

NUTRITION CONFERENCE

Recently, someone said to me, “I can still taste that flavorful soup you made a few weeks ago Nancy.” The joy and excitement she shared with me about that experience, reminded me of the passion I have for teaching others about nutrition. In my role as a Registered Dietitian Nutritionist and educator, I strive to provide relevant nutrition information and learning experiences for my students.

The organization Feeding America notes that in 2017, 1 in 8 Americans were food insecure, equating to 40 million Americans, including 12 million children. (Household Food Security in the United States in 2017, ERR-256, U.S. Department of Agriculture, Economic Research Service)

Food insecurity defined by the USDA is as a lack of consistent access to enough food for an active, healthy life. A recent study in USA TODAY noted that over 640 colleges and universities in the country operate a food pantry on campus. Food insecurity is a serious issue in this country and in this community and one that needs a multi-dimensional approach to address the root causes.

On April 4 and 5, 2019, our nutrition students at Miami University will host the Eighteenth Semi-Annual Nutrition Conference with an emphasis on food insecurity.

Leading researcher Dr. David A. Holben, PhD, RDN,LD,FAND, Professor and Gillespie Distinguished Scholar, Office of Food and Nutrition Security, from the University of Mississippi, will present the keynote session on Thursday April 4, 2019, from 6:30 pm -8:00 pm, in 152 Shideler Hall. He will discuss current research and challenges in addressing food insecurity issues.

More sessions on Friday include a variety of topics. Representatives and Miami Alumni from the Greater Cleveland Area Foodbank, Dayton Children’s Hospital, Ameri-Corps Food Corps and the Peace Corps will provide in-depth and touching stories of successful collaborative initiatives that are empowering others to lead healthier lives.

The event is free and open to the public. Please feel free to join us for any or all of the sessions. For more information about this event, contact Nancy Parkinson at parkinns@miamioh.edu. “The place God calls you to is the place where your deep gladness and the world’s deep hunger meet” – Frederick Buechner. Know that I am trying to find God’s place for me.

Nancy Parkinson