

Thank you
to our host sites

**Mercer
County**



**TECHNICAL
SCHOOLS**



Somerset County 4-H Association

Robert Zaborowski, Freeholder Director
Patricia L. Walsh, Freeholder Deputy Director
Peter S. Palmer, Freeholder
Jack M. Ciattarelli, Freeholder
Patrick Saglione, Freeholder



Freeholder Director–Robert M. Damminger
Freeholder Liaison–Frank L. DeMarco

COOPERATING AGENCIES

**Rutgers, The State University of New Jersey, the U.S. Department of Agriculture, and
County Boards of Chosen Freeholders**

*Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an
equal opportunity program provider and employer.*



STATE OF NEW JERSEY
DEPARTMENT OF AGRICULTURE

RUTGERS
New Jersey Agricultural
Experiment Station
■ Cooperative Extension

Grow Healthy
**NJ School Foodservice
Trainings**

3 sites for your convenience

March 23rd – Mercer County Technical School
Arthur R. Sypek Center, 129 Bull Run Road, Pennington, NJ 08534
(GPS–Use Trenton as city)

March 29th – Rutgers Cooperative Extension of Gloucester County
County Government Services Building, 1200 N. Delsea Drive, Bldg. A
Clayton, NJ 08312

April 7th – Rutgers Cooperative Extension of Somerset County
Ted Blum 4-H Center, 310 Milltown Road, Bridgewater, NJ 08807

Sponsored through a Team Nutrition Grant
funded by the USDA and the NJDA



FCHS...Promoting Healthy Families, Schools and Communities

NJ School Foodservice Training Agenda

- 8:00–8:30** **Registration**
- 8:30–9:00** **Welcome**
- 9:00–10:15** **Spotlight on the 2010 Dietary Guidelines: Whole Grains and Sodium**
Karen M. Ensle, Ed.D., RD, FADA, CFCS;
Marilou Rochford, MA, CFLE; Michelle Brill, MPH;
Sherri Cirignano, MS, RD, LDN, FCHS Educators
- 10:15–10:30** **NJ 2011 Farm to School Survey Update**
Sherri Cirignano, MS, RD, LDN
- 10:30–11:00** **Farm to School in NJ: Relationships between Farmers, Distributors and Schools**
Gary Giberson, Director of Dining Services, Lawrenceville School (3/23)
Luanne Hughes, MS, RD, FCHS Educator (3/29)
Sal Valenza, Food Service Director, West New York School District (4/7)
- 11:00–11:15** **Break**
- 11:15–12:00** **Why My School Should Take the *HealthierUS School Challenge Part I***
Steve Bergonzoni, MPA, RD, LDN, Special Nutrition Programs,
Mid-Atlantic Region, Food and Nutrition Service, USDA
- 12:00–12:45** **Lunch:** Please bring your own lunch. Beverages will be provided.
- 12:45–1:30** **Why My School Should Take the *HealthierUS School Challenge Part II***
Steve Bergonzoni, MPA, RD, LDN
- 1:30–1:45** **Break**
- 1:45–2:30** **Working with Commodity Foods: A Chef Demonstration**
Scott Engle, CEC, Culinary Arts Instructor, Mercer County
Technical Schools (3/23)
Marya Oberfrank, Culinary Arts Instructor, Gloucester County
Institute of Technology (3/29)
TBA (4/7)
- 2:30–3:00** **Closing and Evaluation**

FREE

Continuing Education Credits Available for School Foodservice Professionals

Registration Form

Name _____

Job Title _____

Employer _____

Mailing Address _____

City _____ State _____ Zip _____

Contact # _____

This # will only be used to contact you in the event of postponement

Fax # _____

*E-mail _____

***Must provide.** Registration confirmation will be sent via e-mail.

I plan to attend (please check):

- Pennington, NJ–March 23, 2011 (snow date: March 30th)
- Clayton, NJ–March 29, 2011 (snow date: April 5th)
- Bridgewater, NJ–April 7, 2011

*****Registration Deadline: One week prior to class date*****

Drawing for “*Small Steps to Health and Wealth*” Workbook
Three winners for each site will be chosen randomly from all registrants who meet the registration deadline.

2 Ways to Register

MAIL Form to: FCHS Department, RCE of Warren County,
165 County Route 519 South, Belvidere, NJ 07823

or

FAX Form to: FCHS Department @ 908–475–6514

QUESTIONS – FCHS Department @ 908–475–6504 or FCHS@co.warren.nj.us