



Child Nutrition
Council of Manitoba

AGENDA:

Let's get the year started! -School Meal & Snack Programs
Friday, October 4, 2019, at Sergeant Tommy Prince Place

Coffee & registration 9:00 – 9:30am (lobby)

Welcome & introductions 9:30 – 10:00am (studio)

Concurrent Session A 10:00 – 11:15

Classroom

Nurturing Healthy Eaters in the Classroom- Four Ingredients to Make a Difference

Amanada Hamel, RD and Tressa Beaulieu, RD Nutrition Program Educators, Nüton

In this workshop, you'll discover how shifting your mindset about food can make a difference in the lives of your students, and how teaching nutrition education helps students develop important life skills. We'll also get hands-on with a fun activity you can bring into your classroom and nutrition program!

Studio

It's Time to Talk ... Program to Program

Maxine Meadows, RD, Program Dietitian Child Nutrition Council of Manitoba

Calling all school programs! Whether you are new to the world of school breakfast, snack and lunch programs, come from a large K-12 school, a small classroom program or have been with a meal program for a long time, this session is designed with you in mind. Come meet others from programs across the province and join fun and fast-paced discussions about key program elements. Be prepared to work with others in small groups.

Kitchen

Knife and Cooking Skills: Hands on in the Kitchen

Ashley Hebel, Chef-The Frenchway Cafe

Are you looking to boost your confidence and learn some essential kitchen skills? Why not join us and learn from the professionals! Professional Chef Ashley Hebel, Stone Soup 2019 People's Choice Winner, will walk you through the basics in this interactive session! Learn practical skills like how to hold a knife and some basic cutting techniques to increase your productivity in the kitchen. Tips for batch-cooking foods, cooking for large groups and food safety information to avoid cross-contamination will be covered. Run your program like a professional chef in this fun and interactive session.

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

Concurrent Session B 11:30 – 12:45

Classroom

What's new in Canada's Food Guide?

Kaylee Michnik, RD WRHA

Do you have questions about the updates to Canada's Food Guide? We have the answers! This session will explore what is new and exciting about the updated food guide, including going beyond recommendations around the foods we eat and discussing the importance of where, when, why and how we eat and how these contribute to healthy eating.

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

Studio

Storing, Freezing and Reheating Food With Sustainability in Mind

Getty Stewart, PHEc.

Explore which snacks and meals are ideal for the freezer and how to pack, store and reheat them for best results. Look at some of the new plastic-free packaging and serving products to see which might work for your program and how we can purchase, store, prepare and serve food with sustainability in mind.

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

Kitchen

Knife and Cooking Skills: Hands on in the Kitchen

Ashley Hebel, Chef-The Frenchway Cafe

Are you looking to boost your confidence and learn some essential kitchen skills? Why not join us and learn from the professionals! Professional Chef Ashley Hebel, Stone Soup 2019 People's Choice Winner, will walk you through the basics in this interactive session! Learn practical skills like how to hold a knife and some basic cutting techniques to increase your productivity in the kitchen. Tips for batch-cooking foods, cooking for large groups and food safety information to avoid cross-contamination will be covered. Run your program like a professional chef in this fun and interactive session.

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

Lunch 12:45 – 1:15pm

Concurrent Session C 1:15 – 2:30

Classroom

What's new in Canada's Food Guide?

Kaylee Michnik, RD WRHA

Do you have questions about the new Canada's Food Guide? We have the answers! This session will explore what is new and exciting about the updated food guide, including going beyond recommendations around the foods we eat and discussing the importance of where, when, why and how we eat and how these contribute to healthy eating.

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

Studio

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

Kitchen

Hands On Cooking Session: Chicken Drumming

Nita Sharda, Bsc, RD, Owner, Carrots and Cake Balanced Nutrition Consulting

Chicken drums are a high quality and inexpensive protein source for children, a great source of iron for growing bodies and can be prepared in a variety of different ways! Thinking outside the box, chicken drums can be served for any meal-breakfast, lunch or snack! 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 not to mention, delicious chicken! You'll learn how to prepare chicken drums with three different marinades and prep a small snack on the side. The session will also cover all the food safety tips to be mindful of when preparing and serving chicken. You'll leave this session with everything you'll need to integrate this great and economical protein source into your menus!

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

Concurrent Session D 2:45 – 4:00

Classroom

Implementing Canada's new Food Guide in Schools

Megan Bale-Nick, RD Manager, Manitoba Healthy Food in Schools Dietitians of Canada

So, you've heard, Canada's Food Guide has been updated. What does this mean for schools? Food and eating plays a big role in the school environment. Check out this session with Registered Dietitian, Megan Bale-Nick, to learn how Canada's new Food Guide recommendations can be implemented in your school and how to make an impact beyond the lunchbox!

Note: This session is a follow up to What's new in Canada's Food Guide offered in Concurrent Sessions B and C. Information provided in this session will build upon the content provided in the What's new in Canada's Food Guide session.

Studio

Allergies: Practical Tips for Building Confidence to Manage Your Program

Nikki Hawrylyshen, RD, MSc

How can you better serve students with food allergies? In this interactive session you will learn about common allergens in the school environment. Discussion around product substitutions for gluten-free, dairy-free, egg-free, nut-free cooking. Learn about food safety concerns regarding cross-contamination and how to identify allergens on food labels. Product giveaways and more!

Kitchen

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

Wrap up & Evaluation 4:00 to 4:15pm (lobby)