

ENDOWMENT UPDATE

By Deborah Davis Carpenter, Endowment Chair

This year the Endowment Committee will offer an off-site session, **“Transform Your Recipes for a Healthier You”** at The University of North Carolina at Greensboro. This session will give participants hands on opportunity to learn the basic techniques of making healthier, nutritious and extremely appetizing recipes. The workshop will provide many different ways to transform your recipes including utilizing various herbs and spices, exploring and expanding the color palette on your plate, and stepping out of your comfort zone a bit to try new recipes. We will even make a few desserts that you may use at home or in your school kitchens that not only taste good but also are good for you! We will see you at UNCG early Wednesday morning so that you can make it back in time to attend the Food Show. The session will be Wednesday, June 18, 2025 from 7:30 - 10:30 am. The session will be limited to 24 participants (limit is based on UNCG’s Cooking lab). Transportation from the Sheraton Hotel to UNCG campus will be provided. Due to the high demand of this session, please remember to sign up early utilizing the pre-registration form found below. Please meet outside under the portico at Entry F at the Sheraton Hotel Wednesday, 6/18/2025 at 7:15 am. The bus will leave promptly at 7:30 am. **Please dress in appropriate kitchen work attire. Slip resistant shoes and head covering are required to participate.**

Pre-Registration for “Transform Your Recipes for a Healthier You” at UNC Greensboro”

Please complete the form below and send to Deborah Davis Carpenter, Endowment Chair by Friday, June 6, 2025 to secure your spot.

Email: dcarpenter@hcs.k12.nc.us **OR Mail:** Deborah Davis Carpenter
Hoke County Schools
310 Wooley Street
Raeford, NC 28376

Name _____ Membership Number _____

Email Address _____ Cell Phone Number _____

School System _____ School Name _____

“Transform Your Kitchen into a Healthier Kitchen” Educational Mini Session

By Amy Moyer, M.Ed., RDN, LDN, CCMS, Assistant Professor, UNCG

The School Nutrition Association of North Carolina Endowment Committee is excited to present the following educational mini session at this year’s annual conference. The session is co-sponsored by the Nutrition and Dietetics’ Department at The University of North Carolina at Greensboro. Come learn how Culinary Medicine is leading the way in transforming your life with preventing chronic diseases including diabetes, hypertension, and heart disease. Effectively known as “The Art of Food and Cooking meets the science of Nutrition and Medicine,” Culinary Medicine allows us to focus on healthier eating but also includes tips and techniques for making meal preparation more efficient and enjoyable for even the most novice cook.

Join the UNCG Dietetic Interns as they prepare “healthy snacks” recipes that makes easy to prepare, portable snacks that provide a nutritional punch! See you at our Educational Mini Session. Check in the conference booklet to see where the session will be located. We are excited!