AGENDA

9:00  Registration

9:30–9:45  Welcome  
Director Richard Tyson and Agent LuAnn Duncan: 100 years of Extension
Introduction of Master Food and Nutrition Volunteers

10:00–10:30  Session 1  
Choose from the following:

- Charlene Klinger: Prediabetes - Lower your risks by making healthy food choices.
- Krysta Wiergacz and Christine Menton: Family Time is Cooking Time - Learn easy ways to get your children involved in the kitchen.  
  (Youth accompanied by adults are welcome.)
- Alex Davis: Greens & Grains - Escape the ordinary and explore new and easy ways to prepare grains and green vegetables. Learn why they are an important part of meals.

10:30–10:45  Visit our vendors in the Exhibit Hall.

10:35–10:40  Mini Session: Jane Cayton and Judy Haug: Food Preservation Opportunities - Explore the many different ways to preserve your food and prevent waste.

10:45–11:15  Session 2  
Choose from the following:

- Connie Ouelette: Not Just the Shaker - Learn all about salt and hypertension.
- Olive Mackey and Maria Castillo: Snacks from the Garden - Come explore great tasting snacks that you can grow at home!  
  (Youth accompanied by adults are welcome.)
- Karen Buchan: Healthy Cinco de Mayo Celebration - Come check out three healthy recipes: Cinco de Mayo salad, Mexican cheese puffs and Sangrita sorbet.

11:15–11:30  Visit our vendors in the Exhibit Hall.

11:30–12:15  Special Guest: Chef David Bearl

Chef Bearl has been a culinary educator since 1985 and has worked with the University of Florida for the past 6 years. He has worked on aircraft carriers, submarines, surface vessels, and shore facilities around the world including the Pentagon and the White House.

12:15  Door Prizes and Food Samples in the Exhibit Hall

(This agenda is subject to change, no reserved seating allowed.)