

Continuing Education Event for RDNs and DTRs



## Emerging Roles for the RDN & DTR

March 23 (optional) and 24, 2018

Chatham University Eden Hall Campus  
Esther Barazzone Center  
6035 Ridge Road  
Gibsonia PA 15044

*Approval pending for up to 8 hours continuing education credits for attending.*

### PROGRAM DESCRIPTION

Given the relationship of the food system to the health of individuals and communities, the Academy of Nutrition and Dietetics encourages RDs and DTRs to become educated and active in implementing sustainable practices and shaping policy to promote healthier individuals, communities, and the nation<sup>1</sup>. Registered Dietitian Nutritionists and Dietetic Techs, Registered must be able to answer clients' and patients' questions about food system trends and principles as well as incorporate these principles, when appropriate, into their area of practice. RDNs and DTRs who interact with patients, clients and the public can communicate ways in which personal buying decisions affect the sustainability of the food system and both clinical and food service dietitians can influence institutional food purchasing practices that support environmental sustainability and health. To practice effectively within this context, RDNs and DTRs must have a thorough understanding of the food system and current nutrition trends related to sustainability.

Through lecture and experiential learning, **Cultivating a Sustainable Food System: Emerging Roles for the RDN and DTR** will provide an overview of the key principles of a sustainable food system with a focus on the conference attendee's geographic region and practical application for nutrition professionals in a variety of workplace settings.

<sup>1</sup>[http://jandonline.org/article/S2212-2672\(13\)00098-1/pdf](http://jandonline.org/article/S2212-2672(13)00098-1/pdf)

## TARGET AUDIENCE

Registered Dietitian Nutritionists, Dietetic Technicians, Registered and students enrolled in an accredited dietetics degree program and/or dietetic internship. A limited number of reduced fee Saturday registrations are available for students.

## PROGRAM DETAILS

### Friday, March 23 (optional) 1.5 CEU's available.

4 – 5 pm Registration and Check-In at Orchard Hall Dormitory

5:15 – 6:45 Welcome and Dinner at Esther Barazzone Center (EBC)

7 – 9 pm **Baking Vegan Treats Workshop (1.5 Credits)**

Barb Kleyman, B.S. Chef/Caterer and owner of Barb's Bars, LLC

#### Learning Objectives

- The learner will explore the what, why, how and when of the replacement of eggs in vegan baking.
- The learner will taste and explore the sourcing of dairy replacements in vegan baking.
- The learner will survey additions to vegan baked goods to enhance the nutritional value, providing healthy treats for those on restricted diets.
- Under direction, the learner will bake vegan goodies.

Located at Lodge Demonstration Kitchen. This workshop will also be open for limited public registration.

### Saturday, March 24 6.5 CEU's available

8 – 9 am Registration, Breakfast and Welcome at the Esther Barazzone Center (EBC)

9 – 10 am **Sustainable Food Systems (1.5 credits)**

Mim Seidel, MS, RDN, LDN, Assistant Professor of Nutrition, Chatham University Master of Food Studies Program

#### Learning Objectives

- The learner will explore the key elements of a sustainable food system.
- The learner will examine the current perspectives surrounding issues of a sustainable food system.
- The learner will identify local organizations and businesses that contribute to the regional food system and may be a resource to the RDN's practice.

Located at EBC Room 127

10:45 – 11 am Break at the Lodge

**11 am – 12:30 pm Fermentation Workshop (1.5 credits)**

Lynn Portman, BA, Chatham University MBA candidate with a concentration in Food & Agriculture and owner of Ella Vive LLC, making probiotic drinks and leading fermentation workshops.

**Learning Objectives**

- The learner will explore the history and suggested health benefits of fermented foods.
- The learner will recognize the science and practice regarding the fermentation of foods.
- Under direction, the learner will prepare Kimchi (pickled cabbage).

Located at Lodge Demonstration Kitchen

**12:30 – 2 pm Lunch and Learn**

**Eco-Labels: History, Health and Consumer Clarity (1.0 credit)**

Nicolette Spudic, MA FST, owner of Pick Your Poison Consulting, a food - based consulting service that helps food entrepreneurs write business plans, develop new products, and market their businesses successfully and adjunct professor at Chatham University's Falk School of Sustainability.

**Learning Objectives:**

- The learner will describe the history of food labeling and eco- labels
- The learner will recognize and define the most ubiquitous labels
- The learner will differentiate the consumers' understanding of common eco-label from the actual meaning of the labels and assess the consequences of this misunderstanding.

Located at EBC

**2 – 3 pm Extending the Season: Walking Tour of Solar High Tunnel (1.0 credit)**

Mim Seidel, MS, RDN, LDN, Assistant Professor of Nutrition, Chatham University Master of Food Studies Program

**Learning Objectives:**

- The learner will recognize the concept of "extending the season" as a method to increase the variety of fresh produce in a region with a limited natural growing season.
- The learner will observe the mechanics of a solar high tunnel and how produce is grown in that space.

Located at Solar High Tunnel, behind EBC

3:00 – 3:15 pm Break at the EBC

3:15 – 4:45 pm **Tales from the real world: Two RDN’s Talk about Incorporating Sustainability Principles into their Jobs (1.5 credits)**

Liz Henry, MS, RD, LDN, Health and Nutrition Coordinator Pittsburgh Public Schools and  
Teresa Yoder, MA, RDN, LDN, Power-Up Supervisor II, Adagio Health

**Learning Objectives:**

- The learner will recognize methods of incorporating sustainability principles in food service and nutrition education positions.
- The learner will discuss how they might include sustainability practices into their positions or workplace.

Located at EBC room 127

4:45 – 5:00 Wrap up and Adjourn from EBC

## Continuing Education Information

Application has been made to the Commission on Dietetic Registration for 1.5 CEU’s for Friday and 6.5 CEU’s for Saturday for a possible total of 8 hours of continuing education credits for attending the conference.

## Learning Need Codes:

8000 Food Service Systems and Culinary Arts

8018 Environment, ag and technologic influences on food systems

8060 Culinary skills and techniques

## Commercial Relationships Disclosures for Planners and Faculty:

Liz Fisher, Mim Seidel and Teresa Yoder have nothing to disclose.

Barb Kleyman is owner of Barb’s Bars, LLC which produces vegan whole food energy bars. Lynn Portman is owner of Ella Vive LLC which makes probiotic drinks and provides fermentation workshops. Nicolette Spudic owns Pick Your Poison Consulting, a food-based consulting service that helps food entrepreneurs write business plans, develop new products, and market their businesses successfully.

## Registration Deadline: March 4, 2018

To register on-line: <https://www.chatham.edu/events/register/?EventID=21963>

To register by mail, complete this form, make check payable to CHATHAM UNIVERSITY and mail to

Lou Anne Caligiuri  
Chatham University Eden Hall Campus  
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Friday and Saturday: \$ 160.00 includes Friday dinner, overnight stay, breakfast, lunch and breaks

Saturday only: \$ 90.00 includes breakfast, lunch and breaks

I am a student requesting the reduced fee (\$65.00) **Saturday only registration**. Three reduced fee registrations are available - first come, first serve basis. (Enclose proof of student or intern status)

Or, E-mail proof of student/intern status to [mseidel@chatham.edu](mailto:mseidel@chatham.edu)

Name: \_\_\_\_\_

Degree \_\_\_\_\_ Place of employment: \_\_\_\_\_

Preferred mailing address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ e-mail \_\_\_\_\_

Special Dietary Needs\* \_\_\_\_\_

\*Conference attendees will obtain their meals in the Eden Hall Campus Dining Hall, located in the Esther Barazzone Center and provided by Parkhurst Dining. Vegan, Vegetarian, meat-based and Gluten Free foods are available. Special Dietary Needs beyond these options should be noted above.

Questions: [mseidel@chatham.edu](mailto:mseidel@chatham.edu)