

Choices:

A FRESH FOCUS

**The Conference that
Celebrates Food and Health!**

Wednesday, March 8, 2006

**Kellogg Hotel and Conference Center
East Lansing, MI**

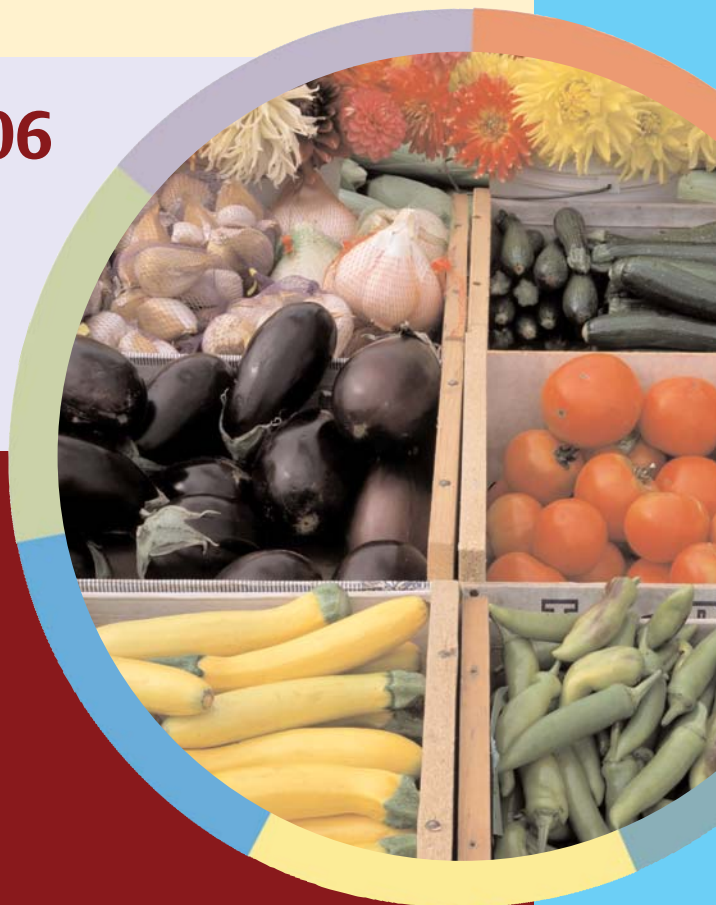
Presented by:

**The C.S. Mott Group for Sustainable
Food Systems at Michigan State University**

With support from:

**Michigan State University Extension,
Family & Consumer Science Programs**

Michigan Department of Community Health



Choices:

A FRESH FOCUS

The Conference that Celebrates Food and Health!

CHOICES: A Fresh Focus will present interactive and challenging discussions and exhibits about what influences our food choices, new information on the value of fresh food to our health and well-being and how to use and adapt MyPyramid and other food and nutrition resources.

Enjoy great Michigan food at the conference!

The conference is pleased to feature Michigan-grown food at the continental breakfast and lunch. The following Michigan vendors have supplied the conference with great local food for our meals.

APPLESCHRAM ORGANIC ORCHARD AND CIDER MILL

*Vendor for apple cider, pasture-based eggs
and apples*

Owner: Jane Bush
1300 Mount Hope Highway
Charlotte, MI 48813
517-649-8957
www.appleschramorganicorchard.com

NATURE PREMIERE'S ORGANIC CHICKEN

Vendor for chicken breasts

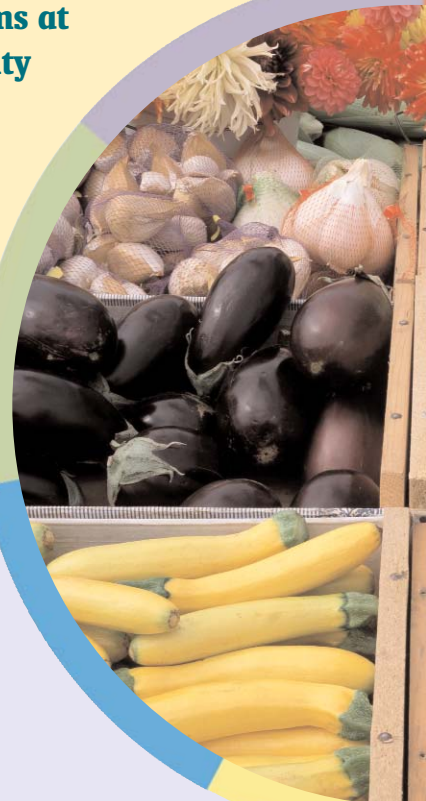
Partners: Les Dale, Wes Reinhold, and Scott Miller
Frankenmuth, MI
989-652-9840
www.naturespremier.com

**Wednesday,
March 8, 2006**

**Kellogg Hotel and Conference Center
East Lansing, MI**

Presented by:

**The C.S. Mott Group for
Sustainable Food Systems at
Michigan State University**



STEVE-N-SONS GRASSFIELDS CHEESE

Vendor for Gouda cheese

Owners: Jesse and Betsy Meerman
14238 60th Avenue
Coopersville, MI 49404
616-997-8251
www.grassfieldscheese.com

THE GIVING TREE

Vendor for mixed greens, spinach and carrots

Manager: Susan Houghton
15433 Turner Road
Lansing, MI 48906
517-482-8885
susangivingtree@earthlink.net

We appreciate the support and cooperation of the Kellogg Hotel and Conference Center, and especially Executive Sous Chef Rajeev Patgaonkar, in helping to provide Michigan-grown food at the conference!

CONTINUING EDUCATION CREDITS

Everyone requesting continuing education credits or a general certificate of attendance must sign the appropriate documentation at the conference registration desk. Certificates will be mailed by March 31st.

Dietitians—The program has been approved by the Commission on Dietetic Registration for 5.0 hours of continuing professional education for registered dietitians and dietetic technicians.

Food Service—The program has been approved by the School Nutrition Association of Michigan for 5.0 hours of continuing education. You must provide your member number.

Health Educators—The National Commission for Health Education Credentialing, Inc. has approved 4.5 hours of CHES Category 1 continuing education contact hours (CECH). Your CHES number is required.

Nurses—This program meets the criteria for 4.5 hours of nursing continuing education credit under Rule 2(l) of the Administrative Rules of the Michigan Board of Nursing.

Certificates of Attendance—If the above disciplines do not apply, registrants may request a general certificate of attendance.

Choices: **A FRESH FOCUS**

The Conference that Celebrates Food and Health!

**Wednesday,
March 8, 2006**

AGENDA

8:00 A.M.

Registration and Breakfast Refreshments with the Exhibitors

CENTENNIAL ROOM, FIRST FLOOR

9:00 A.M.

Welcome

BIG TEN BC

*Michael Hamm, PhD, Professor and
C.S. Mott Chair of Sustainable Agriculture
Michigan State University, East Lansing, MI*

9:10 A.M.

Opening Session: The Three Pyramids— A Critical Conversation

BIG TEN BC

A World Café conversation between the speakers and the audience on the three food pyramids—pros and cons. The panelists will discuss the history and purpose of food/eating guides; compare and contrast how they are

used; and explore the constraints and benefits of food/eating guides.

FACILITATOR:

*Michael Hamm, PhD, Professor and
C.S. Mott Chair of Sustainable Agriculture
Michigan State University, East Lansing, MI*

PANELISTS:

*Debra Palmer Keenan, PhD, Associate Extension
Specialist/Professor, Department of Nutritional
Science, Rutgers, the State University of New
Jersey, New Brunswick, NJ
The U.S. Department of Agriculture's
MyPyramid*

*Monica Myklebust, MD, Director, Integrative
Medicine Clinical Services
University of Michigan
Ann Arbor, MI
The Healing Pyramid*

*Jennifer Wilkins, PhD, RD, Senior Extension
Associate and Food and Society Policy Fellow
Division of Nutritional Sciences
Cornell University, Ithaca, NY
The Northeast Regional Food Guide*

10:30 A.M.**Yoga Stretch and Break with Exhibitors****BIG TEN BC**

*Sybil Shelton-Ford, CYT, RYT, Owner
As You are Yoga, Lansing, MI*

10:45 A.M.**Break with Exhibitors and move to Concurrent Sessions****CENTENNIAL ROOM, FIRST FLOOR****11:00 A.M.****Concurrent Sessions: Group A****1. COPING WITH FOOD ALLERGIES (repeated at 3:00 p.m.)****WILLY ROOM, FIRST FLOOR**

The presenters will explore our understanding of the increased incidence of food allergies by tracing the etiology of food allergies and presenting options for how health professionals can help families manage cases of food allergies.

MODERATOR:

*Meagan Shedd, Michigan State University
Extension*

SPEAKERS:

*Anne F. Russell, BSN, RN, Food Allergy
Program Coordinator, Division of Allergy and
Immunology, Department of Internal Medicine,
University of Michigan, Ann Arbor, MI*

*Marc McMorris, MD, Clinical Associate Professor
and Director, Food Allergy Service, Department
of Internal Medicine, Division of Allergy and
Clinical Immunology, University of Michigan,
Ann Arbor, MI*

2. BRINGING BABY TO THE FAMILY TABLE**MICHIGAMME ROOM, LOWER LEVEL**

This session will explore the latest evidence-based infant feeding recommendations, including how breastfeeding prepares babies for solid food. Dr. Olson also will discuss the introduction of solid foods; the order of introduction; how babies can be fed for introduction to the family and social aspects of eating.

MODERATOR:

*Tracie Bolton, Food Science and Human
Nutrition Department, Michigan State
University*

SPEAKER:

*Beth H. Olson, PhD, MS, Assistant Professor
Michigan State University, Department of
Food Science and Human Nutrition
East Lansing, MI*

3. KNOW YOUR HUNGER**RED CEDAR B, FIRST FLOOR**

Come and explore a mindful approach to eating that includes an expanded understanding of hunger and satiety.

MODERATOR:

*Pat Benton, Michigan State University
Extension*

SPEAKER:

*Jean L. Kristeller, PhD, Professor of Psychology;
Director, Center for the Study of Health, Religion
and Spirituality, Department of Psychology
Indiana State University, Terre Haute, IN*

4. LOCAL FOOD ARTISANS (repeated at 3:00 p.m.)**HERITAGE ROOM, FIRST FLOOR**

Learn from Michigan food artisans how the art and pleasure of eating local food can be integrated into health promotion work. This session will showcase Michigan foods and farms.

MODERATOR:

*Susan Cocciarelli, C.S. Mott Group for
Sustainable Food Systems, Michigan State
University*

SPEAKERS:

*Jane Bush, Owner
Appleschram Organic Orchard & Cider Mill
Charlotte, MI*

*Nathan C. Creswick, Manager, Creswick Farms
Ravenna, MI*

*Jesse Meerman, Owner, Steve-n-Sons Grassfields
Cheese, Coopersville, MI*

*Martha Ryan, Café Manager, Stone House
Bread Cafe, Leland, MI*

5. FAMILY MATTERS: HOW FAMILY MEALS CAN CREATE HEALTHY FAMILIES

RIVERSIDE CAFÉ, LOWER LEVEL

Family meals have the power to positively affect obesity, fruit and vegetable consumption and substance abuse in youth. Learn about the research and tips to help bring families to the table.

MODERATOR:

Viki Lorraine, C.S. Mott Group for Sustainable Food Systems, Michigan State University

SPEAKERS:

Diane Golzynski, PhD, RD, Nutrition Consultant/Michigan 5 A Day Coordinator Michigan Department of Community Health Lansing, MI

Ethel Pangborn, Chef Michigan State University Extension East Lansing, MI

12:00 NOON

Break for lunch

12:10 P.M.

Lunch, featuring Michigan-grown food with some words from the Chef

BIG TEN BC

Rajeev Patgaonkar, Executive Sous Chef Kellogg Hotel and Conference Center East Lansing, MI

1:10 P.M.

Musical Entertainment: *Something Fresh*: A tribute to the fresh folk and the fresh food found in the Great Lakes region.

BIG TEN BC

INTRODUCTION BY:

Emily Reardon, Community, Agriculture Recreation and Resource Studies Department Michigan State University

PRESENTED BY:

Jen Sygit, *Earthwork Music*, and **Sam Corbin**

1:30 P.M.

Culinary Demonstration: The Joys of Seasonal Food

The chef will explore the benefits of eating seasonal foods with a “hands-on” demonstration of food preparation.

INTRODUCTION BY:

Michael Hamm, PhD, Professor and C.S. Mott Chair of Sustainable Agriculture Michigan State University, East Lansing, MI

PRESENTER:

Eric Villegas, Owner and Chef, Restaurant Villegas, Okemos, MI Host, *Fork in the Road* with Eric Villegas, PBS

2:30 P.M.

Break with exhibitors

CENTENNIAL ROOM, FIRST FLOOR

3:00 P.M.

Concurrent Sessions: Group B

6. COPING WITH FOOD ALLERGIES (Repeat of Session 1)

WILLY ROOM, FIRST FLOOR

The presenters will explore our understanding of the increased incidence of food allergies by tracing the etiology of food allergies and presenting options for how health professionals can help families manage cases of food allergies.

MODERATOR:

Meagan Shedd, Michigan State University Extension

SPEAKERS:

Anne F. Russell, BSN, RN, Food Allergy Program Coordinator, Division of Allergy and Immunology, Department of Internal Medicine, University of Michigan, Ann Arbor, MI

Marc McMorris, MD, Clinical Associate Professor and Director, Food Allergy Service, Department of Internal Medicine, Division of Allergy and Clinical Immunology, University of Michigan, Ann Arbor, MI

7. LOCAL FOOD ARTISANS (Repeat of Session 4) HERITAGE ROOM, FIRST FLOOR

Learn from Michigan food artisans how the art and pleasure of eating local food can be integrated into health promotion work. This session will showcase Michigan foods and farms.

MODERATOR:

Susan Cocciarelli, C.S. Mott Group for Sustainable Food Systems, Michigan State University

SPEAKERS:

Jane Bush, Owner, Appleschram Organic Orchard & Cider Mill, Charlotte, MI

Nathan C. Creswick, Manager, Creswick Farms Ravenna, MI

Jesse Meerman, Owner, Steve-n-Sons Grassfields Cheese, Coopersville, MI

Martha Ryan, Café Manager, Stone House Bread Café, Leland, MI

8. INCREASING ACCESS TO HEALTHY FOOD ROOM 106, FIRST FLOOR

From neighborhood farmers markets and church mini-markets to neighborhood buying clubs and Senior Project FRESH, Michigan is getting creative about increasing access to healthy foods. Learn about some of these innovative strategies that are helping Michigan citizens gain greater access to a healthier life style.

MODERATOR:

Viki Lorraine, C.S. Mott Group for Sustainable Food Systems, Michigan State University

SPEAKERS:

Lynn Krahn, MSW, Extension Educator, Family Nutrition Program, Michigan State University Extension, Negaunee, MI

Amee Miller, Market Master/Americorps VISTA Allen Neighborhood Center, Lansing, MI

Mike Score, MA, Extension Educator, Michigan State University Extension, Ann Arbor, MI

Barbara N. Williams, MA, Chairperson for the Health Ministry, Second Baptist Church of Detroit, Detroit, MI

9. ORGANIC FOOD: THE FARMER'S STORY RED CEDAR B, FIRST FLOOR

This session will examine the philosophy and production practices behind some of the fastest growing food sectors, including organic, IPM, and pasture-based. The relationship between the principles of ecology and nutrition, with special reference to soil biology, will also be discussed.

MODERATOR:

Emily Reardon, Community, Agriculture Recreation and Resource Studies Department Michigan State University

SPEAKERS:

George W. Bird, PhD, Professor Emeritus Department of Entomology Michigan State University, East Lansing, MI

Michelle Lutz, Owner and Certified Organic Vegetable Farmer Maple Creek Farm, Yale, MI

10. INSIDE THE HEALING FOODS PYRAMID LINCOLN ROOM, FIRST FLOOR

This session will identify specific foods that contribute to our health; the benefits of eating whole foods; and explain what foods are considered anti-inflammatory and how they impact health.

MODERATOR:

Betty Izumi, C.S. Mott Group for Sustainable Food Systems, Michigan State University

SPEAKER:

Monica Myklebust, MD, Director, Integrative Medicine Clinical Services University of Michigan, Ann Arbor, MI

4:00 P.M.

Adjourn—Have a safe trip home!

Choices:

A FRESH FOCUS

The Conference that
Celebrates Food and Health!

George W. Bird, PhD, Professor Emeritus
Michigan State University
Department of Entomology
243 Natural Science Building
East Lansing, MI 48824
Voice: 517/353-3890 Fax: 517/353-4354
birdg@msu.edu

Jane Bush, Owner
Appleschram Organic Orchard & Cider Mill
1300 Mt. Hope Highway
Charlotte, MI 48813
Voice: 517/649-8957
jebush@earthlink.net

Nathan C. Creswick, Manager
Creswick Farms
6500 Rollenhagen Road
Ravenna, MI 49451
Voice: 616/837-9226
Creswick@Altelco.net
www.CreswickFarms.com

Diane Golzynski, PhD, RD, Nutrition
Consultant/Michigan 5 A Day Coordinator
Michigan Department of Community Health
109 Michigan, Suite 6-06
Lansing, MI 48913
Voice: 335/8980 Fax: 517/335-9056
GolzynskiD@michigan.gov

Debra Palmer Keenan, PhD
Associate Extension Specialist/Professor
Rutgers, the State University of New Jersey
Department of Nutritional Sciences
26 Nichol Avenue; Davison Hall
New Brunswick, NJ 08901-2882
Voice: 732/932-9853 Fax: 732/932-6522
keenan@aesop.rutgers.edu

Lynn Krahn, MSW, Extension Educator
Michigan State University Extension
184 U.S. 41 Highway
Negaunee, MI 49866
krahn@msu.edu

SPEAKER DIRECTORY

Jean L. Kristeller, PhD, Professor of
Psychology, Director, Center for the Study of
Health, Religion and Spirituality
Indiana State University Department of
Psychology
Terre Haute, IN 47809
Voice: 812/237-2467 Fax: 812/237-4388
j-kristeller@indstate.edu

Michelle Lutz, Owner and Farmer
Maple Creek Farm
11841 Speaker Road
Yale, MI 48097
Voice: 810/387-4365 Fax: 810/387-4365
mlutz@maplecreekfarm.com

Marc S. McMorris, MD, Clinical Associate
Professor and Director of the University of
Michigan Food Allergy Service
University of Michigan
Department of Internal Medicine, Division of
Allergy & Clinical Immunology
3918 Taubman Center
1500 East Medical Drive
Ann Arbor, MI 48109-0380
Voice: 734/936-5634 Fax: 734/647-6263
mmcmor@med.umich.edu

Amee Miller, Market Master/Americorps VISTA
Allen Neighborhood Center
1619 East Kalamazoo
Lansing, MI 48912
Voice: 517/367-2468 Fax: 517/367-0158
ancamee@sbcglobal.net

Monica Myklebust, MD, Director
University of Michigan Integrative Medicine
Clinical Services
715 E. Huron Street, Suite 1W
Ann Arbor, MI 48104
Voice: 734/998-7715 Fax: 734/998-7720
mmyklebu@umich.edu

Beth H. Olson, PhD, MS, Assistant Professor
Michigan State University, Department of Food
Science & Human Nutrition
2122 South Anthony
East Lansing, MI 48824-1224
Voice: 517/355-8474 x113 Fax: 517/353-6343
olsonbe@msu.edu

Ethel Pangborn, Chef
Michigan State University Extension
818 Seymour Avenue
Lansing, MI 48906
pangbore@sbcglobal.net

Rajeev Patgaonkar, Executive Sous Chef
Kellogg Hotel and Conference Center
Michigan State University
East Lansing, MI 48824
Voice: 517/432-4000
patgaonk@hotmail.com

Anne F. Russell, BSN, RN, Food Allergy
Program Coordinator, University of Michigan
Department of Internal Medicine, Division of
Allergy & Clinical Immunology
3918 Taubman Center
1500 East Medical Drive
Ann Arbor, MI 48109-0380
Voice: 734/936-5634 Fax: 734/647-6263
anneruss@med.umich.edu

Martha Ryan, Café Manager
Stone House Bread Café
407 S. Main Street
P.O. Box 955
Leland, MI 49654
Voice: 231/256-2577 Fax: 231/256-2578
manitoumartha@aol.com

Mike Score, MA, Extension Educator
Michigan State University Extension
P.O. Box 8645
Ann Arbor, MI 48107
Voice: 734/222-3905 Fax: 734/222-3990
score@msu.edu

Sybil Shelton-Ford, CYT, RYT, Owner
As You Are Yoga
111 East Allegan Street
Lansing, MI 48933
Voice: 517-282-7662
sdsford@yahoo.com

Eric Villegas, Owner and Chef
Restaurant Villegas
Host, Fork in the Road, PBS
1735 Grand River Avenue
Okemos, MI 48864
Voice: 517/347-2080 Fax: 517/347-1917
mail@restaurantvillegas.com

Jennifer Wilkins, PhD, RD, Senior Extension
Associate and Food and Society Policy Fellow
Cornell University, Division of Nutritional
Sciences, MVR Hall
Ithaca, NY 14853-4401
Voice: 607/255-2730 Fax: 607/255-0178
jlw15@Cornell.edu

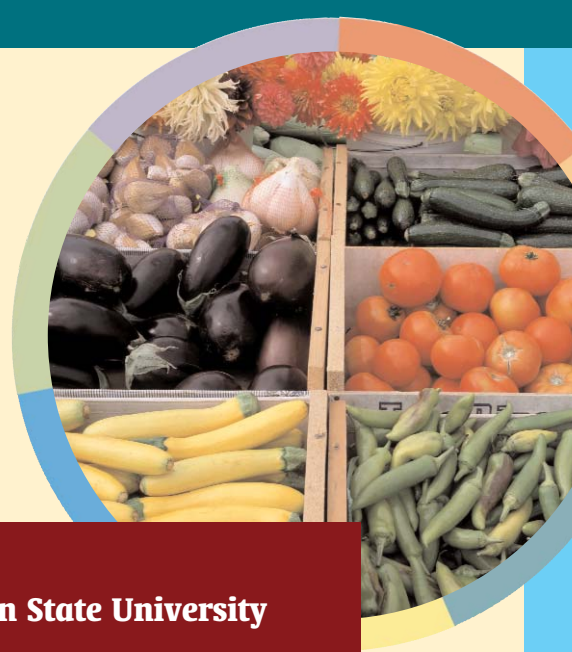
Barbara N. Williams, MA
Chairperson for the Health Ministry
Second Baptist Church of Detroit
441-446 Monroe
Detroit, MI 48206
Voice: 313/590-6401 Fax: 313/867-2748
williamsbn52@aol.com

Choices:

A FRESH FOCUS

The Conference that
Celebrates Food and Health!

Wednesday,
March 8, 2006



Presented by:

The C.S. Mott Group for Sustainable Food Systems at Michigan State University

The support of the following sponsors and exhibitors is greatly appreciated!

Sponsors

Michigan State University Extension, Family & Consumer Science Programs

Michigan Department of Community Health

Exhibitors

American Heart Association Greater Midwest Affiliate

Cultural Health Initiatives Director:
Toni Griggs Price, MHCA
Special Markets—Metro Detroit
24445 Northwestern Highway, Suite 100
Southfield, MI 48075-2436
248-827-4214, ext. 539
toni.price@heart.org

Appleschram Organic Orchard and Cider Mill

Owner: Jane Bush
1300 Mount Hope Highway
Charlotte, MI 48813
517-649-8957
www.appleschramorganicorchard.com

As You Are Yoga

Owner: Sybil Shelton-Ford, CYT, RYT
111 East Allegan Street
Lansing, MI 48933
517-282-7662
sdsford@yahoo.com

Center for Civil Justice

Food and Nutrition Specialist:
Regen Rockwell
430 South Saginaw Street, Suite 504
Flint, MI 48502
810-244-8044
rockwell@ccj-mi.org

Creswick Farms

Manager: Nathan C. Creswick
6500 Rollenhagen Road
Ravenna, Michigan 49451
616/837-9226
Creswick@Altelco.net
www.CreswickFarms.com

Maple Creek Farm

Owner: Michelle Lutz
11841 Speaker Road
Yale, MI 48097
810-387-4365
mlutz@maplecreekfarm.com

Michigan Department of Community Health/WIC Division

Public Health Consultant: Cheryl Bernard
2150 Apollo Drive
Lansing, MI 48906517-335-9561
bernardc@mcihigan.gov

Michigan State University Extension/Personal Action Toward Health (PATH) Group

Extension Educator: Brenda Long
100 Library Street
Ionia, MI 48846
616-527-5357
longbr@msu.edu

Mixed Greens

Executive Director: Lisa Rose Starnier, MPA
1444 Lake Drive, SE
Grand Rapids, MI 49506
616-301-3592
www.mixedgreens.org

SEEDS Headwaters

Sarna Salzman, Jen Sygit and Sam Corbin
Third Coast Office
Traverse City, MI
sarna@ecoSEEDS.org
www.jensygit.com

Stone House Bread Cafe

Café Manager: Martha Ryan
407 South Main Street, P.O. Box 955
Leland, MI 49654
231-256-2577
manitoumartha@aol.com

The Giving Tree

Manager: Susan Houghton
15433 Turner Road
Lansing, MI 48906
517-482-8885
susangivingtree@earthlink.net

University of Michigan Integrative Medicine Clinic

Office Manager: Laura Jean Baker
1801 Briarwood Circle, Bldg. #10
Ann Arbor, MI 48108
734-332-5387
ljbaker@med.umich.edu