



VIRTUAL EXPO2020

Pre-Recorded Education Sessions

Group 1 - Available February 4, 2020

1. **How to WOW (& Transform) Your Audience**

Speaker: Jill Castle, MS, RDN

To effectively persuade an audience to take action, or transform their biases, school nutrition leaders need to be able to connect with, engage, and inspire their audience. Knowing and meeting your bottom line isn't enough to inspire transformation. Join Nutrition & Communications Expert, Jill Castle, MS, RD, to learn how to cull your own personal stories, apply an effective talk structure, and merge relevant data, statistics and evidence to create a compelling presentation for key stakeholders. Learn how to command attention with a solid stage presence, increase your credibility, and convey your unique point of view to move your audience.

2. **The Time Bandits are BACK!**

Speaker: JoAnne Robinnett, MSA

Tired of always running behind? Need tips to help you outsmart the little culprits that steal your time at work and keep you in a perpetual state of catch up? Don't allow another day to be hijacked! Learn proven time-management strategies to help check things off your to-do list so you're back in control.

3. **Leading the Way to Grow Breakfast Participation**

Speakers: Cheryl Johnson, MS, RD, LD, Cynthia Johnson, Jill Ladd, RD, LD

What can you do to lead the way for more students to have access to school breakfast and start the day ready to learn? Implementing innovative breakfast delivery models moves breakfast out of the cafeteria, makes it a part of the school day and are proven to increase participation. Join us to decrease roadblocks and gain support from key stakeholders in schools.

4. **How to Calculate and Establish Meals Per Labor Hour (MPLH)**

Speaker: Kymm Mutch, MS, RDN

Learn how to calculate MPLH using the Institute of Child Nutrition's Essential Key Performance Indicators (KPIs) for School Nutrition Success. The use of MPLH data can help drive cafeteria staffing decisions and be used as a tool to manage labor budgets. You'll gain understanding of how Meal Equivalents (MEQs) are the backbone of other KPIs as well as how to calculate MEQs for use in the MPLH formula.

5. **Customer Service for Kids!**

Speaker: Maureen G. Mulvaney (MGM)

As a school nutrition professional, you have the power to positively influence students in so many ways. Keynote speaker MGM will help you discover your power to provide gentle nudges that can influence eating behavior, reduce plate waste and help students succeed—all through customer service.

6. **Be Our Guest ... Our Guest Chef, That Is!**

Speaker: Jessica Shelly, MBA, SNS

Your principals, superintendents and board members know that a hungry child cannot learn, and they understand the important role of school meals in the education of their students. But do they know all that goes into making sure your students are well-fed and ready to learn? A "Guest Chef" program gives administrators a hands-on, fast-paced experience on what it really takes to dish out good nutrition!

7. **Ideas@Work: Sizzling Summer Fun with Summer Feeding**

Speaker: Donette Worthy, SNS

The concept of feeding hungry kids when school is out is a no-brainer. The practicalities of doing so? That's another thing. How can you be a summer feeding innovator in your community and reach more kids with the meals they need? One director shares her secrets to launching and expanding a successful summer feeding program.

8. **Marketing and Social Media Strategies That Work: Telling Your Story Effectively**

Speakers: Dayle Hayes, MS, RD, Joseph Pettit

Savvy marketers and social media mavens believe that storytelling skills are the "secret sauce" for successful marketing in our world of digital messaging. Social Media Guru Dayle Hayes, MS, RD and School Nutrition Director Jo Pettit will help you tell the story of your program in words, photos and graphics that tell your story at a glance. You'll also have the opportunity to draft a sample story for your own district.

Group 2 - Available February 18, 2020

9. **WOW! Recipes for Recognizing Employee Success**

Speaker: Carol Gilbert, SNS, M.Ed.

To create a successful recipe, you need the right ingredients. To develop a successful team, you need the right tools and staff who bring joy to their work. Discover the ingredients you need for a successful employee recognition program.

10. **Make the most of Mentoring Relationships**

Speaker: Jeanne Reilly, NDTR, SNS

Trying to navigate the changing world for school nutrition can be overwhelming! Developing great mentoring relationships is key to professional growth. To help empower your team and to inspire personal and professional growth, learn how to create a mentorship culture within your department.

11. **Meal or No Meal?**

Speaker: Tina Namian - USDA

Identify a reimbursable meal quickly and correctly with everyone's favorite game: Meal or No Meal? USDA will also unveil new training and guidance materials you can bring back to your district.

12. **Food Fact vs. Fiction: Paleo, Keto, Vegan, Vegetarian - What is the Truth, and Why?**

Speakers: Jim Painter, PhD, RD, Sharon Schaefer, SNS

Determining what is a nutrition fact and what is simply fiction can be a daunting process. With the right information, you can proactively plan for those discussions and focus on the different research-based nutrition principles found in popular diets/lifestyles. Join this science-based discussion with Jim Painter PhD, RD, and Chef Sharon Schaffer, SNS, to learn more about facts

and food trends, compare popular diets and dispel unfounded food fears.

13. Game Changers: Separating the BEST from the Rest

Speaker: Ervin Watson, MBA

Learn the four keys that turns leaders into winners both on and off the field of play (aka work). This energetic presentation featuring keynote speaker Ervin Watson identifies the four big things you can do daily to strengthen your leadership and become an impactful “game changer.”

14. Food Mashups & Instagrammable Foods: Creative ideas to grow participation!

Speakers: Meghan Martinson, RD, Michael Craig

As the largest generation of foodies, today’s students love Instagrammable foods and unique dining experiences. Hear how one school district implemented a revolutionary food fusion process in their meal planning and drove participation. What started as a “spaghetti taco” experiment has evolved to Asian Spaghetti, Banh Mi Hot Dogs, Garlic Bread Grilled Cheese and more!

15. Stop Letting Difficult People Ruin Your Day (and Your Life)!

Speaker: Jeff Joiner, MA

We all have difficult people in our lives. Whether they are bullies, gossips, know-it-alls or energy-thieves, they wear us down and wear us out! Learn to effectively manage these problem relationships to help reduce your stress, improve your work environment and set you free!

16. At Risk-Afterschool Meals: Rebranding Supper as a “Super Snack”

Speakers: Brian Wieher, SNS, CMP, CCNP, Melissa Weissler, MPH

Did you know that a five component super-snack with the same nutritional requirements as a traditional hot meal served at supper reduces plate waste and encourages full-consumption of the meal? Discover how rebranding into this super-snack model increases participation, meets CACFP requirements and the needs of providers unable to prepare traditional hot dinner foods.

17. Gettin' Saucy with Your Menus!

Speaker: Sharon Schaefer, SNS

Are you ready to go from average to unforgettable? Join Chef Sharon Schaefer, SNS as she shares her winning six global sauce recipes to perk up any school lunch! Elevate burgers, pizza, tacos and even rice by using six flavor-packed sauces that only take minutes to prepare.