



**FOOD AND NUTRITION  
CONFERENCE & EXPO**

**Friday, May 17, 2024**

GLENDALE COMMUNITY COLLEGE  
NUTRITION AND DIETARY MANAGEMENT PROGRAM

IN PARTNERSHIP WITH



**PROGRAM AT A GLANCE**

SESSION	SPEAKER	TOPIC	TIME	LOCATION
Registration and Continental Breakfast			8:00–8:30 am	J.W. Smith Student Center
Opening Remarks	Sona Donayan, EdD, RDN Chair, GCC Nutrition	<b>Welcome &amp; Introductions</b>	8:30–8:45 am	J.W. Smith Student Center
Session 1	Jim Painter, PhD, RDN	<b>Let's Eat Mindfully</b> The psychology of food choices	8:45-10:00am	J.W. Smith Student Center
SNACK BREAK			10:00–10:15am	J.W. Smith Student Center
Session 2	Chef James Steward, CDM, CFPP	<b>Fun Facts, Mushroom Edition</b> Integrating mushrooms into your menu	10:15–11:15am	J.W. Smith Student Center
<b>Meet &amp; Greet Expo Lunch</b>	Meet and mingle with industry representatives. Enjoy a nutritious lunch		11:15–1:00 pm	Sierra Vista Court 2nd Floor Patio & 280
Session 3	Jim Painter, PhD, RDN	<b>Why Intermittent Fasting?</b> Research and practices	1:00–2:00 pm	J.W. Smith Student Center
SNACK BREAK			2:00–2:15pm	J.W. Smith Student Center
Session 4	Chef Mark Forde, MFA	<b>Harnessing the Power of Plants</b> Principles for sustainable & healthy cooking	2:15-3:15pm	J.W. Smith Student Center
Session 5	Chef Andrew Feldman	<b>HACCP Harmony</b> Orchestrating food safety step by step	3:15–4:15pm	J.W. Smith Student Center

FOR INFORMATION: [WWW.GLENDALE.EDU/NUTRITIONCONFERENCE](http://WWW.GLENDALE.EDU/NUTRITIONCONFERENCE) (818) 240-1000 EXT. 5471 OR 3210