

## **Nutrition Education & Resources for Children's Primary Care & Specialty Care Providers Spring Webinar Series**

Nutrition is the foundation for proper growth, development and disease prevention across the lifespan. Nutrition is often hard to address with families because of the complexities families face with their nutrition knowledge, skills, preferences and resources. This webinar series aims to bring nutrition best-practices closer to the provider network at Children's so that providers have up-to-date resources and information to share with families. This virtual webinar series is brought to you by the Center for the Child & Community, Clinical Nutrition Services, Weight & Wellness, and Midwest Dairy.

### **Zoom Link:**

<https://childrensomaha.zoom.us/j/97562002973?pwd=Tk9RVDB5anU5NittWGFDQ0VnVUxpQT09>

Meeting ID: 975 6200 2973

Passcode: 108442

### **Webinar 1: Using Nutrition Education Tools in Practice to Help Families Set & Meet Nutrition Goals Together**

Tuesday, March 30, 7am – 8am

#### Objectives:

- Identify the 4 nutrients of concern outlined by the 2020 Dietary Guidelines for Americans, and how to address meeting those nutrient requirements.
- Review Nutrition Education best-practices and resources.
- Discuss goal setting utilizing motivational interviewing techniques.
- Establish "Power Statements" to serve as resources to communicate the importance of nutrition in health.

Speakers: **Jill Rolfson, MS, RDN, LMNT** and **Abigail Phillips, RDN, LMNT**, Children's Weight & Wellness Clinic

### **Webinar 2: Understand the New Dietary Guidelines for Americans (DGA)**

Tuesday, April 27, 7am – 8am

#### Objectives:

- Understand how the DGA are developed
- Explore applications in clinical practice of the DGA
- Main nutrition messages for infants, toddlers, child and youth

Speaker: **Joann Slavin, PhD, RDN, University of Minnesota**, Department of Food Science & Nutrition, previous Dietary Guidelines for Americans Committee member

### **Webinar 3: Hunger as a Vital Sign, Addressing Food Insecurity with Families: SNAP, WIC and Nutrition Education in the Community**

Wednesday, May 26, 7am – 8am

#### Objectives:

- Describing hunger screening process and data across Children's

- Describe the impact of COVID-19 on hunger in America and in Nebraska
- Identify the child nutrition programs to demystify the hidden epidemic of food insecurity in the United States and locally.
- Acquire the skills to access community resources to improve access to healthy food for everyone.

Speakers: Shelley Mann, Food Bank for the Heartland (invited, not confirmed); and **Cassandra Dytrych , Douglas County WIC; Carrie Schneider-Miller, Douglas County Extension; Share Our Table Leader (TBD)**

#### **Webinar 4: School and Community Response to Child Hunger**

Tuesday, June 29, 7am – 8am

Objectives:

- Provide an overview of school response to child hunger and nutrition
- Describe best-practices for child nutrition in school and in the community
- Highlight innovative community and school response efforts to child hunger

Speakers: **Christy Burger, USDA Team Nutrition; Sarah Smith, Farm-to-School Program;** Tammy Yarmon, OPS Nutrition Services (invited, not confirmed);