



Washington State Food and Nutrition Council
2005 Conference Agenda
September 23, 2005

- 8:00 - 8:30 Registration ♦ Continental Breakfast
- 8:30 - 8:45 President's Welcome
- 8:45 - 9:00 *The Washington State Nutrition and Physical Activity Plan*
Kyle Unland, MS, RD, WA Department of Health
- 9:00 - 10:00 *Addressing Food Insecurity in Washington State:
Where Do We Go from Here?*
Linda Stone, Children's Alliance, Eastern Washington
- 10:00 - 10:15 Break - View Exhibits
- 10:15 - 11:30 *Outreach Efforts to Improve Families' Access to Food*
Lisa DiGiorgio, Food Security Surveys with King County WIC Families
Sharon Beaudoin, HMHB Outreach to Pregnant & Parenting Women
**Alice Kurlle, Connecting Families with the WA State Basic Food Program
through Basic Food Education & Outreach**
Trish Twomey, Emergency Food Network in Seattle & King County
- 11:30 - 11:45 Break ♦ Raffle Drawing
- 11:45 - 12:45 Lunch ♦ Walk the Campus ♦ View Exhibits



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2005 Conference Agenda
September 23, 2005

12:45 - 2:00

*Connecting Seniors, Families and Children to
Fresh Fruits and Vegetables*
Erica Lamson, Farm-to-Cafeteria Meal Delivery in a Senior Center
Susan Engels, WA State Seniors Farmer's Market
Jean O'Leary, WA State WIC Farmer's Market
George Sneller, USDA Fruit & Vegetable Pilot in WA Schools

2:00 - 2:15

Stretch Break

2:15 - 3:30

Implementation of Nutrition Policy Changes in WA Public Schools
*Shelley Curtis, Status Across WA and the Role of the Nutrition
Professional and other Advocates*
*Paul Flock, Outcome of Efforts in Olympia School District to Promote
Healthier Eating*
Debbie Webber, Everett School District
Anita Finch, Impact of Change and Best Practices in Seattle Schools

3:30 - 3:45

Special Award TBA

3:45 - 4:45

Health Disparities, Food Insecurity and Obesity: Connecting the Dots
*Patricia Crawford, Dr PH, RD, Center for Weight and Health,
University of California, Berkeley*

4:45 - 5:00

Raffle Drawing ◊ Evaluation ◊ Wrap Up



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Learning Objectives:

At the conclusion of this conference, you will be able to:

1. Understand the term "food insecurity," identify key public policy tools to address hunger, and identify areas where additional effort is needed.
2. Describe outreach efforts that are improving families' knowledge of and access to food resources.
3. Identify community-based programs that are connecting children, families, and seniors to fresh fruits and vegetables.
4. Describe the status of the development and implementation of nutrition policies in school districts in Washington State, and what role community members, nutrition professionals and other advocates play in ensuring that school districts implement strong nutrition policies.
5. Identify differential contributions of race/ethnicity and food insecurity, and socioeconomic status to the disparities of obesity, and identify three solutions for preventing obesity in low income communities.

CDR Learning Codes may include, but not to be limited to:
4000, 4070, 4080, 1080, 4040

"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."

--Harold Whitman



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A Big THANK YOU to our Sponsors:

UW Center for Public Health Nutrition

UW Exploratory Center for Obesity Research

Washington State Dairy Council



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