schedule at a Glance

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

MAY 19, 2020		MAY 20, 2020	
7:00 A.M.	<b>Registration and Continental Breakfast</b>	7:00 A.M.	<b>Registration and Continental Breakfast</b>
8:00 A.M.	<b>Welcome</b> <i>Robert Leshin, MPA, Director, Office for Food and Nutrition Programs, DESE</i> <i>Karen McGrail, MEd, RDN, LDN, Director, The John C. Stalker Institute of Food and Nutrition</i>	8:00 A.M.	<b>Welcome and Recognition Ceremony</b> <i>William Bell, Senior Associate Commissioner, Center for Administration &amp; Finance, DESE</i> <i>Robert Leshin, MPA, Director, Office for Food and Nutrition Programs, DESE</i>
8:30 A.M.	<b>Reimagining Your School Cafeteria</b> <i>Cecily Upton, Co-Founder, Senior VP FoodCorps</i> A student's experience in the lunchroom can dramatically impact readiness to learn. That's why FoodCorps is supporting schools in their efforts to make cafeterias joyful, empowering places. In 2018, FoodCorps set out nationally to learn from students and school staff how we might help reimagine the school cafeteria experience together. Consistent themes include that students want their voices heard, they value the break from academic learning during lunchtime, and they want a cafeteria experience that provides choices and reflects their cultural identity. Hear about the ways school nutrition professionals across the country are innovating with menus, meal programs, student engagement, and cafeteria experiences. SLC: 1220, 3230	8:30 A.M.	<b>Findings from the Massachusetts School Wellness Needs Assessment</b> <i>Dr. Cathy Wickham, PhD, RDN, CD-N, FSU Assistant Professor and JSI Faculty Liaison and Nicole Good, School Wellness Specialist, DESE</i> In a collaborative effort to determine the enablers and barriers to the implementation of school wellness policies, The John C. Stalker Institute, the Department of Nutrition at Framingham State University and DESE conducted the Mass. School Wellness Needs Assessment. Cathy and Nicole will summarize the data collected from the assessment and share with the audience the people and processes that are integral to school wellness success. SLC: 4150
9:30 A.M.	<b>Resource Tables</b>	9:00 A.M.	<b>A Sustainable Take on Fast Food: The Story of Clover Food Lab</b> <i>Ayr Muir, Founder and CEO of Clover Food Lab</i> With a goal to lower greenhouse gas emissions, Ayr Muir, a graduate of MIT in Material Science and Harvard Business School, started a food truck in hopes of getting meat eaters to fall in love with vegetables. Fast forward and his successful operation, Clover Food Lab, is thriving with several brick and mortar locations in the Greater Boston area. Proud to be fast food, Clover's local, sustainable, and plant-based menu is 100% customer driven and most of their customers are not vegan. Get inspired in your own cafeteria, as Ayr shares Clover's unique recipe development process and his marketing strategies for success. SLC: 1320, 4110
10:15 A.M.	<b>Breakout Sessions</b>	10:15 A.M.	<b>Breakout Sessions</b>
12:00 P.M.	<b>Lunch</b> Greetings from Tom Houle, SNA of Mass. President	12:00 P.M.	<b>Lunch</b>
12:45 P.M.	<b>Self-Awareness: Knowing Yourself to Improve as a Leader</b> <i>Stefanie Giannini, SNS, Assistant Director of Food and Nutrition Services, Marquardt School District 15</i> Do you truly know yourself? Do you take the time to understand those around you? Are you continually working towards self-improvement? The number one key to understanding others and their needs is by first understanding yourself. Embrace the power of self-awareness: the ability to recognize your personal characteristics, your strengths, your weaknesses, your motivations, and your feelings. Learn about the various characteristics and behaviors that are either making you a successful leader or a leader with room to grow. Learn the tools and steps it takes to become self-aware in order to improve your productivity, management style, and work relationships. SLC: 3210	12:45 P.M.	<b>News You Can Use</b> <i>Robert Leshin, MPA, Director, Office for Food and Nutrition Programs, DESE</i> As we all begin to wind down from the past school year and transition to planning for next fall, Rob will take a look back on our collective successes over the past year and look forward to some new initiatives. Providing a concise update on changes on the federal and state levels, Rob will highlight areas of support the Department is able to provide to help school nutrition programs reach their goals. SLC: 3200, 3230, 3260
2:00 P.M.	<b>Breakout Sessions</b>	2:00 P.M.	<b>Culinary Throwdown — Plant-Based Entrées</b> All Learning Tracks – See description on page 4.
3:30 P.M.	<b>SNA of Mass. Reception and Exhibits</b>		

# 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, managers and business managers from across the Commonwealth at our annual summit aimed at promoting healthy students and healthy schools. The two-day summit provides up to 11 hours of professional development. Meet your USDA Professional Standards training needs while you embrace self-awareness, sprout an understanding of the plant-based craze and reimagine the cafeteria experience!

## **SNA of Mass. Reception and Exhibits**

May 19 from 3:30 p.m. to 6:00 p.m.

Cost: \$10

*Kindly select this event when completing your online registration for the summit.*

Unwind after a full day of professional development! Mingle with your peers and vendors while enjoying snacks and a free beverage (included in your \$10 ticket price) in the ballroom of the Four Points by Sheraton. Visit with vendors in a relaxed setting as we wind down the school year. This year's raffle will focus on "What's New?!" Celebrate our Volunteer of the Year, a new award created in Dawn LaVallee's honor, as we present this year's winner. This is networking at its best.

## **REGISTER ONLINE**

by May 11, 2020 at

[johnstalkerinstitute.org/conference/2020](http://johnstalkerinstitute.org/conference/2020)

Cost: \$70 per day

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

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

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► **Sprouting Plant-Forward**  
Select this track for on-trend culinary inspiration and to incorporate plant-forward meals in your school.

► **Reimagining The Cafeteria Experience**  
Select this track to take a fresh look at your cafeteria and the new role it can play in your school.

► **Embracing Self-Awareness**  
Select this track to learn more about yourself, lead your team to success and reduce unnecessary stress.

## May 19, 2020

### 10:15 A.M. TO 11:45 A.M.

► **Plant-Forward Meals**

*Dr. Joan Salge Blake, EdD, MS, RDN, LDN, FAND  
Sponsored by the New England Dairy and Food Council*

Buzz words are all the rage and “plant-based” is trending in 2020. Notice all the marketing for the Impossible Burger or plant-based milks, ever wonder what the hype is about? Come join us as we take a dive into plant-based “meats” and beverages and figure out what is driving consumers. Leave with a new sense of confidence when responding to plant-based inquires. SLC: 1310, 1320

► **Reimagining Your Cafeteria**

*Panel moderated by Sara Dufour, RD, Director of School Nutrition, Quincy Public Schools*

The cafeteria is the heart of any school. Is yours ready for the new decade? Join us for a discussion about how changes to your cafeteria, both small and large, can increase seat time and provide a place where students and faculty want to refuel during the busy school day. SLC: 2240, 3510

► **Stress Management in a Hurry**

*Rana Chudnofsky, MEd, Director, PART Training Program and Resilient Youth, Benson Henry Institute for Mind Body Medicine at Massachusetts General Hospital*

Good stress, bad stress and why do we stress? Join us for a presentation on stress and what can be done to limit its effects on the mind and body. Participants will learn relaxation tips and tricks to keep stress under control. SLC: 3450, 4130

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

► **How to (not) “Meat” the Meal Pattern**

*Panel moderated by Julianna Valcour RD, MEd, DESE*

Are you curious how plant-based “meats” meet the meal pattern? Join us as we discuss recipe development for plant-based entrées and how to incorporate beans and lentils into delicious, student approved meals. Hear a student perspective on how plant-based options enhance the school meal experience. SLC: 1110

► **Sustainability as a Selling Point**

*Panel moderated by Madison Walker*

Are you looking to engage a new generation of students in your school meal program? Generation Z believes in their own power to make change, but will need your help to pave the way. Join us to hear from schools that are taking steps towards creating a more sustainable cafeteria and capturing student investment along the way. SLC: 3250, 4160

► **Creating the Dream Team**

*Stefanie Giannini, SNS, Assistant Director of Food and Nutrition Services, Marquardt School District 15*

Despite common myth, there is no such thing as the perfect team. You may find yourself with a bad apple in the bunch, constant turnover, or a labor pool that is experiencing a drought. Despite these conditions you can't always control, you must be able to identify quality teammates and give them a reason to join you in your mission. Learn how to cultivate a bond and common purpose within your team when managing the complexities of individual personalities and behaviors. Discover how to look at each of your teammates as unique ingredients for a recipe for success! SLC: 3210, 3440

## May 20, 2020

### 10:15 A.M. TO 11:45 A.M.

► **Elevating Meals by Building Flavors that Excite!**

*Chef Janyl Finnerty, RD, JSI*

Join this culinary session to discover how to enhance plant-based school meals with customizable flavor. Chef Janyl will use homemade salad dressings and spice blends to showcase a simple, low-cost, bean and grain bowl. Interact at flavor stations to become more familiar with the versatility of dressings and spices to increase excitement of plant-based menu items! SLC: 1320, 2130

► **Experiment with STEM in Your Cafeteria**

*Panel moderated by Nicole Scola, MS, DESE*

The cafeteria is the perfect place to educate students about science, technology, engineering and math (STEM). Join us to learn more about ways that you can partner with educators to provide hands-on learning experiences for students, support school garden or composting initiatives and maybe pick up a few extra customers along the way! SLC: 1220, 1230

► **The Power of Positive**

*Carrie Stack, MEd, Say Yes Institute*

What does it mean to focus on the positive and how does your focus impact you as you move through the world, especially when working within a school system? This workshop will look at how our perspective shapes our experiences and how we control what we focus on to help stay productive and handle challenges! Using humor, “real world” examples, and the experience of working with thousands of people across the country, Carrie will share her most popular tools and strategies to help you focus on the positive. SLC: 4130, 4140

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

► **Culinary Throwdown — Plant-Based Entrées**

► **All Learning Tracks**

*School teams and Chef Sam Icklan, Project Bread*

By popular demand, last year's favorite session is back. Chef Sam Icklan from Project Bread will return to host a culinary throwdown as districts compete to see who has the top-rated plant-based meal. Make sure to stay to see who is awarded 2020 champ and walk away with the recipes to use in your cafeterias. SLC: 1130, 2130



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