

**Wednesday,  
March 7, 2007**

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

**Pre-conference  
Event:**

**Tuesday,  
March 6, 2007:  
A Celebration of  
Slow Food**

**Presented by  
Slow Food Red Cedar**



**The conference that celebrates  
food and health!**

*Presented by:*

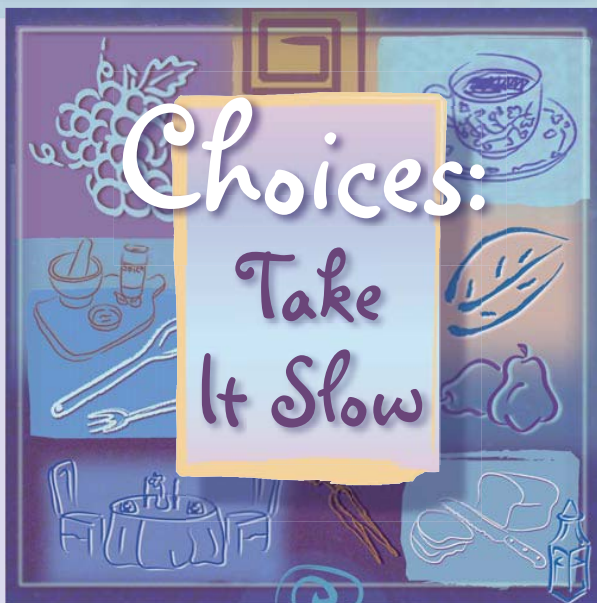
**The C.S. Mott Group for Sustainable Food  
Systems at Michigan State University**

*With support from:*

**USDA's Food Stamp Program and  
Michigan State University's Agriculture  
and Natural Resources (ANR) Week**

**Registration materials enclosed. Early registration deadline is February 23, 2007.**

This conference was funded, in part, by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-481-4989. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



The conference that celebrates food and health!

## Wednesday March 7, 2007

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

Food is central to our daily lives. Slowing down to really focus on food allows us to re-connect with the people who produce, prepare and serve our food and those with whom we share our meals. The 2007 Choices Conference, along with the pre-conference Celebration of Slow Food, will teach us how a slower paced life—including slower paced meals—can benefit our personal health, families and friends, schools and communities. The latest research, best practices and novel approaches to food, nutrition and health topics will be featured to help all of us take it slow!

## Enjoy great networking opportunities!

### WHO SHOULD ATTEND?

- Consumers
- Dietitians
- Food service administrators and staff
- Health professionals
- MSU Extension staff
- Nurses
- Nutrition educators
- Teachers



## Enjoy new and expanded conference features!

The inaugural 2006 Choices Conference was enjoyed by nearly 300 people. The 2007 conference will build on that success by offering new and expanded conference features, including:

- A new pre-conference event on Tuesday, March 6th: *A Celebration of Slow Food*, presented by Slow Food Red Cedar. See page 2 for details.
- A larger exhibit area, featuring a "Farmers' Market" with more Michigan farmers and food and nutrition businesses and organizations. Schuler Books & Music will also be selling books in the exhibit area.
- Three wonderful Slow Food meals inspired by special guest Chef Nick Seccia of The Henry Ford and the Kellogg Center's own Chef Rajeev Patgaonkar—dinner on March 6th and brunch and afternoon tea on March 7th.
- Drawings for unique Michigan gifts



# Pre-conference Event: A Celebration of Slow Food

**Tuesday, March 6, 2007**

*Presented by Slow Food Red Cedar - \$45 per person*

This special program and fundraiser for Slow Food Red Cedar is open to the general public and is offered as an optional special feature to participants of the Choices Conference.

Slow Food Red Cedar is committed to providing opportunities for community members to rediscover the joys of eating and understand the importance of caring where their food comes from, who makes it and how it's made.

## The Program for the March 6th Celebration of Slow Food

**4:30 p.m.**

**Farmers' Market Exhibits open**  
BIG TEN A BALLROOM

Food and beverage tasting, featuring Michigan beer, wines and hard cider

**6:00 p.m.**

**Welcome to Slow Food Opening Session**  
BIG TEN B BALLROOM

Welcome to Slow Food  
*Lisa Hamm, President, Slow Food Red Cedar*

**6:05 p.m.**

**Food Traditions: The Thread that Links Generations**

*Bonny Wolf with readings from her book, "Talking with My Mouth Full"*  
Food Writer, NPR Commentator and Author, Washington, DC

**6:30 p.m.**

**Dinner: A Celebration of Slow Food!**

This special Slow Food dinner menu is being developed with **Slow Food Red Cedar and Nick Seccia**, Executive Chef, The Henry Ford and **Rajeev Patgaonkar**, Executive Sous Chef, Kellogg Hotel and Conference Center.

**8:00-ish**

**Terra Madre**

*Nick Seccia, Executive Chef*  
The Henry Ford, Dearborn, MI

*Mike Hamm, PhD, Chair*  
C.S. Mott Group for Sustainable Agriculture  
Michigan State University, East Lansing, MI

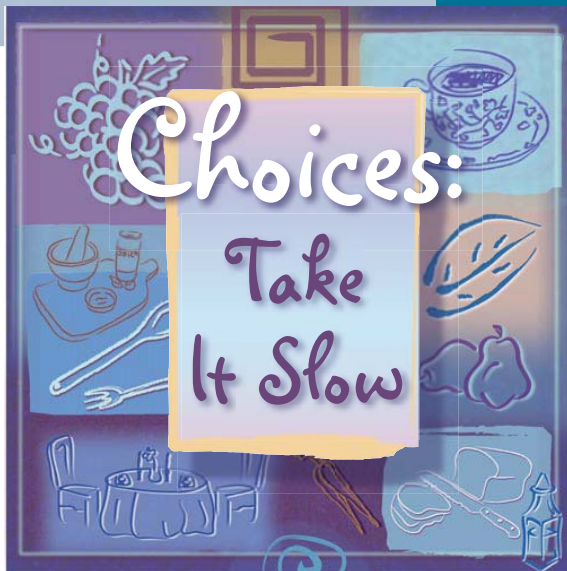
**8:30-ish**

**Drawing and Adjourn**

## To register for the March 6th Celebration of Slow Food:

- Complete and return the registration form found on pages 8-9 of this brochure.
- The registration fee for the March 6th program is **\$45 per person**. (This fee is in addition to the conference registration fee for the March 7th program.)
- Payment for the March 6th program must be made by check (no credit cards for this event) made out to: **SLOW FOOD RED CEDAR**. If you are attending the Choices Conference, the payment for March 6th must be made separately, by check.
- This is a fundraising event for Slow Food Red Cedar. A portion of the fee is tax deductible and a receipt with the tax deductible amount will be provided at registration.

Wednesday, March 7, 2007



The conference that celebrates food and health!

**8:00 a.m.**

**Registration opens**  
CENTENNIAL ROOM

**Farmers' Market Exhibits open**  
BIG TEN A BALLROOM

Light refreshments will be available.

**9:00 a.m.**

**Welcome**  
BIG TEN BC BALLROOM

**Mike Hamm, PhD, Chair**  
C.S. Mott Group for Sustainable Agriculture  
Michigan State University, East Lansing, MI

**9:10 a.m.**

**Take a Deep Breath...**  
BIG TEN BC BALLROOM

Centering and breathing at our seats to help us slow down, focus and ENJOY the day!

**Kathy Ornish, Owner**  
Yoga with Kathy Ornish, Okemos MI

**9:20 a.m.**

**Keynote: Food Traditions: The Thread that Links Generations**  
BIG TEN BC BALLROOM

**Bonny Wolf, Food Writer, NPR Commentator and Author, "Talking with My Mouth Full"**  
Washington, DC

This program is co-sponsored by:

- C.S. Mott Group for Sustainable Food Systems at Michigan State University
- Department of Food Science and Human Nutrition at Michigan State University
- Michigan Department of Community Health
- Organic Valley Family of Farms
- WIC Program

**10:25 a.m.**

**Introduction to the Grazing Stations**  
**Nick Seccia, Executive Chef**  
The Henry Ford, Dearborn, MI

**10:30 a.m.**

**Farmers' Market Exhibits open**  
BIG TEN A BALLROOM

**11:00 a.m.**

**Brunch**  
BIG TEN BC BALLROOM

Visit the "grazing stations" with a slow food menu inspired by Chefs Nick Seccia and Rajeev Patgaonkar.

**12:30 p.m.**

**Concurrent Workshops: Group A**  
**SESSION 1:**

**BREASTFEEDING: THE ORIGINAL SLOW FOOD**

In this workshop, we will discuss both the impact of culture on breastfeeding and the impact of breastfeeding on culture. We will address what type of culture it takes for breastfeeding to succeed and how breastfeeding changes the ways we relate to each other and ourselves.

**Introduction and Michigan Research Update:**  
**Beth Olson, MS, PhD, Assistant Professor, Food Science and Human Nutrition Department;**  
Nutrition Specialist, Extension, Michigan State University, East Lansing, MI

**FEATURING:**

**Judy Hopkinson, PhD, Associate Professor of Pediatrics - Nutrition, Baylor College of Medicine, Houston, TX**

## SESSION 2:

### THE GIFT OF STORYTELLING

Explore how collecting, writing and sharing a good story can effectively communicate our food, nutrition and health messages.

**Bonny Wolf**, Food Writer, NPR Commentator and Author, "Talking with My Mouth Full" Washington, DC

## SESSION 3:

### MINDFUL EATING: INCORPORATING SLOW FOOD CONCEPTS INTO PRACTICE

This workshop will explore how to incorporate slow food concepts into a "health-centered" approach for a variety of nutrition concerns. This session also will include a discussion on the importance of creating an environment that promotes mindfulness when working with children and adults.

#### SPEAKERS:

**Esther R. Park, MS, RD**, Consultant/Nutritionist Health4U-Health Promotion Program, Michigan State University, East Lansing, MI

**Peggy A. Crum, RD**, Consultant/Nutritionist Health4U-Health Promotion Program, Michigan State University, East Lansing, MI

## SESSION 4:

### EATING AS YOU AGE

This session will address how food can improve the quality of life at every part of the life cycle. It also will explore eating recommendations for entering the second half of life.

**MODERATOR: Paul McConaughy**, Program Leader, Michigan Nutrition Network, Family & Consumer Sciences, Michigan State University, East Lansing, MI

#### SPEAKERS:

**Diane Golzynski, PhD, RD**, Michigan Fruit and Vegetable Nutrition Coordinator and Nutrition Consultant, Division for Chronic Disease and Injury Control, Cardiovascular Health, Nutrition and Physical Activity, Michigan Department of Community Health, Lansing, MI

#### Healthy Eating At Every Age

**Diane Fischer, RD**, Clinical Dietitian Sparrow Food and Nutrition Services, Sparrow Health System, Lansing, MI

Eating as a Strategy for Disease Management or Recovery

## SESSION 5:

### INNOVATIONS IN HOSPITAL FOOD SERVICE

During this interactive session, participants will learn about creative measures hospitals and clinics are taking to connect both employees and patients to fresh produce in their area.

**MODERATOR: Susan Cocciarelli**, C.S. Mott Group for Sustainable Food Systems, Michigan State University, East Lansing, MI

#### SPEAKERS:

**Laura McCain, RD, CDE, CC**, Clinical Dietitian/Chef, Munson Medical Center Food and Nutrition Services, Traverse City, MI

**Cori Anderson**, Program Director, Spectrum Health's Nutritional Option for Wellness Program (NOW), Grand Rapids, MI

**Marge Young**, Vice President/Revenue Management, Hackley Health at the Lakes, Muskegon, MI

## SESSION 6:

### STORIES FROM THE SCHOOL HALLWAYS: IMPROVING HEALTH AND NUTRITION THROUGH INNOVATIVE SCHOOL WELLNESS POLICIES

Learn about the "why" behind the School Wellness Policy and how individuals across the state are promoting health and nutrition through cafeteria offerings, educational programs and alternative fundraising. Speakers will address the key role of school food service in implementing the Policy, partnership opportunities for MSU Extension and how locally-grown foods can be integrated into schools.

**MODERATOR: Ann Guyer, RD**, Associate Program Leader, Team Nutrition, Michigan State University Extension, East Lansing, MI

#### SPEAKERS:

**Nicholas Drzal, MPH, RD**, School District Consultant, Michigan Department of Education, Lansing, MI

**Rita Klavinski**, Calhoun County Extension Director, Michigan State University Extension, Marshall, MI

**Amy Klinkoski**, Coordinator, Nutrition Services, Grand Rapids Public Schools, Grand Rapids, MI

**Pepper Bromelmeier**, District Conservationist Natural Resources Conservation Service, Bellaire, MI

## SESSION 7:

### A DAY IN THE LIFE OF AN ORGANIC FARMER

More and more consumers are choosing organic food, but is all organic food the same? This session will discuss organic food that is produced through farmer cooperatives and discuss how keeping family farmers on the land protects our right to choose foods produced in the way we want – a way that ensures quality, health, humane animal treatment, and the stewardship of our environment.

**MODERATOR:** *Julie K. Pioch, County Extension Director, Southwest Region, Michigan State University Extension, Van Buren County, Paw Paw, MI*

#### SPEAKERS:

*Kay Fandel, Outreach and Education Assistant Organic Valley Family of Farms, La Farge, WI*

*Lee and Laurie Arboreal, Farmers, Eaters' Guild Farm, Bangor, MI*

**1:45 p.m.**

**Break, move to next workshops**

**2:00 p.m.**

**Concurrent Workshops: Group B**

## SESSION 8:

### SCIENTIFIC BASIS FOR BREASTFEEDING: WHO BENEFITS AND WHEN?

The strength of scientific evidence supporting breastfeeding promotion will be reviewed, including relationships between infant and maternal health, neurologic development and childhood obesity. Where possible, the impact of breastfeeding exclusivity and inter-individual variations in bioactive milk components will be highlighted.

#### FEATURING:

*Judy Hopkinson, PhD, Associate Professor of Pediatrics - Nutrition, Baylor College of Medicine, Houston, TX*

## SESSION 9:

### INNOVATIVE TECHNIQUES FOR NUTRITION EDUCATION

This session will explore how new approaches to nutrition education impact our eating. Participants will learn how the National Kidney Foundation expands the reach of its programs by using well trained lay persons as educators and what the results are in three specific areas where the approach is used. The session also will explore whether nutrition education can be effective when sessions are completed by telephone. The methodology and some results will be shared.

**MODERATOR:** *Paul McConaughy, Program Leader, Michigan Nutrition Network, Family & Consumer Sciences, Michigan State University, East Lansing, MI*

#### SPEAKERS:

*Eileen Worden, BSN, RN, Nurse Consultant, Division for Chronic Disease and Injury Control, Cardiovascular Health, Nutrition and Physical Activity, Michigan Department of Community Health, Lansing, MI*

*Delivering Nutrition Education by Telephone*

*Wendy Lombard, MPH, Program Evaluation Specialist, National Kidney Foundation of Michigan, Ann Arbor, MI*

*Using Lay Educators for Nutrition Education*

## SESSION 10:

### SIZING UP SERVINGS

This session will address practical approaches to understanding serving sizes and how this important skill can help in the management of chronic diseases such as diabetes.

#### SPEAKERS:

*Ludie Weddle, RD, Nutrition Consultant, Grand Rapids, MI*

*Val Cobbs, Healthy Hair Program Coordinator National Kidney Foundation of Michigan Grand Rapids, MI*

## SESSION 11:

### FOOD COMMUNITIES: MAKING THE CONNECTION

This interactive session will explore how purposeful community connections around food make it possible for people to make health a part of their lifestyle. It will include such factors as income levels and lack of transportation in the discussion.

**MODERATOR:** *Susan Cocciarelli, C.S. Mott Group for Sustainable Food Systems, Michigan State University, East Lansing, MI*

#### SPEAKERS:

*Katie Olender, Food Systems Project Coordinator, The Northwest Initiative, Lansing, MI*

*Elizabeth Forest, Fair Food Matters, Kalamazoo, MI*

*Teresa Miller, Manager, Branches of the Vine, Detroit, MI*



## SESSION 12:

### WHAT DO CONSUMERS WANT?

The session will examine the question, "What do consumers really want in the food they eat?" It also will look at initiatives that have responded to the desires of Michigan consumers for local food.

#### SPEAKERS:

**Phil Howard, PhD**, Assistant Professor  
Department of Community, Agriculture,  
Recreation and Resource Studies  
Michigan State University, East Lansing, MI

**Corie Pierce**, Co-Manager, Student Organic Farm  
Michigan State University, East Lansing, MI

**Marty Gerencer, MS**, Marketing Consultant  
Morse Marketing Connections  
North Muskegon, MI

## SESSION 13:

### THE VALUE OF CHOICE: PASTURED MEAT AND DAIRY

This session will address the production practices of pastured meat and dairy and why pastured meat and dairy is of interest to farmers and to consumers from a health, environmental, philosophical and economical perspective.

#### MODERATOR AND SPEAKER:

**David Conner, PhD**, Research Specialist,  
C.S. Mott Group for Sustainable Food Systems,  
Michigan State University, East Lansing, MI

#### SPEAKERS:

**Karen Lubbers, MS**, Lubbers Family Farm  
Grand Rapids MI

**Caroline Webber, PhD, RD**, Assistant Professor,  
Department of Family and Consumer Sciences,  
Western Michigan University, Kalamazoo, MI

**Christopher Bedford**, Co-founder and  
President, Sweetwater Local Foods Market,  
Montague, MI

3:15 p.m.

Break and move to Big Ten BC Ballroom

3:30 p.m.

Tai Chi

BIG TEN BC BALLROOM

Slow intentional movements to make room for afternoon tea and prepare us for our trip home.

3:45 p.m.

Afternoon Tea and Drawing

BIG TEN BC BALLROOM

The origin of the British tradition of Afternoon Tea (or Low Tea) is often credited to Anna, the 7th Duchess of Bedford, in the early 1840's. Since lunch was served earlier in the day at that time, and dinner was served at 8:00 or 9:00 p.m., the Duchess began to request tea, bread, butter and cakes during the afternoon. The tradition has evolved since that time, but Afternoon Tea is generally accepted to be a light meal served during the 3:00 to 4:00 p.m. hour—as opposed to High Tea, which is actually an early evening meal.

Afternoon or Low Tea traditionally includes finger sandwiches, scones, cakes, pastries served on a tiered stand, and of course, a variety of tea! In the British tradition, finger foods provided the opportunity to take small bites and the time to relax, converse and enjoy the company of friends.

Join us for this wonderful re-creation of an Afternoon Tea—the perfect end to Choices: Taking It Slow! Tea-to-go will also be available for those who want to "hit the road!"



# Registration Information

## Early Registration Fees

- \$45 per person for the March 6th Celebration of Slow Food program.
- \$95 per person for the March 7th Choices Conference, which includes all conference materials, attendance at sessions, brunch and high tea.
- **Deadline:** To qualify for the early registration rate, your registration form must be received by **February 23, 2007**. Payment may follow in the mail.

## Full Registration Fees

- \$45 per person for the March 6th Celebration of Slow Food program.
- \$125 per person for the March 7th Choices Conference, which includes all conference materials, attendance at sessions, brunch and high tea.
- All registrations received after **February 23rd** will be processed at these rates.

## Student Registration Fees

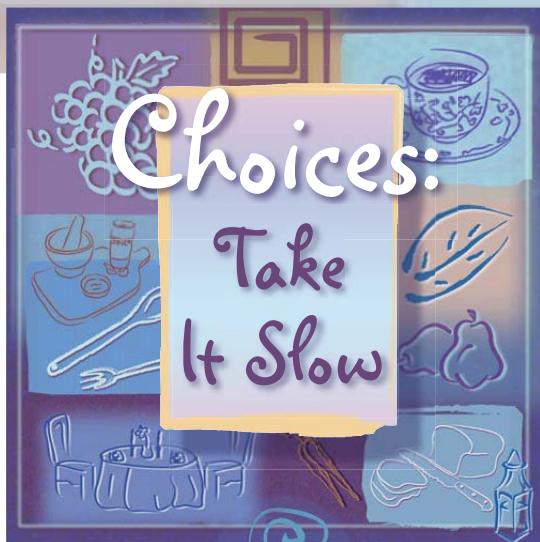
**Available only for full-time students with a valid student ID card.**

- \$45 per person for the March 6th Celebration of Slow Food program.
- \$55 per person for the March 7th Choices Conference, which includes all conference materials, attendance at sessions, brunch and high tea.
- **Deadline:** To qualify for the early registration rate, your registration form must be received by **February 23, 2007**. Payment may follow in the mail. Student conference registrations received after February 23rd will be processed at the full rate of \$125.
- **A copy of your student ID card must accompany your registration form and also be presented at the conference registration desk on the day of the conference.**

## Cancellation Policy

- Full refunds, less a \$25 process fee, are available only until **February 28, 2007**.
- A **written** notice of cancellation must be received by conference management no later than **February 28, 2007**, either by fax (517-663-5245) or e-mail (DMSdiane@concentric.net). If you do not cancel by February 28th, payment in full is still due, even if you do not attend the conference.





The conference that celebrates food and health!

# Registration Form

## Registration Instructions

- Type or print clearly.
- To ensure the **early conference registration** rate of \$95, this form must be received by close of business on **February 23, 2007**. The fee for the March 6 Slow Food program is \$45. Payment may follow in the mail.
- Registration forms received after February 23rd will be processed at the full rate of \$125.
- A confirmation will be sent. **PLEASE INCLUDE YOUR E-MAIL ADDRESS.**
- Please note the **cancellation policy** on page 7 of this brochure. **All cancellations must be received in writing by February 28, 2007, in order to receive a refund.**

## To submit your registration form:

**By mail:** Choices Conference  
c/o Diversified Management Services  
620 Hall Street Eaton Rapids, MI 48827

**By fax:** 517-663-5245

**Questions:** Diane Drago, call 517-663-5147 or e-mail [dmsdiane@concentric.net](mailto:dmsdiane@concentric.net)

### PLEASE COMPLETE ALL OF THE FOLLOWING INFORMATION:

NAME \_\_\_\_\_ DEGREE \_\_\_\_\_

TITLE \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_ FAX \_\_\_\_\_

E-MAIL \_\_\_\_\_

## Payment Information

Please check the appropriate payment information for each day that you are attending.

### March 6 Slow Food Program

- Yes, I am registering for the March 6 Slow Food Program at the rate of \$45.
- I require a vegetarian meal.

Payment for the March 6 program **MUST** be made by check only, made out to SLOW FOOD RED CEDAR. This payment must be separate from the payment for the Choices Conference.

### March 7 Choices Conference

- Early registration rate of \$95  
Valid only through **February 23, 2007**
- Full registration rate of \$125  
Valid after **February 23, 2007**
- Student rate of \$55. Valid only through **February 23, 2007 for full-time students.**  
A copy of your student ID card is required.
- WIC Scholarship Recipient—No payment required with this registration form; fee to be paid directly by WIC.
- Sponsor using complimentary registration—no charge.

- Speaker—no charge
- Check # \_\_\_\_\_ is enclosed.
- Credit card payment:
  - VISA
  - Mastercard

NAME ON CREDIT CARD

CREDIT CARD NUMBER

EXPIRATION DATE-REQUIRED

- Please invoice me.

## Additional Information—Please complete!

### Workshop Information

Please indicate the session number of the two workshops you plan to attend.

- Group A: Session # \_\_\_\_\_
- Group B: Session # \_\_\_\_\_

### Afternoon Tea

- Yes, I plan to attend the Afternoon Tea.

### Dietary or Physical Requirements

If you have any special dietary restrictions or allergies OR have any physical requirements, please indicate them below:

\_\_\_\_\_

### Inclusion of name in program book:

- Yes, you may include my name and contact information in the conference program book.
- No, do not include my name in the conference program book.

### Sponsor and Exhibitor Information

- Yes, please send me information on helping to support the conference through sponsorship and/or exhibiting.

## Registration Category

Please check the appropriate category, which is required by the conference funders.

- FNP
- WIC
- Breastfeeding Peer Counselor
- None of these are applicable to me

### Share Your Story about Food

Our keynote speaker, Bonny Wolf, has asked for conference participants to share any story you may have about food. If you have one to share, please attach a separate sheet with your story, or e-mail it to [DMSdiane@concentric.net](mailto:DMSdiane@concentric.net).



# Kellogg Hotel and Conference Center

## Lodging Information

The March 6th and 7th programs will be held at the Kellogg Hotel and Conference Center, on the campus of Michigan State University in East Lansing, Michigan.

- A block of guest rooms has been reserved at the Kellogg Hotel and Conference Center for the nights of March 5 and 6. The conference rate is \$76, plus tax.
- To make your room reservation, call the Kellogg Center at 517-432-4000 by **February 3, 2007** to reserve a room at the conference rate of \$76, plus tax.
- Reference the Choices Conference room block. The conference rate may not be honored after February 3rd, so register early.

*The conference that celebrates food and health!*

## Directions to the Kellogg Center

### BUS TRANSPORTATION IN THE LANSING AREA:

For local bus service to the Kellogg Center, call the Capital Area Transportation Authority (CATA) at 517-394-1000, or check [www.cata.org](http://www.cata.org).

### FROM ANN ARBOR

U.S. 23 North to I-96 West, to U.S. 127 (exit 106) North. Go 3.1 miles to Trowbridge Road exit East, then .5 miles to Harrison Road. Turn left/north on Harrison. Go approximately one mile (through four traffic lights). The Kellogg Center is on your right.

### FROM DETROIT

I-96 West to U.S. 127 (exit 106) North. Go 3.1 miles to Trowbridge Road exit East, then .5 miles to Harrison Road. Turn left/north on Harrison. Go approximately one mile (through four traffic lights). The Kellogg Center is on your right.

### FROM FLINT

West on I-69 to U.S. 127 (exit 89) South. Go 5.5 miles to Trowbridge Road exit East, then .5 miles to Harrison Road. Turn left/north on Harrison. Go approximately one mile (through four traffic lights). The Kellogg Center is on your right.

### FROM GRAND RAPIDS

East on I-96 to I-496 (exit 95) East. Go 9.7 miles to Trowbridge Road East (exit 9), then .5 miles to Harrison Road. Turn left/north on Harrison. Go approximately one mile (through four traffic lights). The Kellogg Center is on your right.

### FROM KALAMAZOO

I-94 East to I-69 North to I-496 East. Take Trowbridge Road (exit 9) then .5 miles to Harrison Road. Turn left/north on Harrison. Go approximately one mile (through four traffic lights). The Kellogg Center is on your right.