





**FCP Speakers Bureau Info**

Name & Location	Title	Description	Learning Objectives
<p><a href="#">Constance Betterley, MS, RDN, LDN</a> Tallahassee, FL Present anywhere</p> 	<p><b>As Easy As 1-2-3: Quick and Simple Meals for the Non-Cook</b></p>	<p>Lack of time. Lack of money. Lack of cooking skills. A growing number of people eat fast foods and/or store-bought convenience foods because they lack basic cooking skills. In this session, you'll learn techniques to help your clients simplify meal planning and grocery shopping. Team with easy-to-master cooking techniques for simple, tasty, and healthy meals that anyone can get on the table in minutes.</p>	<ul style="list-style-type: none"> <li>▪ Describe a simplified way to plan meals and make grocery lists.</li> <li>▪ Name nine pantry items that can be building blocks for a variety of flavorful, healthy meals.</li> <li>▪ Name three cooking techniques that are fast and easy-to-master for the inexperienced cook.</li> <li>▪ 4. Name three ideas for main dishes that can be made on short notice.</li> </ul>
<p><a href="#">Mary Lee Chin, MS, RDN</a> Denver, CO Present anywhere</p> 	<p><b>Feeding our Future: Role for Science Technology and Food Innovation</b></p>	<p>When looking ahead to the foods of tomorrow, many Americans are excited about the idea of futuristic food technologies; such as petri dish protein, 3-D food printing, CRISPR gene editing, and drone data-driven developments; while other Americans, not so excited but apprehensive. In a world plagued by food insecurity and limited natural resources however, impactful and innovative technology is vital in attaining a dependable and affordable food supply. Dietitian and Nutrition Consultant, Mary Lee Chin, will share the important issues between nutrition, agriculture and environmental sustainability, and showcase the innovative food production and delivery technologies being developed to address these topics in order to feed our future.</p>	<ul style="list-style-type: none"> <li>▪ Understand the impact of population growth and expectations, climate change and waste will have on future food and nutrition needs.</li> <li>▪ Outline how the crops we know today have evolved from nature, with particular emphasis on the role humans have played from plants to crops, covering the past (i.e. mutation breeding), the present (i.e. precision agriculture) and the future (i.e. CRISPR technology).</li> <li>▪ Evaluate innovative technologies being developed to find solutions to address food production for the future i.e. drone technology, sensor technology, gene editing.</li> <li>▪ Review innovative technology of how food will be delivered in the future (i.e. 3-D printing, edible packaging, robotics)</li> <li>▪ Sample Innate Potatoes and Arctic Apples which do not brown nor bruise.</li> </ul>



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<p><a href="#">Jen Haugen, RDN, LD</a> Austin, MN Present anywhere</p> 	<p><b>Harvesting Health through the Power of a Garden</b></p>	<p>Through powerful stories and inspiring messages, this presentation is for nutrition professionals who wish to use a garden as a natural way to entice families into healthier eating habits. Using current research on gardening as well as practical experience, the speaker will provide dynamic ideas on what makes a garden so powerful. The speaker is a registered dietitian, mom, and master gardener with experience developing and leading a very successful children's garden program at a supermarket. She's also the author of the new book "The Mom's Guide to a Nourishing Garden," which includes everything you need to know to plant more than 35 different garden fruits and vegetables, along with 30 garden fresh recipes</p>	<ul style="list-style-type: none"> <li>▪ Explain the research on gardening as a nutrition education tool and the influence it has on a family.</li> <li>▪ List and describe family friendly ways to boost participation in family gardening.</li> <li>▪ Create a garden go-to list including information on garden tools, the space, and the nourishing plants to harvest health.</li> <li>▪ Describe the concept of planting for your plate highlighting the versatility of garden-fresh ingredients.</li> </ul>
<p><a href="#">Breana Lai, MPH, RD</a> Burlington, VT Present on the East Coast</p> 	<p><b>Orchestrating the Show: How to Create and Organize a Cooking Demo for Any Group Without an Ounce of Stress</b></p>	<p>Cooking demonstrations are a huge draw and often the most popular part of a meeting, conference or team building event. But it's hard to make sure that every part of the demo goes as planned, and that the location is equipped for your demo. Plus, how do you keep all the food warm when there's no kitchen on site? This presentation will explain the most common cooking demo blunders and how to make sure you avoid them. By the end, everyone will know the most important aspects of an effective demo and how to make sure there's no stress, just good food, at your event.</p>	<ul style="list-style-type: none"> <li>▪ List and describe the essential elements of a successful cooking demo</li> <li>▪ Develop an action plan to partner with event spaces—who is responsible for providing what</li> <li>▪ Demonstrate the most applicable and efficient way to engage with your audience while also making food</li> <li>▪ Discuss how to tailor cooking demos based on the audience or chefs, food professionals, dietitians and/or consumers.</li> </ul>


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<p><a href="#">Leah McGrath</a> Asheville, NC Willing to present anywhere</p> 	<p><b>Food History versus Food Fiction</b></p>	<p>Does a romanticized view of our food past ignore reality? This session deconstructs food history facts from food history fiction.</p>	<ul style="list-style-type: none"> <li>▪ List at least 3 popular food myths and counter them with reality and food facts.</li> <li>▪ Compare and contrast the difference between food availability and safety in the early 20th century and the 21st century</li> </ul>
<p><a href="#">Amy Myrdal Miller, MS, RDN, FAND</a> Carmichael, CA Willing to present anywhere</p> 	<p><b>Today's Food Conversation</b></p>	<p>Every day in this country our food conversations are becoming more interesting, intense, and challenging. We're striving for health and wellness. We're passionate about local and artisan products. We're thoughtful about seasonal and organic. We're working to figure out sustainable. And we're nervous about genetically modified. This one-hour education session will take a deep-dive into nine commonly used terms related to food, agriculture, and nutrition—from healthy and fresh to processed, natural, and sustainable—providing insights into the science that supports or refutes various claims, and shedding light on consumer understanding of these terms. Attendees will walk away with a better understanding of how to engage in meaningful conversations about these issues that are as affected by research and science as they are by values and emotion.</p>	<ul style="list-style-type: none"> <li>▪ Distinguish which food claims are marketing hype versus federally regulated terms.</li> <li>▪ Identify federal agencies that oversee various marketing terms.</li> <li>▪ Provide science-based guidance to patients and clients regarding the nutrition and health as well as lifestyle benefits of a variety of foods and beverages.</li> </ul>

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<p><a href="#">Elizabeth (Beth) Winthrop, MS, RD, CNSC</a>                      Newport, RI                      Preferred East Coast but flexible</p> 	<p><b>Managing Food Allergies</b></p>	<p>Prepare food allergic or celiac students and their families, as well as others for the college visitation, selection, and transition process.</p> <p>This presentation also addresses management of food allergies while dining out.</p> <p>-</p>	<ul style="list-style-type: none"> <li>▪ Provide helpful counseling to food allergic or celiac students and their families as they near college age.</li> <li>▪ Develop marketing plans to expand consulting services to restaurants, food service operations and college campuses.</li> </ul>

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