



2025 Spring Conference Nutrition Horizons: Advancing Practice and Research in Maine

| TIME | SESSION |
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| 7:30-8:00 AM | Check-in & Light Breakfast |
| 8:00-8:10 AM | Welcome & Opening Remarks |
| 8:10-9:10 AM | Session 1: The Farm Bill: Implications for the Food System and Dietetic Practice <i>Christina Badaracco, MPH, RDN, LDN</i> |
| 9:10-10:10 AM | Research & Practice Briefs <i>Community</i> (1) The Development, Implementation and Assessment of Master Chef, A Theory-Based Mindful Eating Intervention for College Students <i>Kayla Parsons, PhD, RDN</i> (2) Effective Strategies for Promoting EFNEP Programming via Social Media <i>Alex Gayton, MS, RDN, LDN</i> (3) Community Interventions to Support Healthy Eating and Active Living <i>Dawn Littlefield-Gordon</i> (4) Preliminary Data Collection to Support a Nutrient-Dense Meal Kit Intervention for College Students <i>Emma Watras, MS, RDN</i> (5) Discussion |
| 10:10-10:25 AM | Break & Networking |
| 10:25-11:25 AM | Session 2: An In-Depth Look at the Dietary Guidelines for Americans: Past, Present and Future <i>Toby Amidor, MS, RDN, CDN, FAND</i> |
| 11:25-12:15 AM | Lunch, Exhibits & Networking |
| 12:15-12:45 PM | MAND/Academy Updates & Awards |
| 12:45-1:45 PM | Session 3: Nutrition Considerations for Those on GLP1/GIP-RA Weight Loss Medications <i>Mary Finckenor, MA, RDN, CDCES, BC-ADM, CDDS, CCRP</i> |
| 1:45-2:45 PM | Research & Practice Briefs <i>Clinical</i> (1) Say No to “Nothing-by-Mouth” After Midnight: Frequency of Holding Enteral Nutrition at Midnight in the Surgical Intensive Care Unit (SICU) <i>Michele Creech RD, LD, CNSC</i> (2) Nutrition Education for Medical Staff to Enhance Patient Care <i>Brenna Nelson, RD, LD, CLC</i> (3) The Case for Vitamin A <i>Donna Dodge, RD, LDN</i> (4) Discussion |
| 2:45-3:00 PM | Break & Networking |

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| 3:00-4:00 PM | Session 4: Chrono-Nutrition: How Circadian Rhythms Impact Health and Disease <i>Sangeeta Pradhan, MEd, RD, LDN, CDCES</i> |
| 4:00-4:10 PM | Closing Remarks & Adjourn |