



Sponsored By:



VISIT
Bentonville

Thursday October 5, 2017				
TIME	Commons Area	Ozark Culinary Theater	Seasonal Kitchen	Culinary Kitchen
11:30am-12:30pm	Lunch and Registration <i>Lunch is provided by Campus Kitchens</i>			
12:30pm-12:45pm	Welcome Remarks by <i>Dr. Glenn Mack Executive Director Brightwater, Center for the Study of Food</i>			
12:45pm-1:45pm	Healthy Cooking and Disease Prevention Demo by <i>Aria Kagan Food Network Chef</i>			
1:45pm-2:00pm	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
2:00pm-3:15pm		Breakout 1: Panel Discussion Arkansas is consistently highly ranked in household obesity, food insecurity, and persistent poverty. Engage in a discussion about the barriers many Arkansans face when trying to purchase and prepare healthy meals on a budget and the resources available to overcome those barriers. <i>Speakers: Cooking Matters AR Hunger Relief Fresh2You Program</i>		
3:15pm-3:30pm		Mindfulness Session: Join us for a beautiful mindfulness practice to get re-energized and centered for the rest of the day! <i>Speaker: Jay Amargos Founder and Chief Mindful Officer of I'Mindful</i>	Cooking 2 : Cooking on a Budget Snap ingredients. Low price ingredients! <i>Speaker: Chef Lauren Altimont Brightwater</i>	Cooking 1: Latin American Recipes International flavor made right. <i>Speaker: Chef Chef Montoya Costa Rica</i>
3:30pm-3:45pm	<i>Break</i>	<i>Break</i>		
3:45pm-5:00pm		Breakout 2: Culturally-tailored, Community-Based Nutritional Intervention Talking about food with patients. Working with immigrants population an social determinants of health and cultural awareness. <i>Speaker: Dr. Pearl McElfish Associate Vice Chancellor UAMS NW Regional Campus</i>		
5:00pm-6:30pm	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
6:30pm-10:30pm	Evening Reception at the Scott's Family Amazeum to include appetizer's and refreshments! <i>Shuttle will be provided to and from La Quinta Inn & Suites.</i>			

Friday October 6, 2017				
TIME	Commons Area	Ozark Culinary Theater	Seasonal Kitchen	Culinary Kitchen
9:00am-10:15am	Breakfast and Keynote Session <i>Culinary Medicine: Food as Medicine</i> Speakers: <i>Dr Harlan and Chef Leah Sarris</i> <i>Goldring Culinary Center Team</i>			
10:15am-10:30am	Break	Break	Break	Break
10:30am-11:45am		Breakout 3: The Community College as a Force For Change Intersection of Culinary arts and health professions. Speakers: <i>Dr. Glenn Mack</i> <i>Executive Director Brightwater</i> <i>Carla Boyd</i>		
11:45am-12:15pm		Mindfulness Session: Join us for a beautiful mindfulness practice to get re-energized and centered for the rest of the day! Speaker: <i>Jay Amargos</i> <i>Founder and Chief Mindful</i> <i>Officer of I'Mindful</i>	Cooking 3 : Gluten Free Gluten Free= Affordable! Speaker: <i>Matt Cooper</i> <i>Executive Chef</i> <i>Preacher's Son</i>	Cooking 4: Recipes Makeover Classic junk food made healthy. Ingredient substitution. Speaker: <i>Aria Kagan</i> <i>Food Network Chef</i>
12:15pm-1:30pm	Breakout 4: Walmart: Healthy Easy and Affordable Walmart commitment to becoming the world's most affordable retailer of safe and healthier (ASH) foods by 2025. Speakers: <i>Private Brands-Insights Team Walmart</i>			
1:30pm-2:30pm	End of Regular Summit Schedule			
Optional CME Friday October 6, 2017				
2:30pm-5:30pm				Introduction to Culinary Medicine The introduction module presents an outline of both the Mediterranean and DASH diets, and examines recent sources and studies examining the effectiveness of both in terms of treating diet-related illnesses. Speakers: <i>Chef Leah Sarris and</i> <i>Dr. Harlan</i>
Optional CME Saturday October 7, 2017				
10:00am-1:00pm				Carbohydrates and Diabetes Physiological impact of digestion of different types of carbohydrates is examined, along with the role of certain carbohydrates in promoting satiety, regulating blood glucose and sustaining energy with a further look into whole grains. Speakers: <i>Chef Leah Sarris and</i> <i>Dr. Harlan</i>