

Baking Builds STEAM for Extension Family, School and Community Programs

- An NEAFCS Pre-conference workshop
- October 16, 2017, 7:30 AM to Noon, Omaha Hilton

FCS Extension professionals will receive

- Baking Science, Tech, Engineering, Art and Math (STEAM) activities and resources to teach in communities, foods leader training, consumer education, out-of-school 4-H and youth clubs and school enrichment programs
- Research-based home baking food safety, ingredient, nutrition, test kitchen and education resources
- Demonstrated baking methods from test kitchen research chefs and veteran FCS educators
- Ready-to-teach workshop content on USB drive PLUS baking resource tote

This NEAFCS Pre-conference program includes:

7:30 AM: Coffee with the Speakers—Charlene Patton, HBA Exec Director/FCS in Nutrition & Business
Meet the speakers while enjoying coffee and a continental breakfast.

8:00 AM: How Baking Builds STEAM in Extension Programs—Sharon Davis, HBA Program Director
Connect baking STEAM sciences, tech, engineering, art and math with extension FCS objectives.

Home Baking Food Safety: An Applied Science —Robert Harper, President, Hopkinsville Milling and Sharon Davis, FCS Education. *New resources for FCS professionals, essential partners with the grain and flour industry, to engage consumers with critical home baking food safety practices to avoid food-born illness and flour recalls.*



Wheat: To Eat or Not to Eat—A Gut Question--Gayle Veum, RD, VP, Wheat Foods Council. *A research review on gut health, gluten, enriched flour and the ancient grain, wheat.*



Sugar Science and Sensibility—Courtney Gaines, Ph.D, R.D., The Sugar Association. *Examine sugar and the new consumer food labeling requirements, sugar's functions in baking and balancing consumer sugar messaging for food educators.*



10:00 AM: A Bakers Dozen DIY Smart Snacks—Taste test a sampling from Home Baking Association's "**A Bakers Dozen**" baking recipes developed to meet Child Nutrition & Wellness USDA Smart Snack guidelines for whole grain-rich, reduced saturated fat, sugar and sodium.

Bread Art and Science: Bringing Together Nutrition, Function and Artistic Applications of Ancient and Modern Grains—Stephanie Peterson, Lead R&D Chef, Panhandle Milling. *The science and art of baking are demonstrated and made simple by TV's-Cooking with Chef Tess.*



Bake for Good Kids In Schools and Communities—

Paula Gray, Manager, *Bake for Good Kids*, King Arthur Flour. *New self-directed Bake for Good Kids program boosts community service learning for 4-H and Youth leaders.*

30 Minute Pizza – Perfect for Weeknights —Chef Helene Chaisson, Research Chef, ACH Foods. *A much-loved DIY meal solution even for time-stressed families, including gluten-free and whole grain options and cost-saving benefits.*



Baking STEAM Workshop Evaluation, Charlene Patton, HBA Executive Director *Participants receive HBA USB resource drive and Baking Tote from HBA's members.*

Resources to Bake & Build STEAM

