

AGENDA: Share & Build Workshop

Sharing Ideas and Building Skills

Friday, November 24, 2017, at the North Centennial Recreation and Leisure Facility

Coffee & registration 9:00 – 9:30am (Lobby and classroom)

Concurrent Session A 9:30 – 10:30

Class Room	<p>Understanding the Changing World of Nutrition! Amanda Nash, RD, Health Promotion and Nutrition Manager, Heart & Stroke Foundation of Manitoba</p> <p>Creating supportive environments at home, school and in the community foster healthy eating habits. Discussion and resources will focus on giving you the most current information around the proposed updates to Canada's Food Guide, marketing of food and beverages to kids, sugary drink legislations and policies, and how to promote healthy eating in a changing food environment.</p>
Studio	<p>Moving Forward with School Nutrition Julie Stachiw, MPH, RD, Manager of Manitoba Healthy Food in Schools, Dietitians of Canada</p> <p>Research shows students who eat well have improved concentration, academic performance, attendance, self-esteem, behaviour and lifelong healthy habits. Learn how school nutrition teams, parents, and communities can work together in an effort to build healthier school environments.</p>
Kitchen	<p>Putting the Spotlight on Local Produce Getty Stewart, PHEC.</p> <p>Highlight local, seasonal produce in your breakfast, snack or lunch program by creating fun learning opportunities for your participants. We'll explore cooking, taste testing and growing activities you can try in fall, winter and spring to engage kids and teach them about locally grown food.</p>

Keynote speaker 10:30 – 11:00am (Classroom)

Jamie Wilson, Deputy Minister of Education and Training
CEO, Healthy Child Manitoba Office
Secretary to Healthy Child Committee of Cabinet

We are pleased to have Deputy Minister Wilson join us to celebrate our work. Deputy Minister Wilson will bring greetings from the Province and share his experience as a past nutrition program coordinator at Joe A Ross School, Opaskwayak Cree Nation.

In August 2017 Jamie was appointed Deputy Minister of Manitoba Education and Training, which includes Immigration and Economic Opportunities. Jamie is also Chair of the Public Schools Finance Board and CEO of the Healthy Child Manitoba Office.

Concurrent Session B 11:00 – 12:00

Class Room

Tips, wisdom and strategies

Grant Andruchuk, Guidance Counselor Elmwood High School
 Sonya Bushie, Vice Principal Wanipigow School
 Amanda Gurke, Community Connector Alonsa School
 Elizabeth Thomson, School Support Worker Champlain School

Program coordinators across the province are all working towards the same goal of ensuring students are nourished so they can achieve success in school. Learn about other programs, as coordinators share tips, wisdom and strategies for coordinating a strong breakfast, snack or lunch program, as well as challenges and successes.

Kitchen

Food Safety for School Breakfast, Snack, and Lunch Programs

Jean McLeod, Seven Oaks Met School, Breakfast Coordinator, authorized Food Safe instructor (Manitoba)

A brief overview of important Food Safe practices that will help you make sure your program maintains appropriate food handling practices. Participants will be given the opportunity to design a food safety plan for their specific circumstances.

Walkabout Lunch 12:00 – 1:15pm

Resource Showcase – 12:00 – 1:15

Studio

Stop by the Studio during lunch for an opportunity to pick up some current resources and talk with featured organizations about their programs and services.

Concurrent Session C – 1:15 – 2:15

Classroom

FIELD TRIP: Save On Foods Grocery Store Tour *2 session activity 1:15-3:15*

Melodie Ho, MScFN, RD, Save On Foods

Limited enrollment We will be meeting in the Classroom at 1:15. You have the option of taking your own vehicle or, for those that require, we will arrange transportation. This activity will last for both Concurrent Sessions C and D. If you are a More Rewards member, please bring your card with you.

Stores offer thousands of choices and it can be hard to know what to buy. Fresh or frozen? And what about fats, sugars, antioxidants and probiotics? Nutrition Tours can help you sort it all out. Registered Dietitians will lead a group through the store and show how to tackle food labels and how to select foods for your school nutrition program.

Studio

Improving Equity Through Universal Access to Food
Christina Maes Nino and Josh Brandon, Community Animators, Social Planning Council of Winnipeg

Universal access to food in school can create more equitable environments for learning, improving education for all children, especially children in poverty. The presenters will explore poverty in Winnipeg and Manitoba: how we define poverty, who experiences it, and what some impacts of child poverty are. With that context, there will be discussion of why universal access to food programs create equitable outcomes for children, and describe a partnership with Sisler High School to measure the impact their snack program.

Kitchen

Hands On Cooking Session: Burritos for Breakfast
Nita Sharda, Bsc, RD, Owner, Carrots and Cake Balanced Nutrition Consulting

Burritos for breakfast? Yes, you read that right! It's time to get creative and hands-on in this interactive session to learn more about how you can serve up quick, easy and economical burritos for growing bodies. You'll learn how to prepare a few varieties of burritos that can be served up time and time again without it getting boring or breaking your budget. We didn't forget about snacks. You'll leave this session with fresh snack ideas that you can put to test.

Note: This session is also offered in the Concurrent Session D slot.

Concurrent Session D – 2:15 – 3:15

Studio

FIELD TRIP: Save On Foods Grocery Store Tour *2 session activity*
Melodie Ho, MScFN, RD, Save On Foods

Classroom

Food Allergies and Gluten: Coping with Diet Restrictions
Dayna Weiten, RD

What is celiac disease? What is gluten intolerance? How do they differ? Questions about common food allergies? Dayna will discuss label reading tips as well as strategies and ideas for foods and snacks that work with restricted diets.

Kitchen

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Note: This session is also offered in the Concurrent Session C slot.

Wrap up & Evaluation 3:15 to 3:30pm (classroom and lobby)