

# Healthy Weight Summit: Improving School Lunches and Physical Activities

Presented by Southern Vermont AHEC and Precision Valley Physical Activity & Nutrition Consortium

Thursday May 1, 2008 at the NewsBank Conference Center in Chester, Vermont

A "Real School Lunch" will be served to conference participants at the Chester-Andover Elementary School

## Morning Sessions

### 30+5 Update and Report Out

Come hear what this HRSA-funded program has learned over two years working with middle-school youth in Springfield and Windsor. **Nancy Schaefer** and **daylyn finnegan** will share successes, challenges and upcoming goals.

**Incorporating Physical Activity into classroom curriculum** **Tanya Milano** will lead activities that can be incorporated into classrooms and done by a variety of age groups.

**Vermont FEED: Best Practices in Farm to School** **Panelists Abbie Nelson**- Co-Director of Vermont FEED, and **Joseph Kiefer**, Education Director for FoodWorks at Two Rivers will present on best practices in the Farm to School program.

## Afternoon Sessions

### Legislative Policy Panel

**State Representative Harry Chen and Senator Ginny Lyons** have been invited to join **Jenny Nelson** from **Senator Bernie Sanders' office** and **Nicole Lukas** of the **Vermont Heart Association** to discuss what is happening at the state and federal levels around school lunch policies.

**Vermont Dept of Health Wellness Committees** **Jo Busha, Suzanne Kelley** and others will join a **panel** to share information about Schools' Wellness Committees, the Department's Resource Guides, and how food policies get translated into actual food on the school tray.

Who should attend? *School administrators, school board members, food service personnel, public health staff, health care professionals, dietitians, health educators, teachers, wellness committee members and others working with youth in schools.*

Registration and Lunch: The cost to attend this one day session is \$25.00. *Lunch will be served at the Chester Andover Elementary School, to which we will walk. So bring your walking shoes!*

**REGISTER NOW! Send in form with your registration fee to: Southern Vermont AHEC, 365 Summer St, Springfield, VT 05156, fax to 802-885-2128 or email [info@southernvermontahec.org](mailto:info@southernvermontahec.org). Registration deadline: Monday, April 28th. After this date, please call us at 888-758-0676 or 802-885-2126 to check on space.**

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Name and Title

Organization/School

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Street Address (organization or School)

Town

State Zip

Phone

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E-mail

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**Yes, I would like to attend the Healthy Weight Summit on May 1<sup>st</sup>, 2008, at the NewsBank Conference Center in Chester. Enclosed is my \$25 registration fee which includes registration materials and lunch.**

Southern Vermont AHEC 365 Summer Street Springfield, VT 05156 802-885-2126 888-758-0676

This summit is made possible by funding provided by the Health Resources and Services Administration Grant # D04RH06800 and Southern Vermont AHEC on behalf of the Precision Valley Physical Activity and Nutrition (PAN) Consortium grant partners