

NEAFCS Raleigh Reflection: Concurrent Sessions Address Many Tracks of Professional Development

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The Annual Session in Raleigh, NC provided over 100 sessions to Take Flight Reach New Heights through professional development sessions, which were broken into 11 track topics. In other words, I hope you took advantage of exploring new heights by investigating tracks that are a priority for your professional development. These sessions included eleven award-winning concurrent sessions that were designated with gold ribbons. The award-winning concurrent sessions were spread throughout Tuesday, Wednesday and Thursday, so I hope that you visited at least one award-winning concurrent session. The concurrent sessions also contained sessions to learn about the NEAFCS Endowment Grant projects, which were designated with blue ribbons.

The grant funds have been awarded for various projects from North Central Food Safety Extension Network to Smoking and Grilling Foods. If you optimized the sessions, you would have participated in Ignite Sessions, Committee Sessions, Exhibit Forums, and more. The sessions offered me many new ideas!

My takeaways were varied. One idea was a new opportunity to celebrate October's Breast Cancer Awareness using "Healthwise for Women" programs. Another idea was to engage youth as consumers at Junior Farmer's Markets. Similar to this idea was a Farm to Table session about improving cooking skills in preparing fresh produce. I will be incorporating these takeaways into my programming

Share your takeaways with educators in your state. By sharing your ideas gained, educators learn the value of NEAFCS Annual Meeting. They will want to explore oceans of opportunities in 2023 and beyond!

