

field to plate™

Register by August 20th to receive the Early Bird discount!
 > Call toll-free 888-556-4706.

For more info about Field to Plate in Oregon, call Kelly Streit, RD at 503-692-1335 or our national office at 888-556-4706.

For more about Field to Plate presenters Amanda Archibald, RD and Mark Mulcahy, visit www.fieldtoplate.com. Click on *Programs* and *Behind the Plate*.

Up to 10.5 CPEs available for RDs and DTRs!

Program Pricing

Attire for all events is casual.
 Complimentary Yoga is on us!

Early Bird Pricing (Register by Aug. 20th)

> All-Inclusive Package = \$115

> Full Day Only = \$99

Field to Plate All-Inclusive = \$135

Includes full day program, *optional* special session, farmers' market tour.

Full Day = \$115

Includes *optional* special session, lunch and refreshments.

Half Day = \$75

Morning session only. Includes refreshments.

Special Session = \$25

Farmers' Market Tour = \$30

Includes Field to Plate goodies!

Students Full day = \$49 or Half Day = \$29

CPEs for Dietitians and DTRs

> All-Inclusive Program = 10.5

> Full Day Program = Up to 8.5

> Half Day Program = 4

> Special Session Only = 1.5

> Farmers' Market Tour Only = 2

Thursday, Sept. 16

Freemont Wild Oats Natural Marketplace

3535 NE 15th Ave., Portland, OR

For directions, visit wildoats.com. Select store locator, Oregon and the Fremont store.

7:30am - 8:30am	Drop In Complimentary Yoga – all levels
8:00am - 9:00am	Registration
9:00am - 9:15am	Welcome
9:15am - 9:30am	Putting our Professional Challenges in Perspective
9:30am - 10:15am	A Closer Look at America's Relationship with Food
10:15am - 10:30am	Break <i>Featuring the bounty of Wild Oats Natural Marketplace</i>
10:30am - 12:00pm	Creating Meaningful Food Messages Through The Language of Flavor and Taste <i>One of the tastiest, most insightful sessions you'll attend</i>
12:00pm - 1:00pm	Conscious Choices with Nutrition Voices > Developing nutrition messages that incorporate fresh, local, regional and seasonal food > Helping people find a personal "Sense of Place"
1:00pm - 1:45pm	Lunch
1:45pm - 4:15pm	Afternoon Session: Join us in the beauty and bounty of the live Wild Oats store environment for a series of thought-provoking activities, guaranteed to challenge the foundations of your food and nutrition knowledge, skills and recommendations. An afternoon that will change the way you think!
4:15pm - 4:30pm	Break
4:30pm - 5:00pm	New Solutions. Sharing. Closure.
5:00pm - 5:45pm	Enjoy Wild Oats Natural Marketplace
5:45pm - 7:00pm	Special session: Join us for a hands-on, interactive, "all you ever wanted to know about produce" session—live in Wild Oat's produce department. > Bring your questions > Learn how to work with your local produce manager > Choose and use produce you have never tried > Motivate clients how to choose the best of fresh

Saturday, Sept. 18

Farmers' Market Tour at Beaverton Market

10:00am - 12 noon

(Meet in front of the fountain, next to the music stage at 9:45am. For directions to the market, visit www.beavertonfarmersmarket.com)

2 CPEs / \$30

A guided, personalized tour of a Portland area farmers' market.

> Learn about the culture, economics and value of the farmers' market for farmers and consumers

> Visit with vendors. Evaluate produce. Learn what questions to ask about different produce and how to buy it.

> Learn how to motivate your clients to buy from local markets