Conference and Annual Meeting

Friday, October 9, 2015
Stoweflake Mountain Resort & Spa, Stowe, VT

Special Room Rate!
Book early to receive the discount rate of $119/night. Also, 20% discount for spa treatments if you stay over Thursday night! Call 802-253-7355 and mention the SNA-VT Annual Conference.

Join SNA Today! at
www.schoolnutrition.org
Select the “Membership” tab.

School Nutrition:
Well-being for Today, Tomorrow, and the Future

Conference Speakers

Bart Christian, Keynote Speaker
Bart Christian, President of Southwest Training Systems Inc. and author of the Simple Solutions book series, brings over 25 years of experience in the field of management & training to K-12 school nutrition. His Southern style and subtle humor, combined with real world content, enthusiasm, passion and energy are used to meet his goal of making a positive difference in the lives of others.

Chef Brenda
Chef Brenda Thompson-Wattles, from Boise Idaho, is a registered dietician, accredited chef and owner of BLT Food and Nutrition. Chef Brenda teaches people to create healthy foods that are nutrient rich and delicious. She also consults nationally and has recently completed a cookbook series for the Idaho Department of Education.

Conference Fees
(for all or part of the day)
Directors/Others
$65 members
$75 non-members
Managers/Staff
$40 members
$50 non-members

Early Bird Discount!
Register by Sept. 21 and receive a $10 discount.

For conference information or help with registration, call Amy Gifford at 434-4122.

Register today online at www.snavt.org
SNA-VT scholarships available, apply at snavt.org (click on “Scholarships”)

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Afternoon Schedule

1:00-2:30 Concurrent Workshops

1) Healthy Communication in the Workplace (repeat) – Bart Christian
Quality of life is a direct result of the quality of the relationships we have with others at work and home. Take a humorous and energetic look at ourselves and how we interact with others.

2) Roundtable for Directors – USDA
Join us for an open discussion with USDA and VT AOE Child Nutrition about updates in Child Nutrition, hot topics, and participants’ questions and concerns.

3) Sodium Reduction: Understanding the Issue and Strategies for Success – Patsy Jamieson, RD
How can you keep sodium in check without sacrificing flavor? Learn the importance of reduced sodium, master sodium math, find the hidden sodium in popular ingredients, decipher labels, and learn easy substitutions for high sodium foods.

4) Wellness: How to be a Healthy Role Model – Chef Brenda (sponsored by NE Dairy Promotion Board)
Spend some time considering your own health and how your personal food choices translate to students in the cafeteria. Learn tips and techniques that can help you pay attention to hunger and fullness sensations which affect overall health and wellness.

2:30-4:30 SNA-VT’s Annual Vendor Show
Meet your vendors, share your needs, get ideas and sample products.

4:00 Raffle Drawing
Visit our great vendors and be entered to win a prize!

4:00 Silent Auction ends

Get Ready
Vermont Breakfast After the Bell Challenge

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