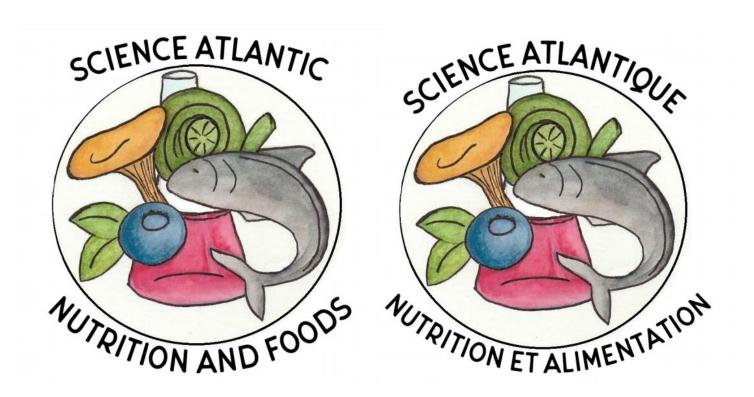




Second Annual Science Atlantic Nutrition and Foods Conference Program

Programme de la Deuxième Conference Annuelle Science Atlantique Nutrition et Alimentation March 13th- March 14th 2020



Science Atlantic Nutrition and Foods Committee

Committee Co-Chairs:

Marcia English St. Francis Xavier University

Shannan Grant Mount Saint Vincent University

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2020 Science Atlantic Nutrition and Foods UPEI Conference Planning Committee

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Niousha Alizadehsaravi Mount Saint Vincent University

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NOTICE OF EVENT RECORDING

This event may be photographed or videotaped by UPEI or external media.

Photos, audio and video captured may be used in external news stories or in stories featured by UPEI (e.g. on the university's website, social media channels, in promotional materials, etc).

General Information

Registration

The registration desk is located in the Don and Marion McDougall Hall in Schurman Market Square (room 248).

Registration times:

March 13th 4:00pm-6:00 pm March 14th 7:30am- 8:00am

Meals & Receptions

All meals, nutrition breaks and receptions at the conference are included in the full conference registration fees. Saturday's lunch will be held at the Wanda Wyatt Dining Hall. Lunch tickets and a drink ticket for the reception will be provided in registration kits.

Washrooms

Washrooms are located on the main floor of McDougall Hall in room 202.

Conference Evaluation Survey & Certificate of Attendance

Certificates of attendance will be sent to participants after the conference.

Conference evaluation questionnaires will be available via the QR code posted around McDougall Hall, and will be sent via email after the conference. Please take the time to fill out the questionnaire as it will help improve future Science Atlantic Nutrition and Foods conferences!

WIFI password

Network: PanthernetOpen Password: GaveSilly949

Science Atlantic Nutrition and Foods 2020 Schedule:

Friday,	March	<i>13, 2020</i>
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17tuuy, murch 15, 2020	
4:00- 6:00 PM	Registration and Tradeshow Exhibit (MCDH 248)
4:30- 6:00 PM	Pre-Conference Workshop: Dr. Shannan Grant PDt, MSc, PhD and Chelsey Purdy BSc-IEP Candidate (MCDH 243) With two eyes and hearts open: Using person-focused science education to inspire creativity, co-learning and reconciliation
6:00 - 7:00 PM	Reception and Tradeshow Exhibit (MCDH 248) Sponsored by the UPEI Dean of Science
7:00 - 7:30 PM	Opening Ceremony - Orientation and Welcome (MCDH 242)
7:30 - 8:30 PM	Keynote Presentation: Dr. Susan Whiting, PhD (MCDH 242) Dietary inadequacies in Canada: Implications for dietary guidance

Saturday, March 14, 2020

Saturday, March 14, 2020		
7:30 - 8:00 AM	Registration (MCDH 248)	
8:00 - 9:00 AM	Learning Breakfast: Dr. Marc Surette, PhD (MCDH 248) Development of a sustainable and effective source of omega-3 polyunsaturated fatty acids	
9:15 - 9:30 AM	Opening Remarks (MCDH 243)	
9:30 - 10:30 AM	Session A: Oral Presentations (MCDH 243)	
10:30 -11:00 AM	Nutrition Break and Tradeshow Exhibit (MCDH 248) Sponsored by Abbott Nutrition	
11:00 - 12:00 PM	Student Poster Presentations (MCDH 329)	
12:00 - 1:00 PM	Lunch (Wanda Wyatt Dining Hall) and Tradeshow Exhibit (MCDH MacEachern Street)	
1:00 - 2:00 PM	Session B: Oral Presentations (MCDH 243)	
2:00 - 2:15 PM	Nutrition Break (MCDH 248) Sponsored by Abbott Nutrition	
2:15 - 3:45 PM	Food Security Workshop: Dr. Patty Williams, PhD (MCDH 248) Exploring determinants and solutions to food insecurity through play: The hand you're dealt	
3:45 - 5:00 PM	Closing Awards Ceremony and Reception (MCDH 248)	

Pre-Conference Workshop: Friday, March 13th, 4:30-6:00 PM

With Two Eyes and Hearts Open: Using Person-Focused Science Education to Inspire Creativity, Co-Learning, and Reconciliation

Shannan Grant PDt, MSc, PhD, and Chelsey Purdy BSc-IEP Candidate



Acknowledgement: This workshop has been developed with the guidance of Elders Albert and Murdena Marshall and Dr. Cheryl Bartlett, Professor Emeritus, Cape Breton University.

Background and Significance: On Turtle Island (North America), there is a gap in academic attainment between Indigenous and non-Indigenous learners. This gap is widest at the university level; concerning because jobs in science, technology, engineering, math (STEM) and health science fields (e.g. Nutrition and Dietetics) often require a university education or higher. Recent data suggests that Indigenous people are under-represented in these fields and there have been numerous calls to action to rectify this (e.g. Truth and Reconciliation Commission of Canada), using community-led approaches.

Framework: Etuaptmumk (Two-eyed Seeing) is a guiding principal for co-learning, offered by elders and academics from Unama'ki (Cape Breton, Nova Scotia), that guides our programming, to ensure both Indigenous Ways of Knowing (IK) and STEM Education Principals are represented and respected in STEM promotion, education, training and mentorship. Through story-telling, sharing circles, and play, the workshop facilitators will help participants harness the strengths of both ways of knowing so that they can bring their lessons learned back to their respective communities to engage learners with two-eyes and one heart open.

The goal of this session is to share lessons learned to cultivate a community of practice, interested in creativity, collaboration and reconciliation.

Learning objectives:

- 1. Propose Two-Eyed Seeing as a framework for effectively interweaving Indigenous Ways of Knowing and STEM Education Principals in STEM promotion, education, training and mentorship.
- 2. Stimulate idea generation on how the seven sacred teachings can be used in STEM education and training in the Academy, while sharing lessons learned through story telling.
- 3. Engage with an activity designed to showcase the above in action

Keynote Presentation: Friday, March 13th, 7:30-8:30 PM Dietary inadequacies in Canada: Implications for dietary guidance

Dr. Susan Whiting is Distinguished Professor Emeritus of Nutrition, University of Saskatchewan, where she taught in the Nutrition & Dietetics program for 31 years after teaching at Mount Saint Vincent University for 6 years. Her research spans dietary influences on bone health of children and adults, effectiveness and safety of calcium and vitamin D supplements, dietary assessment



methodology, and food security at local, institutional and international levels. She is a member of Scientific Advisory Board of Osteoporosis Canada and is a fellow of the Canadian Academy of Health Sciences. She is Associate/Deputy Editor on several international journals, and has served on international advisory boards related to bone health, dietary supplements, and vitamin D.

Affiliations: Member of the Canadian Nutrition Society; Canadian Academy of Health Science; Dietitians of Canada

Abstract: Dietary assessment is an important tool and helps in understanding individuals' and groups' risk for nutrient inadequacy and excess. Results from the 2015 Canadian Community Health Survey are available, allowing a comparison to those from 2004. These data on intakes of food groups and nutrients, as well as dietary supplements, by a representative sample of Canadians, point to problem nutrients, to risks of excesses, and to foods that are being consumed in too high or too low amounts. But interpreting these data requires an understanding of what to use for standards, whether we choose DRIs or dietary guidance, such as Canada's Dietary Guidelines or Canada's Food Guide. Examples of specific nutrients and of food groups and meal occasions will be used to illustrate what dietary intake trends are occurring in Canada and what impact dietary guidance could have on Canadian's dietary intakes.

Learning objectives

- 1. Describe the Canadian Community Health Survey Nutrition
- 2. Apply DRI assessment values to dietary intakes
- 3. Compare intakes of Canadians over the last decade
- 4. Critique the debate about how useful self-reported intakes are for nutrition assessment

Learning Breakfast: Saturday, March 14th, 8:00-9:00 AM Development of a sustainable and effective source of omega-3 polyunsaturated fatty acids

Dr. Marc Surette is a professor of Biochemistry at Université de Moncton. He earned a BSc and MSc from Dalhousie University and a PhD from Cornell University. He did post-doctoral training at the Centre Hospitalier de l'Université Laval, and at Wake Forest University School of Medicine in North Carolina. Dr



Surette returned to Canada as a Professor and Canada Research Chair at U de M. In 2015 he was named the New Brunswick Innovation Research Chair in Biosciences. Dr. Surette and his team conduct biomedical health research in the field of lipid metabolism. His research encompasses both fundamental discovery and applied research projects that include the development and testing of new anti-inflammatory pharmaceutical agents, and the preclinical and clinical investigation of sustainable sources of omega-3 fatty acids from agriculture. Dr. Surette is the inventor on 4 issued and 2 pending patents, has authored over 80 peer-reviewed publications and has over 100 conference and invited communications.

Affiliations:

- Professor and New Brunswick Innovation Research Chair, Department of Chemistry and Biochemistry, Université de Moncton, Moncton, NB, Canada
- Adjunct professor, Department of Microbiology Infectious Diseases and Immunology, Faculty of Medicine, Université Laval, Québec, Canada
- Adjunct professor, Department of Food Science and Nutrition, Faculty of Agricultural and Food Science, Université Laval, Québec, Canada

Abstract: This presentation will provide a background on the metabolism and function of omega-3 polyunsaturated fatty acids (PUFA) and will present some of the evidence linking the consumption of these dietary lipids to health outcomes. Sustainability of marine sources of these nutrients is a growing concern and alternative sustainable and effective sources of omega-3 PUFA are sought. The design and results of initial clinical trials investigating a new sustainable source of dietary omega-3 PUFA derived from agriculture will also be presented.

Learning objectives:

- 1. To learn about omega-3 fatty acid and their impact on health outcomes
- 2. To learn about differences between various sources of omega-3 fatty acids
- 3. To learn about the design and conduct of a clinical trial investigating dietary ingredients

Food Security Workshop: Saturday, March 14th, 2:15-3:45 PM Exploring determinants and solutions to food insecurity through play: The hand you're dealt

Dr. Patricia (Patty) Williams is a Professor in the Department of Applied Human Nutrition at Mount Saint Vincent University, in Halifax, Nova Scotia, where she served as a Tier II Canada Research Chair in Food Security and Policy Change from 2007-



2017. She is one of the founders of the Canadian Association of Food Studies and Food Secure Canada, as well as the former Nova Scotia Food Security Network and Nova Scotia Food Policy Council. Dr. Williams is the founder and Director of FoodARC – the Food Action Research Centre, and has worked for nearly two decades to create the conditions to address food inequities, in Nova Scotia, across Canada and beyond. Dr. Williams has led several ground breaking national and provincial studies on food-related policy change, including seven provincial cycles of a unique model of Participatory Food Costing, and the first comprehensive provincial wide studies of Community Food Security and the Consumer Food Environment in Nova Scotia. FoodARC received the prestigious CIHR Partnership Award in 2011. Her current work focuses the experiences of stigma, shame, and social exclusion, particularly for women, living in poverty and struggling with food insecurity. Dr. Williams' current work also focuses on co-learning with Mi'kmaq communities to understand and address food insecurity, as well as to reclaim health and traditional food systems through food sovereignty. In 2019, Dr. Williams received the Canadian Association of Food Studies Award for Excellence in Public Service.

The Hand You're Dealt: The first part of this workshop will introduce participants to FoodARC's community- based participatory action research including a unique approach to examining the affordability of a basic nutritious diet among households with low and fixed incomes. In the second part of the workshop, participants will have an opportunity to play FoodARC's The Hand You're Dealt (HYD) board game in small groups. Following game play, participants share their insights from playing the HYD, reflect on the factors contributing to food insecurity, and explore strategies needed to address it in Atlantic Canada. Workshop participants will gain evidence-based insights on the lived experience of food insecurity and the strategies needed to address it, and practical tools to support advocacy needed to ensure the Right to Food for all through social and policy change.

Student Presentations

Oral Presentations

Oral Presentation Session A (9:30-10:30 AM):

Faculty Facilitator: Dr. Sarah Finch Student Facilitator: Kristen Mann

Presentation 1: Human milk total thiamine concentrations among rural Cambodian women on various thiamine supplementation regimes, 12 weeks postnatal

Presenter: Jelisa Gallant, Graduate Student, Mount Saint Vincent University

Funding: Bill and Melinda Gates Foundation and the Sackler Institute for Nutrition Sciences,

New York Academy of Sciences

Supervisor: Whitfield, Kyly

Other authors: Chan, Kathleen; Allen, Lindsay, H; Baldwin, Dare; Borath, Mam; Green, Tim J; Hampel, Daniela; Leemagz, Shalem; Measelle, Jeffrey R; Ngik, Rem; Prak, Sophonneary;

Wieringa, Frank T; Yelland, Lisa N; Kroeun, Hou and Whitfield, Kyly C

Presentation 2: Food use, food security and food production and sales across growing seasons among rural Kenyan women

Presenter: Julia Heckbert, Undergraduate Student, University of Prince Edward Island

Funding: Queen Elizabeth II Diamond Jubilee Scholarship

Supervisor: Taylor, Jennifer

Other Authors: Taylor, Jennifer and Walton, Colleen

Presentation 3: Apple flavonoids and quercetin reduce carcinogen-induced DNA damage in bronchial epithelial cells in vitro

Presenter: Suraweera Arachchilage Tharindu Lakshan, Graduate Student, Dalhousie University Funding: Natural Sciences and Engineering Research Council of Canada Discovery Grant

Supervisor: Rupasinghe, H. P. Vasantha

Other Authors: Merlin, Jose and Rupasinghe, H.P. Vasantha

Presentation 4: Evaluating pre- and post-education knowledge scores from women with gestational diabetes mellitus interaction with an online low glycemic index education platform

Presenter: Kate Braddon, Undergraduate Student, Mount Saint Vincent University Funding: 1) Mount Saint Vincent University Committee on Research Publications; Standard Internal Research Grant. 2) CN Student Research Internship – Management Development for Women Excellence Fund.

Supervisor: Grant, Shannan

Other Authors: LeBlanc, Julianne; Grant, Shannan; Coolan, Jillian; Snelgrove-Clarke, Erna; Walsh, Catherine; Medynski, Joline; Hayward, Kathryn; Carson, Glenda and Cashen, Nancy

Oral Presentation Session B (1:00-2:00 PM):

Faculty Facilitator: Dr. Jennifer Taylor Student Facilitator: Julia Heckbert

Presentation 5: Assessment of dietary intake and food behaviours among adolescent girls living in the Dakar region, Senegal

Presenter: Madélie Giguère Johnson, Graduate Student, Université de Moncton

Funding: International Development Research Center (IDRC) and the Social Sciences and Humanities Research Council of Canada (SHRC) which supported this research through the

Queen Elizabeth Scholarship program

Supervisor: Blaney, Sonia

Other Authors: Ward, Stéphanie and Blaney, Sonia

Presentation 6: Extracted microbial oil as a sustainable alternative of fish oil in

Altlantic salmon (Slamo salar) feed: Growth and fatty acid impacts

Presenter: Minmin Wei, Graduate Student, Dalhousie University

Funding: Ocean Frontier Institute, Canada First Research Excellence Fund

Supervisor: Colombo, Stefanie

Other Authors: Parrish, Chris; Rise, Matthew L and Guerra, Nigel

Presentation 7: Assessing the prevalence and effect of nutrition education on

female athlete triad risk at Acadia University

Presenter: Madalyn Higgins, Undergraduate Student, Acadian University

Funding: Harrison McCain Foundation Award

Supervisor: Kaviani, Mojtaba Other Authors: Kaviani, Mojtaba

Presentation 8: Can herbal tea fight against Streptococcus pyogenes infection

Presenter: Niluni M. Wijesundara, Graduate Student, Dalhousie University

Funding: NSERC CRSNG and Island Abbey Foods (honibe), Charlottetown, PEI

Supervisor: Rupasinghe, H.P. Vasantha Other Authors: Rupasinghe, H.P. Vasantha

Enhanced Poster Presentations

Faculty Facilitator: Dr. Jennifer Taylor

Enhanced Poster 1: Exploring youth's perspectives of Indigenous food

sovereignty during a traditional food project in Mi'kama'ki Presenter: Renee Bujold, Graduate Student, Dalhousie University

Funding: Centre for Employment and Innovation, St. FX

Supervisors: Martin, Debbie and Fox, Ann

Other Authors: Martin, Debbie; Fox, Ann; Prosper, Kerry and Pictou, Kara

Enhanced Poster 2: Assessing the implementation of the new Canada's Food

Guide recommendations in childcare settings

Presenter: Imene Hank, Undergraduate Student, University of Prince Edward Island

Funding: UPEI Internal Research Grant

Supervisor: Finch, Sarah

Other Authors: Finch, Sarah and Rossiter, Misty

Enhanced Poster 3: Antimicrobial properties of biodegradable canola protein-

oleic acid composite films against Listeria innocua and Escherichia coli

Presenter: Thilini Nuwandhara Dissanayake, Graduate Student, Dalhousie University-AG Funding: MITACS and Dalhousie University Vice President Research and Innovation

International Seed Fund (VPRIIS) Supervisor: Bandara, Nandika

Other Authors: Bandara, Nandika and Ranadheera, Senaka

Enhanced Poster 4: Surf'n Bake: Exploring the sensory characteristics of seaweed composite bread

Presenter: Timothy Lamont, Undergraduate Student, Acadia University

Funding: 25.55 Acadia University Research Fund

Supervisor: McSweeney, Matthew Other Authors: McSweeney, Matthew

Poster Presentations

Poster 1: Pumpkin powder (Cucurbita maxima) supplemented string hoppers as a functional food

Presenter: Anuruddika Malkanthi, Graduate Student, Dalhousie University

Funding: ICCR (Indian Council for Cultural Relations), Bangalore, India (No. BNG/171/2016-

2017)

Supervisor: Hiremath, Umadevi S Other Authors: Hiremath, Umadevi S

Poster 2: Parental perceptions of a nutrition screening tool and family feeding practices on PEI

Presenter: Katrina Nagge, Undergraduate Student, University of Prince Edward Island

Funding: University of Prince Edward Island – Internal Research Grant

Supervisors: Rossiter, Melissa (Misty) and Finch, Sarah Other Authors: Rossiter, Melissa (Misty) and Finch, Sarah

Poster 3: A comparison of diet diversity among rural Kenyan family members

Presenter: Haley Mackenzie, Undergraduate Student, University of Prince Edward Island

Funding: Queen Elizabeth II Diamond Jubilee Scholarship Supervisors: Taylor, Jennifer and VanLeeuwen, Charlene Other Authors: Taylor, Jennifer; VanLeeuwen, Charlene

Poster 4: Effect of different packaging materials on quality of whole black pepper (Piper nigrum L.) during bulk storage

Presenter: Janani Ranatunga, Graduate Student, Dalhousie University-AG Funding: Faculty of Agriculture, University of Peradeniya, Sri Lanka and Central Research Station, Department of Export Agriculture, Matale, Sri Lanka

Supervisor: Jayanath, Yasendra

Other Authors: Jayanath, Yasendra and Induruwa, Sampath

Poster 5: Effects of a food-based nutrition education and horticulture intervention on nutrition knowledge, attitudes, practices and food consumption of school-age children in Kenya

Presenter: Julie Oyoo, Graduate Student, University of Prince Edward Island

Funding: Queen Elizabeth II Diamond Jubilee Scholarship, Global Affairs Canada, Farmers

Helping Farmers

Supervisor: Taylor, Jennifer

Other Authors: Taylor, Jennifer; Walton, Colleen; VanLeeuwen, Charlene; VanLeeuwen, John

Poster 6: Identification of superior apple genotypes for the management of type 2 diabetes

Presenter: Cindy Yu, Graduate Student, Dalhousie University-AG Funding: NSERC, AAFC Kentville, Dr. Myles and Dr. Rupasinghe

Supervisor: Rupasinghe, Vasantha

Other Authors: Song, Jun and Myles, Sean

Poster 7: Characterizing the impact of soaking and germination on the aroma

profile and the chemical composition of yellow-eyed bean flour Presenter: Lauren Viana, Graduate Student, St. Francis Xavier University Funding: Saint Francis Xavier - University Council for Research Grant

Supervisor: English, Marcia

Other Authors: English, Marcia; Jordan, Michael and Forney, Charles

Poster 8: Inaugural Science Atlantic Nutrition and Foods Conference evaluation:

A self-study on quality assurance and rhetoric

Presenter: Niousha Alizadehsaravi, Undergraduate Student, Mount Saint Vincent University Funding: Social Sciences and Humanities Research Council Exchange Grants in collaboration with Science Atlantic Nutrition and Foods committee

Supervisor: Grant, Shannan

Other Authors: Laidlaw, Tess; Luhovyy, Bohdan and English Marcia

Poster 9: LGBTQ+ experiences with dietetic professionals

Presenter: Samantha Clow, Undergraduate Student, University of Prince Edward Island

Supervisors: Hewko, Sarah and Braithwaite, Ann Other Authors: Hewko, Sarah and Braithwaite, Ann

Poster 10: The association between a provincial school wellness program, asthma diagnosis and frequency of healthcare utilization due to asthma

diagnosis and frequency of heartificate utilization due to astiffia

Presenter: Teri McComber, Graduate Student, University of Prince Edward Island

Funding: Alberta Health Innovates

Supervisors: Taylor, Jennifer and Revie, Crawford

Other Authors: Taylor, Jennifer; Revie, Crawford and Veugelers, Paul

Poster 11: Optimized conditions for feather keratin extraction

Presenter: Nilakshi Abeysinghe, Graduate Student, Dalhousie University

Funding: New Frontier in Research Funds

Supervisor: Bandara, Nandika Other Authors: Bandara, Nandika

Awards

1) General Undergraduate Awards

These awards are presented to undergraduate students who have demonstrated outstanding research and presentation skills. The research must significantly advance the discipline of food science or nutrition. The contribution may be applied or fundamental in nature, and must advance science or improve human condition. The awards consist of a cash prize (\$200, \$125, and \$75) and a letter of commendation. Both oral and poster presentations are eligible.

2) General Graduate Awards

These awards are presented to graduate students who have demonstrated outstanding research and presentation skills. The research must significantly advance the discipline of food science or nutrition. The contribution may be applied or fundamental in nature, and must advance science or improve human condition. The awards consist of a cash prize (\$200, \$125, and \$75) and a letter of commendation. Both oral and poster presentations are eligible. Both oral and poster presentations are eligible.

3) Science Communication Award

The Science Atlantic Science Communication Award is offered at each of the annual Science Atlantic sponsored student conferences. The prize is awarded to the student who is best able to communicate a science topic to his or her peers. The award consists of a cash prize (\$200), a letter of commendation and an opportunity to work collaboratively with the Atlantic Student Research Journal team to write and publish an article about their research.

4) Travel Award

Two travel awards are available for trainees registered for the Science Atlantic Nutrition and Foods Conference. In order to be eligible for a travel award, applicants should be a full-time undergraduate or graduate student from one of the institutions participating in the Science Atlantic Nutrition and Foods Conference.

Abstract Committee

Jennifer Taylor University of Prince Edward Island

Carole Tranchant Université de Moncton

Vasantha Rupasinghe Dalhousie University (Agriculture)

Awards Committee

Edward Barre Cape Breton University

Marcia English St. Francis Xavier University

Shannan Grant Mount Saint Vincent University

Sarah Finch University of Prince Edward Island

Trade Show Participants

Trade show booths are set up along Louis W. MacEachern Market Street in McDougall Hall

















Conference Sponsors

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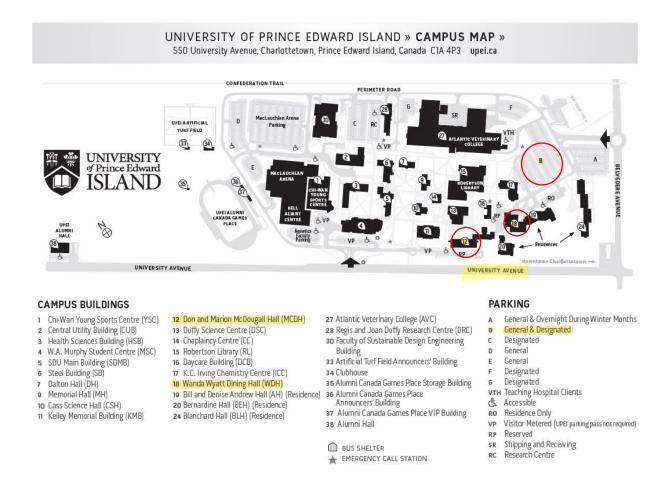








Map of Campus with Parking Directions



Conference location:

Don and Marion McDougall Hall (MCDH), building #12 Saturday lunch will be held in the Wanda Wyatt Dining Hall (WDH), building #18

Parking:

Free parking is available in parking lot B (general and designated). Use the entrance off Belvedere Avenue.

If you have any issues with parking, please contact campus security at (902)-566-0384.