



# Minnesota Council On Family Relations Presents 2017 Fall Conference



***Better Nutrition. Better Health. Stronger Families. Stronger Communities.***

## Friday, December 1, 2017

### 8:30 am - 4:30 pm

New Brighton Community Center, 400 10th St NW, New Brighton, MN 55112

Minnesota Council on Family Relations is addressing a topic that impacts everyone - what we feed our families; how we make food sustainable for all; and the impact of food on learning, growing and behaving, and becoming individuals, families, and communities that nurture growth. We live in a nation that is experiencing significant reversals in nutrition, health, family wellbeing, and community vitality and we are having the same impact on our global community. Now is the time to confront this important topic in order to make a difference in the health of our families and our communities. Join us for an inspiring, empowering, and research-based presentations that equip all of us.

#### Conference Highlights

- Presenters with expertise and personal experience
- Cutting edge research
- Great Resources
- Student Research
- Clock hours and CEU's

Minnesota Council on Family Relations  
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 Forest Lake, MN 55025  
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[td4mcf@gmail.com](mailto:td4mcf@gmail.com)  
 651-303-1219

**Thank you to our conference partner!**

MN Organization on Fetal Alcohol Syndrome



#### Conference Agenda

- 8:30 am Registration, Networking, Resource Tables, Refreshments
- 9:00 am Welcome/Opening Remarks
- 9:15 am Keynote #1: *Responsive Feeding/Division of Responsibility: Optimal Feeding Practices for Prevention through Treatment of Childhood Eating and Growth Problems*, Elizabeth Jackson, Melrose Center
- 10:30 am Student Poster Sessions/Resource Tables
- 10:45 am Keynote #2: *Bringing it Home: Healthy Food Access as a Focus for Strengthening Families and Communities*, Trina Adler, University of MN Extension Health & Nutrition Programs
- Noon Lunch/MNCFR Awards
- 12:45 pm Student Poster Sessions/Resource Tables
- 1:15 pm Breakout Session #1
- 2:15 pm Break
- 2:30 pm Breakout Sessions #2
- 3:30 pm Final Presentation: *Advocacy for Food Access and Equity*. Rob Zeaske, Second Harvest
- 4:20 pm Closing Experience/Wrap Up/Evaluations
- 4:30 pm Adiourn

#### REGISTRATION FEES

**Early Bird Rates! Fees increase \$20 after November 17**

**MNCFR Members: \$90**

**Students/Retirees: \$50**

**Non-MCFR Members: \$120**

Minnesota Council on Family Relations presents

**Food for Thought: Better Nutrition. Better Health. Stronger Families. Stronger Communities**

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**New Brighton Community Center, 400 10th St NW New Brighton, MN 55112**

**Registration Options:**

**Online:** Register online with a credit card or Paypal at [mn.ncfr.org](http://mn.ncfr.org)

**Mail:** Mail this registration form and check to: MNCFR, Box 293, Forest Lake, MN 55025

**Questions:** Call 651-303-1219

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

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Early Bird Registration Fees: Please circle one.** MNCFR Member \$90, Student/Retiree \$50, Non-MCFR Member \$120 **Fees will increase \$20 after November 17**

\*Limited scholarships are available for MNCFR student members and other MNCFR members with financial need. For more information and a scholarship application, please email: [td4mcfcr@gmail.com](mailto:td4mcfcr@gmail.com)

Please provide a vegetarian or gluten free meal. (Circle one)

**Add MNCFR Dues to Your Registration**

Please circle one:

Individual \$55

Student/Retired \$35

Organization \$85 (2 member registration)

**Total Fee Enclosed:** \_\_\_\_\_

**Afternoon Breakout Session Options: Please pick one for each breakout sessions**

Go to [www.mn.ncfr.org](http://www.mn.ncfr.org) for full session descriptions and presenter bios.

**1:15 pm Breakout Sessions #1**

**1a. Healthy Eating: Promoting Health-Related Behavior in Individuals with Fetal Alcohol Spectrum Disorders (Dr. Amy Gross, Pediatric Psychologist and Assistant Professor in the Department of Pediatrics at the University of Minnesota)**

**2a. The Weekend Food Gap: The Sheridan Story (Rob Williams, Executive Director)**

**3a. Making Healthy Choices Easier for Families (Anne Dybsetter and Laura Perdue, U of MN Extension)**

**2:30 pm Breakout Sessions #2**

**2a. Providing a Nutrition Solution in a Food Desert (Mark-Peter Lundquist, Urban Ventures)**

**2b. Children, Families, and Food (Ashley Barnes, Melrose Center)**

**2c. Padres Preparados Jovenes Saludables: Addressing Latino Youth Obesity through a Family Centered Program (Dr. Silvia Alvarez de Avila, U of MN Extension)**