

“Share the Key to Healthy Child Nutrition” was the theme of the Nebraska School Nutrition Association’s 53rd annual state conference held in Kearney June 27-30.

Attending the conference were Maria Johnson and Tammy Wid, Perkins County Schools employees.

Approximately 275 attended the workshops consisting of interpersonal skills and leadership training.

Josh Hingst, sports nutritionist, UNL, was a general session speaker with his topic of “Complete Nutrition for the Student Athlete.” He then followed with an educational session entitled, “Sports Nutrition in a Food Service Operation.”

“Mindless Eating: Why Kids Eat More Than They Should” was a general session topic presented by Alice Henneman, UNL Extension educator. This was followed by an educational session entitled, “Helping Kids Eat Healthier Doesn’t Have to be That Hard.”

“Cooking 101 with Chef Tony Foster” and “Jazzin’ Up School Lunch” were presented by Banquet Chef Tony Foster and Executive Chef Carlos Poche.

Educational sessions were presented by the Department of Education/Nutrition Services, Food Distribution Program and the Department of Health and Human Services. A food vendor show consisting of 75 booths showcased products available for the coming school year.

