



Meeting Agenda

Thursday, March 9, 2017

8:30–9:30 a.m.

Rice Conference Room, Tompkins County Health Department

Light refreshments

- I. Welcome, Brief Introductions & Announcements (Nancy Bussieres) 8:30
- II. Business 8:45
 - a. Any great ideas to share from your workplace?
- III. Presentation — March is Nutrition Month 8:55

Weight Management & Nutrition Opportunities for Employees
Cindy Milner, Registered Dietitian Nutritionist, Sports Dietitian, Cayuga Center for Healthy Living
Megan Szpak, Nutrition Educator, Cornell Cooperative Extension of Tompkins County, Finger Lakes *Eat Smart New York* program
- IV. Wrap-up and Adjourn 9:30
 - a. Did you get what you need? Comments & Reflections

About our guests:

Cindy Milner , MEd, RDN, CSSD, CDN

Registered Dietitian Nutritionist - Sports Dietitian at Cayuga Center for Healthy Living

Education: Master of Education from SUNY Cortland, Dietetic Internship at Emory University, Bachelor of Science (Dietetics) from West Virginia Wesleyan College

Certification: Board Certified Specialist in Sports Dietetics (CSSD) by the Center for Dietetic Registration, Registered Dietitian Nutritionist (RDN) with the Academy of Nutrition and Dietetics; Certified Dietitian/Nutritionist (CDN) by NYS Department of Ed. Additional Information: Cindy has experience in many different areas of nutrition and with all ages, from infants to seniors. She specializes in weight management, sports nutrition, and diabetes management. Cindy works with individuals to help them discover eating patterns that facilitate the achievement of their health and fitness or sports goals.

Megan Szpak is a nutrition educator with Cornell Cooperative Extension of Tompkins County's Finger Lakes Eat Smart New York program, which is part of New York's statewide nutrition education and obesity prevention initiative. Megan, along with a team of 21 educators in Cayuga, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tompkins, Wayne and Yates counties, supports families eligible for SNAP to eat more fruits and vegetables, drink fewer sweetened beverages and practice healthy lifestyles. We do this through free workshops, food demonstrations, cooking classes, grocery store tours and community events. We also support families and other community partners to build and sustain edible gardens, farmers markets and school wellness committees. We work closely with collaborators to reach and engage SNAP participants with quality programming. We rely on such key collaborators as Department of Social Services, food pantries and soup kitchens, community health centers, schools, farmers' markets and grocery stores to assist us.