

Dairy Council® of Arizona's 28th Targeting Trends Conference:

TRENDING TOPICS

Dive into today's hot nutrition topics. You won't want to miss this great conference!

Date: October 22, 2019
Time: 8:00 am - 4:30 pm
Location: The Buttes Resort, Tempe

Registration: \$75 (if registered by Oct 11, 2019)
Late Registration: \$95 (after Oct 11, 2019)
Students: \$30

Meals included!

This conference provides 6 CPEUs.

Registration Form:

Register online at www.arizonamilk.org or complete this form and mail it to us with your payment.

Name (for name tag) _____

Place of employment (for name tag) _____

Email _____ Daytime Phone _____

Address _____ City _____

State _____ ZIP _____

Advanced Registration: \$75
(Postmarked by Oct. 11, 2019)

Late Registration: \$95
(After October 11, 2019)

Full-time College Students \$30

Mail registration form and payment to:

Dairy Council of Arizona
PO Box 26877
Tempe, AZ 85285-6877

If paying by check or PO: Check/PO#: _____ Amount: _____

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Conference Agenda

- 7:30 am Registration and Continental Breakfast
- 8:15 Opening Remarks
- 8:30 **Food and Nutrition Trends**
Grocery stores look very different today than even 5 years ago. And food companies have to be aware of many different consumer trends. Hear the latest trends in this session.
Ashley Rosales, RDN
- 9:30 **Finding Truth in the Failed Theories of Heart Disease**
Dietary advice on fat, saturated fat and cholesterol seems to change daily and this can be disconcerting and confusing for consumers and healthcare providers. This talk will give scientific, evidence-based truth about these nutrients.
Jim Painter, PhD, RDN
- 10:30 Break
- 10:45 **Food Insecurity**
We've heard about the problem of food insecurity, but what's being done to help solve it?
Angie Rogers, MSW
- 11:45 Lunch (provided)
- 1:00 pm **Going Global: A Recipe for Sustainable Nutrition**
Sustainable food systems are complex and include health, economic, societal and environmental dimensions. What systems-level approaches can help and what programs can manage foodprints?
Jake Yarberry, RDN, LD
- 2:00 Break
- 2:15 **Research Update: Nutrition through the Lifespan**
Is flavored milk a suitable beverage for children? Are plant-based beverages nutritionally adequate? Do dairy foods increase the risk for obesity, diabetes, metabolic syndrome or other chronic diseases? Learn about the recent research on all these trending topics.
Jim Painter, PhD, RDN
- 3:15 **Marketing Your School Meals**
What's the communication system like in your district? How well do you market your program to parents? To the community? What about farm to school? Learn about all this and more!
Dayle Hayes, MS, RD
- 4:30 Closing Remarks

Questions? Please contact Terri Verason at 480-656-7163 x2, or tverason@dcaz.org

We look forward to seeing you on October 22!