

Little Eaters

Association for Child Development
8th Annual Training Conference

Big Impact



Saturday, September 21, 2024
9:00 a.m. - 3:30 p.m.
Crowne Plaza West Lansing
Lansing, MI



AGENDA

8 am - 9 am	Registration & Morning Refreshments
9 am - 10 am	Keynote Speaker Jane Kramer
10:10 am - 11:10 am	Session One
11:20 am - 12:20 pm	Session Two
12:30 pm - 1:15 pm	Lunch
1:20 pm - 2:20 pm	Keynote Speaker Christine Twait
2:30 pm - 3:30 pm	Session Three

TRAVEL ARRANGEMENTS

The conference will be held at the following location:

Crowne Plaza Lansing West
925 South Creyts Road
Lansing, MI 48917

HOTEL ARRANGEMENTS

Crowne Plaza Lansing West
Phone: (517) 323-7100

ACD has reserved a block of rooms at the price of \$145 per night. Use code **ACD**. Rooms must be booked by August 21, 2024 to receive this rate.

[**CLICK HERE TO REGISTER!**](#)

REGISTRATION

“Little Eaters, Big Impact” is open to all ACD Providers, Assistants, Centers and Center Staff.

The fee to attend includes morning refreshments and a boxed lunch.

REGISTER ONLINE: Visit [our registration page](#) and follow the link to register. Please note that you are not completely registered until you have paid and received a confirmation email.

Registration Cost:
\$15 + processing fee
Registration Deadline:
September 13, 2024

[**CLICK HERE TO REGISTER!**](#)



Keynote Speakers

JANE KRAMER

Jane Kramer serves as the Policy, Systems, and Environmental Change Coordinator at NorthWest Initiative (NWI), a nonprofit based in Lansing. Initially a fine art photographer, Jane shifted her focus to food systems in 2017 following a cancer diagnosis, driven by a commitment to improve access to healthier foods in the community. In 2020, she helped establish the Sugar Smart Coalition with support from the Harvard Law School Food Law and Policy Clinic (FLPC) and its Approaches to Reducing Consumption of Sugar (ARCS) initiative. The Sugar Smart Coalition (SSC) is dedicated to advocacy, education, equitable practices, and policies that improve healthy food and beverage options.

SSC's efforts align closely with Ingham County's 2019 Community Health Improvement Plan, targeting unhealthy weight gain and diet-related diseases. As a member of SSC's executive committee, Jane collaborates on initiatives to reduce added sugar consumption and its adverse health effects on Michigan communities. Her work includes advocating for healthy vending machine options, promoting nutritious drinks on restaurant kids' menus, and organizing public awareness campaigns on reducing sugar-sweetened beverage consumption.

CHRISTINE TWAIT

Christine is a registered dietitian with a masters degree in nutrition with over a decade of experience with USDA Child Nutrition programs. In her role as Client Success Director at My Food Program she is responsible for maintaining the food database, developing training materials for the Help Center, identifying ways to improve the software, coordinating with the developers and supervising the customer support team. She is a mother of four, a lifelong vegetarian and enjoys crocheting in her free time.

Change is coming for your CACFP recordkeeping with the switch to My Food Program. If psychological research is accurate, about 20% of you are excited, 50% of you are on-the-fence and 30% of you just got a pit in your stomach. Many people resist change because of the fear of the unknown, lack of trust or the absence of support. My goals with today's remarks is to make sure everyone feels confident that they can learn My Food Program, to earn your trust by showing you that My Food Program is reliable and clearly shows you if you are making any mistakes and to underline all ways we are here to support you.



Workshops

SESSION ONE

RETHINK YOUR DRINK

Presented by Curtina Mysliwicz & Tammy Fletcher

In this session, we will discuss how sugar sweetened beverages are a major source of empty calories. We will practice identifying which beverages are healthy choices and discuss tasty alternative beverages to sugar-sweetened beverages. We will also show the importance of physical activity when consuming additional calories from sugar-sweetened beverages.

STRATEGIES TO FIGHT INFLATION ON YOUR MENU

Presented by Allison Stock, RD

Join ACD's Registered Dietitian, Allison Stock to understand how you can fight back against rising food prices during inflation. In this informative training, she will explain why food prices are so high and how to follow the 3 P's of planning, purchasing and preparing food to decrease your overall menu costs without compromising nutrition.

SESSION TWO

BUILDING EARLY EMOTIONAL SKILLS (BEES) FOR EARLY CHILDHOOD PROFESSIONALS

Presented by Kendra Moyses, CFLE, PhD

BEES for Professionals is an online course designed by Michigan State University Extension to help you learn more about how children develop important social emotional skills and how you can help children learn to understand and express their emotions appropriately. In this session, we will provide an overview of the online course and explore some of the concepts included in BEES through hands-on activities, group discussion, and personal reflection. Topics that we will focus on include building caregiver emotional awareness, listening to and interacting with

young children, identifying feelings and labeling emotions, and developing behavior regulation strategies.

SOURCING FRUITS AND VEGETABLES FRESH, LOCALLY, AND SEASONALLY

Presented by Josh Bartz

Many early care and education centers would love to use more fruits and vegetables, but the process can be a challenge – and many don't know where to start. In this session, we will explore what a food hub is (and isn't!) and how to find and work with one, strategies for working with farmers, and strategies to utilize local food creatively.

NUTRITION & DISEASE PREVENTION

Presented by Mary Neumaier, RD

Come join Mary Neumaier, Registered Dietitian with the National Kidney Foundation of Michigan to learn basic nutrition principles for disease prevention and control to decrease your chances of chronic kidney disease. She will also share information about the different programs and services the National Kidney Foundation of Michigan has to offer Michiganders.

SESSION THREE

GUIDING PRINCIPLES FOR HIGHLY SUCCESSFUL PARENTING

Presented by Kevin Zoromski & Patti Marrs

Authored by Dr. Bob Sornson, edited and taught by MSU Extension, Guiding Principles for Highly Successful Parenting is a five-part series to help parents and caregivers explore ways to be highly effective in raising children to be successful in school and in life. This series is for caregivers of toddlers to teens with a focus on relationship building, rule/routine setting, and social-emotional skill building. Topics we explore include development of family routines, helping children develop emotional control, being a calm and assertive parent, developing consistent rules and relationships, and helping children learn from mistakes. In this session, we will provide an overview of the course and explore some of the

Workshops

Guiding Principles through group discussion and activities straight from the curriculum. Participants will receive registration information about the free Guiding Principles online course that takes place throughout the year.

TARGET MARKETS & RATE STRUCTURE

Presented by Jessica Affholter

First Children's Finance will talk about basic marketing principals and concepts. We will discuss best practices and techniques that help child care business owners identify the features and benefits of their program. In addition to marketing strategies, we will emphasize the importance of rate structure and utilizing their policies and procedures handbook to fortify these practices.

LET'S GET MOVING

Presented by Michelle Stickley

Why is movement important? How can we get kids to move? During this workshop we will discuss the importance of getting kids to move and enjoy doing it. There will be some interactive activities and games as well as take home ideas for getting your kids to move and have fun!



Conference Speakers

JESSICA AFFHOLTER

Jessica is the Michigan Business Development Manager with First Children's Finance. She has been with the organization for 3 years. Her role includes heading a team of specialists who focus on supporting child care businesses and working to build them up to a higher level of sustainability. She has 24 years of experience in the field, with a strong corporate background. Jessica holds a BA in Developmental Psychology from the University of Michigan-Dearborn.

JOSHUA BARTZ

Josh Bartz is the Outreach and Communications Coordinator for ValleyHUB. In this role, he focuses on creating and supporting partnerships with various foodservice customers, farms, and food makers throughout Southwest Michigan, reducing barriers to accessing local food. Before his current role, Josh taught High School Band for 18 years in Portage and Dowagiac, Michigan.

TAMMY FLETCHER

Tammy Fletcher has been a Community Nutrition Instructor for Michigan State University Extension for the past 8 years. She teaches diverse audiences of preschoolers through senior citizens about health and nutrition. Developing partnerships with local community organizations and schools is one of the highlights of her job. Prior to working for Michigan State University Extension, she was an Elementary Teacher for grades 3-8. She also ran a licensed daycare in her home for 6 years.

PATTI MARRS

Patti is an MSU Extension program instructor focused on early childhood education and family development. She provides family education and support through in-person and statewide virtual parenting trainings

Conference Speakers

and collaborative parent-child learning experiences. In addition, Patti also has a special interest in parent/child playgroups, family playtime, and music and movement classes for caregiver and child. Prior to her work at MSU Extension, Patti worked as a kindergarten teacher and after-school care teacher/director. Patti recently earned her Master of Arts degree in Early Childhood Education from Eastern Michigan University and received her Bachelor of Science degree from The University of Michigan- Flint in K-8 Education with majors in Social Science and Language Arts and a minor in Early Childhood Education.

KENDRA MOYSES CFLE, PhD

Kendra Moses is a Senior Extension Educator and Certified Family Life Educator with Michigan State University Extension. She serves as a statewide expert and resource in the areas of early childhood education and youth development and has provided leadership on a variety of programs that center around families, children, and youth during her 20-year career with MSU Extension. Kendra provides programming support in the area of early childhood development around the Building Early Emotional Skills curricula. Her program areas of expertise revolve around early childhood development, youth development, supporting military youth and families and educational technology and distance learning. She has a BS in Secondary Education, an MSA in administration and leadership and PhD in educational technology.

MARY C. NEUMAIER, RD

Mary is a registered dietitian and an ACE Master Trainer who earned her dietetic degree from Eastern Michigan University and has been working in the field of dietetics for the past 27 years in both the clinical and community environment. Mary has been at the National Kidney Foundation of Michigan for 12 years in the community nutrition environment focusing on early childhood education,

disease prevention, precepting dietetic interns and increasing awareness of Adverse Childhood Experiences. Her main goal is to empower the community to have the confidence, skills, and information to make the lifestyle changes they want to live their best life.

CURTINA MYSLIWIEC

Curtina Mysliwiec began her career at Michigan State University Extension twenty-five years ago. Here at MSU Extension, she found her true passion, teaching young children, troubled teens, cognitively impaired, seniors and underserved adults. Later, she obtained a Bachelor of Arts degree and a master's degree in Mental Health. Overall, Curtina dedicates her time to service our community, promote healthy choices and encourage justice for all people.

ALLISON STOCK, RD

Allison Stock is a Registered Dietitian Nutritionist with over 14 years of experience in the food service industry. She graduated from Michigan State University with a Bachelor's Degree in Dietetics and a specialization in Health Promotion. As a dietitian, she enjoys creating recipes, writing articles and developing educational materials. With two young children, Allison understands the challenge of preparing meals that are appealing, nutritious, and on budget.

MICHELLE STICKLEY

Michelle Stickley graduated from Grand Valley State University with a Bachelor's in Science and an Emphasis in Early Childhood Services. She has two adult daughters and has been employed with ACD as a field monitor for the past 28 years. She participates in kickboxing and currently has a brown belt in karate.

KEVIN ZOROMSKI

Kevin currently works in the Preparing Michigan's Children and Youth Institute at MSU Extension where he focuses on child and family development. As part of the Child and Family Development Team at MSU Extension, Kevin focuses on providing information to parents, and professionals, with a focus on fathers and male caregivers. He has a background in early childhood development and in developmental evaluation.



The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.



As a nonprofit, ACD has been operating for more than 45 years in Illinois and Michigan. A large part of our work involves serving more than 36,000 children through the Child and Adult Care Food Program (CACFP) – a program ensuring children have access to nutritious meals.

Alongside this critical work, ACD looks to make a greater impact by expanding our mission to include a safety component focused on decreasing the risk of harm or injury in homes children are cared for through outreach, education and safety products.

Support ACD's efforts to prevent child injury.

Donate today at www.acdkids.org.