



28th Chef Culinary Conference
June 5-10, 2022 | UMass Amherst | Amherst, MA
<https://www.chefculinaryconference.com/>

PROGRAM SCHEDULE

Day 1: Sunday, June 5, 2022

- 2:00PM-2:15PM** **Welcome Remarks**
- 2:15PM-3:00PM** **The Evolution of Foodservice - Moving from Survival to Bold Innovation**
The past two years have fundamentally changed foodservice and how consumers interact with our industry. This session will review how these changes will impact the role of technology, services, concept development, and menuing, with an emphasis on health and wellness and the specific needs of Gen Z.
Speaker: Maeve Webster
- 3:00PM-3:30PM** **The Healing Power of Nutrition**
There are growing evidence suggesting that many chronic inflammatory processes responsible for a variety of human diseases are caused by an imbalance gut microbiome that causes the switch from genetic predisposition to clinical outcome. Of all environmental factors that can influence the composition and function of our microbiome dictating the balance between health and disease, diet is the most impactful factor. Therefore, there is a great level of interest and focus in using diet as a therapeutic intervention to ameliorate inflammation and, therefore, treating a variety of chronic inflammatory diseases.
Speaker: Dr. Alessio Fasano, MD
- 3:30PM-3:45PM** **Break**
- 3:45PM-4:05PM** **From Talk to Interaction: Making Meaningful Change Through Active Collaboration**
Speaker: Michel Nischan
- 4:20PM-4:40PM** **Healing Through Food**
Gonzalo will share with the audience the importance of Food on health and healing and make the right choices to improve their energy, immunity, and boost with vitality(fuel) to enable a Lifestyle Change. If we learn to respect (avoid food waste) food and indulge from our food choices, now that we still have variety of foods to choose from and combine them in a balanced and deliciousness way. We could wake up our own healing power, boost our system capabilities and not only achieve healing but freeze time (control aging). Obvious results and boosted stamina, vitality, curiosity will encourage us to revamp our lifestyles much needed to over calm diseases, regain our wellness while we nourish our mind, body, and soul.
Speaker: Gonzalo Campos
- 4:40PM-5:00PM** **Break**



- 5:00PM-5:20PM Culinary Demonstration: From Banh Xeo to Tau Hu Xa Ot: How to Plant Forward Everything**
All across the nation, university campus dining leaders are all gearing up to enhance their menu offerings with plant-forward and plant-based options. In the Southeast Asian kitchen, particularly the Vietnamese kitchen, almost every recipe has an 'official' vegetarian version. In this session, Chef Mai Pham shares ideas on how to re-invent the iconic street food dishes and home-style foods that she grew up eating into a menu that students will find not only craveable and satisfying but perhaps also equally enticing because of the expanding discovery of new vegetables and plant-based recipe concepts.
Chef: Mai Pham
- 5:20PM-5:50PM The Hottest Health and Wellness Trends**
Along with plant-based foods, Nashville Hot and oat milk, topping the 'on trend' lists in 2022 is something that may seem surprising: self-care and mental wellness. The journey through and past the pandemic has prompted healthy eating to be considered and prioritized perhaps more than ever before, where today an equal number of consumers – 92% – consider both mental and physical health to be important in creating an overall sense of well-being. Consumers agree that eating right is a key component of self-care, and this presentation will cover key insights and trends in health and wellness, spanning the growing importance of mental wellness, food allergies, trendy diets, functional foods, plant-based diets and more.
Speaker: Marie Molde
- 5:50PM-6:20PM Stirring it Up: How We Can All Help the Northeast's Organic Family Farms**
From serving as Executive Director of the New Alchemy Institute in the 1970s to helping lead the launch and growth of Stonyfield Organic from a 7-cow farm to a half-billion-dollar business, to investing in and mentoring hundreds of organic products firms, to his current role as Chair of the Northeast Organic Family Farm Partnership, Gary Hirshberg has been championing and supporting organic family farms for 45 years. Gary has developed a keen understanding of how all of us – chefs, food service managers, business people, and consumers- can make all the difference when it comes to strengthening the region's family farm viability, and why we must band together to support these farms now more than ever. He'll share a bit about the creation and growth of Stonyfield, the economic and environmental urgency of ensuring these farms' viability, and how the culinary world can make all the difference in ensuring a healthy and sustainable future.
Speaker: Gary Hirshberg

Day 2: Monday, June 6, 2022

- 8:00AM-8:10AM Welcome Remarks**
- 8:10AM-8:40AM Current Trends In The Food & Beverage Space**
The Food & Beverage industry is facing supply chain constraints, input and commodity cost inflation and volatility, and increasingly changing consumer behaviors and preferences. During this session we will share McKinsey's perspective on how these trends are playing out in the foodservice industry and potential ways to navigate them
Speaker: Kimberly Stover



8:40AM-9:20AM

Can We Feed The World a Diet That is Both Healthy and Sustainable?

Our global community is facing the twin challenges of an epidemic of chronic disease and accelerating changes in climate that will devastate human civilization if left unchecked. The foods that we chose and the systems that produce our food will play a key role in our collective fate. A deep analysis suggests that a future with both human and planetary health is possible, but this will require the engagement of all levels of society, from individuals to national and international organizations. Food services are in a unique position to be change makers.

Speaker: Dr. Walter Willett

9:40AM-10:10AM

Post Milk Generation: OATLY On The Acceleration and Future Of The Plant-Based Food Shift

OATLY will speak on the why and acceleration of the plant-based food system shift.

Speaker: Michael Messersmith

10:10AM-10:25AM Break

10:25AM-10:45AM Culinary Demonstration: The Wonders of Achiote

During this demo Iliana will showcase the achiote (annato seeds) how to work with it, and she will present a typical recipe from the Yucatan Pescado Tikin Xic.

Chef: Iliana de la Vega

10:45AM-11:15AM Will Plant Protein Foods Led To A Healthier And More Sustainable Diet?

Utilization of plant proteins to replace animal foods will help improve the sustainability of our diet. However, many of these plant-derived animal food substitutes are not nutritionally superior to the animal foods they replace. In addition, most American are consuming 1.5-fold more protein than is currently recommended while they are under consuming fruits and vegetable by 40%. This suggests that a healthier and yet equally sustainable diet could be obtained by decreasing the "protein on the plate" and increasing fruits and vegetable. However, this does not come without challenges as many consumers don't consume fruits and vegetable due to their high costs, difficulty in preparation, high susceptibility to spoilage and low flavor acceptance. This presentation will discuss potential strategies that can be adapted to try to increase fruit and vegetable consumption in an attempt to improve diet quality and sustainability.

Speaker: Eric Decker

11:15AM-11:30AM Break

11:30AM-12:40PM C-Suite Panel

Moderator: Larry Obkerfell

Panelists: Sung Yoon (S.Y.) Nam (VP of Marketing)

Stuart McAllister Dole (VP of Sales & Marketing)

Michelle Wolf New Wave Foods (CEO)

Perry Miele Nestle (President & Regional Business Head)

Chris Jasper Sysco (SVP & President, U.S. Broadline Foodservice Operations)



3:00PM - 3:45PM Nutrition Session: What Campus Dietitians Need to Know about implementing the Low FODMAP Diet

This session will review when a low FODMAP diet is appropriate and when it may not be for IBS symptom management. A brief introduction of the FODMAP gentle approach concept will be reviewed and why this approach may offer symptom benefits with less diet restriction and nuance. New research is uncovering an increasing prevalence of eating disorders as well as the presence of disordered eating occurring in about 1/4 of individuals with GI conditions. Key tools to help screen for eating disorders as well as food fear, will be reviewed. Given restrictive elimination diets may trigger further eating disorder behaviors, the low FODMAP diet should not be applied broadly for all students with IBS. For the appropriate LDF candidate, practical tips will be covered for applying a low FODMAP diet in the dorm and in the college cafeteria setting.

Speaker: Kate Scarlata

4:00PM - 4:45PM Nutrition Session: Innovate, Elevating and Celebrating Cultural Foods

Nutrition isn't a one size-fits-all approach and it's important to meet our audiences where they are at, which includes the important role culture plays in our food choices. The food we eat, who we eat it with and how we prepare it are all apart of our culture. As nutrition and culinary professionals learning about foods from diverse cultures is a necessary. Learn more about foods from cultures that you work with, and the importance of respecting and honoring traditional foods from registered dietitians and founders of EatWell Exchange, Jasmine Westbrook and Ashley Carter.

Speaker: Jasmine Westbrook and Ashley Carter

5:00PM - 6:00PM Nutrition Session: Social Media Best Practices for Campus Dietitians

If the words, "social media" make your head spin and you feel like there aren't enough hours in the day to do it right, then we've got you covered with this important session on social media best practices. Learn why Instagram and Tiktok are top platforms for Gen Z students and hear about best practices for social media, including making a plan and setting realistic goals, monitoring conversations and responding with compelling content, getting to know your audience better, and finding your authentic voice. Create an Instagram Reel with video, music, and graphics in real time, and leave with ideas for how to build community with your fellow campus RDNs.

Speaker: Liz Weiss, MS, RDN

Day 3: Tuesday, June 7, 2022

8:15AM-8:45AM The Next Great Seafood Stories

Building on the past to chart a future for communicating the importance of seafood to the next generations.

Speaker: Barton Seaver

8:50AM-9:15AM Plant-based, Here to Stay—and Grow

Plant-based foods poised for explosive growth. A groundbreaking new report has predicted that the plant-based food market will exceed \$162 billion within the next decade. Another report projected plant-based food market would comprise 7.7% of the global protein market. Chef Derek Sarno, co-founder of Wicked Kitchen and



Director of Plant Based innovation at Tesco advocates that plant based is 'food that's good for everyone' and will discuss the latest perspectives on current trends and their impact on the food service industry

Speaker: Derek Sarno

9:15AM-9:40AM

Dissemination & Translation of Healthy Mediterranean Diet Principles

The traditional Mediterranean diet is considered the world's most evidence-based eating pattern for promoting health and longevity. Expert consensus has even identified the Mediterranean diet as the easiest to follow among healthy eating patterns. However, fewer Americans/American families cook at home and do not know how to select and buy fresh foods. Furthermore, institutional food environments and their busy consumers often sacrifice health benefits for the convenience of faster, cheaper and more processed foods of lower quality. Additionally, many food services have been slow to implement healthier food options compatible with the Mediterranean diet. All of these factors, contribute to the current epidemics of obesity, diabetes and other chronic diseases. This presentation will look at a variety of means for the dissemination & translation of Healthy Mediterranean Diet Principles to the greater public.

Speaker: Dr. Stefanos Kales

9:55AM-10:20AM

Next Generation Plant-Based Foods—The Science Behind Creating A More Sustainable And Healthy Food Supply

There has been a surge of interest in creating plant-based alternatives to meat, seafood, egg, and dairy products due to environmental, ethical, and health reasons. It is challenging to mimic the desirable properties of animal-based products with plant-derived ingredients because of their different molecular characteristics and structural arrangements in foods. In this talk, recent research in our laboratory on using soft matter physics approaches to create plant-based foods that similar animal products is given.

Speaker: Julian McClements

10:20AM-10:35AM

Break

10:35AM-11:00AM

Changing Tastes: Innovation for Today & Tomorrow

Consumer preferences are always evolving, but those changes are happening on an accelerated timetable today, particularly among younger consumers. In this session, we'll look at the foods and flavors that consumers increasingly prefer and what that means for menu and concept innovation. What are the cuisines and flavors that should become the new default options on your menu? Which cuisine would Gen Z choose if they had to eat one for the rest of their lives? (They are the only generation not to select Italian!) How have the past two years changed consumer food habits? If the future looks hazy and innovation seems overwhelming right now, this session offers clarity and direction.

Speaker: Mike Kostyo

11:10AM-12:10PM

Directors Panel

Moderator: Rafi Taherian



Panelists: Johnny Curet, Director of Campus Dining—Senior Executive Chef, Rice University
Andre Mallie, Assistant Vice President, Auxiliary Services, University of San Diego
Ed Townsley, Executive Director, University of Guelph,
Betsy Helgesen, Director Dining Services, University of Minnesota, Duluth
Dustin Cutler, Executive Director of Dining, Cornell University

12:10PM-12:30PM

Break

12:30PM-1:30PM

Culinary Conversation with Jacques Pépin, Alice Waters, Martin Yan

Introduction: Rafi Taherian

Moderator: Joanne Weir and Alex Ong

2:30PM - 3:15PM

Nutrition Session: Smart Plan for Changing to Digital Labeling

We all struggle with keeping our menu identifiers and signage correct. This session will cover the steps to take to get ready to use digital signage to communicate what's on the menu. Topics covered will include menu touchpoints, developing "one source of truth", policies for substitutions and recipe changes, and ideas for quality assurance to ensure accuracy. New technologies in the market that can replace printed menu identifiers will be reviewed. **Speaker: Lisa Eberhart**

3:25PM - 4:10PM

Nutrition Session: Eosinophilic Esophagitis (EoE)

Speaker: Tara McCarthy, MS, RD, LDN

4:20PM - 5:05PM

Nutrition Session: A Campus Dietitian's Role in Fueling Student Athlete's

We've all heard the saying, "Food is fuel." But what does that really mean when it comes to properly fueling a student athlete? How do you maximize an athlete's performance on and off the field, especially for students that are eating on a meal plan? In this session, Sports Dietitian and Certified Strength Coach, Chef Poyourow, will review the current trends on fueling the student athlete, supplements, the needs of vegetarian athletes, and how to work with your universities dining staff and athletic department to optimize how and when athletes should be eating throughout the training cycle.

Speaker: Jon Poyourow MA, RD, LD, CSCS Associate Professor Johnson & Wales University | College of Food Innovation & Technology

5:15PM - 6:00PM

Concurring Nutrition Session: Round Table Discussion

Wednesday, June 8, 2022

10:00AM - 4:00PM

Director Symposium

Riding on the conference theme *Innovate, Elevate and Celebrate*, seven speakers from across the nation will discuss issues and challenges facing the College and University industry and offer solutions while sharing best practices. Topics will cover DEI, social media, student experience, succession planning, community building, collaboration, management strategies.

Presenters



- Gerry Fernandez, President & Founder, the Multicultural Foodservice & Hospitality Alliance
 - Xueting Jiang, Assistant Professor of Management, New York Institute of Technology
 - Bogdan Prokopovych, Lecturer, Isenberg School of Management
 - Robert Nelson, CEO of NACUFS
 - Bruce Weinberg, Professor of Marketing, Isenberg School of Management
 - Larry Obkerfell, CEO and Founder of All One Foodservice
 - Fleur Veldhoven, Vice President of Marketing at Nestlé Professional
- Moderated by Paul King
30 min per speaker with 15 min Q&A