

Embrace Wellbeing!

AHF-NJ Annual Education Symposium



Let Good Health Empower You!

November 17, 2022
Bridgewater Manor



Time	Program
7:30—8:15am	<u>Continental Breakfast / Registration</u>
8:15—8:30am	<u>Welcome & Introductions:</u> Liz Silverthorne, AHF-NJ President
8:30—8:45am	<u>AHF-NJ & AHF National Updates</u> Liz Silverthorne AHF-NJ President Angela O'Neil, AHF National, Treasurer
8:45—9:45am	<u>Larry Weaver, Clean Humor:</u> In his interactive and engaging presentations, Larry uses clean humor and relatable experiences to illustrate the importance of energy, attitude, and motivation. Key Points Include: * Energy – improve health and wellness, live a balanced life, prioritize self-improvement. * Attitude – become more positive, embrace change, reduce stress. * Motivation – increase ability, commit to lifelong learning, achieve your goals.
9:45—10:45am	<u>Daniela Puglielli: Mediterranean Diet:</u> Daniela will inform, inspire and promote the appreciation of the Mediterranean culinary practices in the United States. Daniela is part of MDR (Mediterranean Diet Roundtable) whose programs celebrate the health benefits of the Mediterranean Diet and lifestyle, translating them into commercial opportunities, meal programs and more.
10:45—11:00am	<u>Networking Break:</u> Connect with professionals from around the state. Be sure to bring your business cards!
11:00—12:00pm	<u>Nick Mercogliano, Ken Persing, Anthony Todaro:</u> Cooking Demonstration! The AND promotes healthy eating and discourages exclusion of any food. These talented chefs will take us on a culinary journey of desserts that complete a meal and indulge our senses without being decadent. And just in time for the holidays!
12:00—1:30pm	<u>Lunch, Vendor Show and Exhibits:</u> See the latest and greatest products and services on the market today. Meet and greet with all the Vendors! Use this time to learn, taste, sample new products, and exchange business cards. Make the most of this valuable, dedicated time with all the Vendors and our Vendor Partners.
1:30—2:30pm	<u>Anthony Todaro: Bee Keeping and Honey Production:</u> Chef Anthony will introduce us to the world of bee keeping and honey production. Learn about the health benefits of raw, local honey, which are high in antioxidants.
2:30— 3:30pm	<u>Jessica Phillips: Mushroom Foraging 101:</u> Jessica will take us on a journey of identifying many different mushrooms and foraging them. We will learn which mushrooms are native to our vicinity.
3:30 – 4:00pm	<u>Raffle & Closing Prizes:</u> You have to be in it to win it!

Venue



1251 US Highway 202/206
Bridgewater, New Jersey 08807

**AHF-NJ
&
The Community
Food Bank of New Jersey
Community Partners!**

*A generous donation will be made to the
Community Food Bank of New Jersey,
to help those who are less fortunate*

The Community Food Bank of New Jersey fights hunger and poverty by distributing food and groceries, providing education and training, and making new programs to help people with low incomes meet their basic needs.

Registration Form

Member Of:

AHF-NJ AND ANFP ACF

(PLEASE PRINT & SUBMIT IF PAYING BY CHECK)

Name: _____

Title: _____

Facility: _____

Address: _____

Email: _____

Phone: _____

Registration is Due By: November 7, 2022

Registration Fee: \$30 per AHF-NJ Member attendee
\$50 per Non-Member attendee

Payments can be made via PAYPAL on our Website

<http://ahfnj.org>

OR

By check payable to **AHF-NJ**
and send with completed form to:

Jessica Phillips
28 Mendham Avenue
Morristown, NJ 07960

Featured Presenters

Featured Presenters

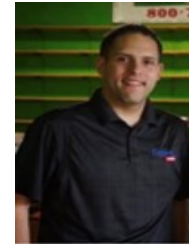


Larry Weaver
Motivational Speaker

Larry Weaver is a nationally-touring clean comedian backed by years of professional experience. His easy-going demeanor, Southern charm, and quick wit have won the hearts of audiences across America.

Larry grew up in the rural village of Saxapahaw, NC and started performing at a young age. After majoring in accounting at the University of North Carolina, Larry left his CPA dreams behind to pursue a career in stand-up comedy. He has shared the stage of entertainment legends like Faith Hill, Chris Rock and "Weird Al" Yankovic.– just to name a few. You can hear him daily on Sirius XM radio's "LaughUSA" and "Jeff and Larry's Comedy Roundup".

A true veteran of the stage, Larry has performed at thousands of corporate events, conventions, annual meetings, and conferences across the U.S.



Nicholas Mercogliano, CEC, CPC, WCMC
Corporate Chef, Pecinka Ferri Associates

Nicholas A. Mercogliano, CEC, CPC, WCMC, is the Corporate Chef at Pecinka Ferri Associates, a manufacturers' agent representing internationally recognized brands of quality food service equipment in the greater New York Metro area. Chef Nick received his Bachelor's degree in culinary management from Le Cordon Bleu College of Culinary Arts and his Associate's degree in culinary arts from The Culinary Institute of America. Chef Nick is designated a Certified Executive Chef (CEC) and Certified Pastry Culinarian (CPC) from The American Culinary Federation. Additionally, he is recognized as a World Certified Master Chef (WCMC) from The World Association of Chefs' Societies. Chef Nick was named 2013 Chef of the year by the ACF's Jersey Shore Chef's Association and recognized among the 2014 "Under 30" emerging leaders in the food service industry by Food Service Director magazine.

Daniela Puglielli
Communications Specialist, Principal-Accent Public Relations, LLC

Daniela Puglielli is principal of Accent Public Relations, LLC, selected by Forbes Magazine as a leading PR agency in the country (2021). With an extensive experience in branding, marketing and international partnerships, Daniela holds a Master's Degree in Communications from the University of Turin (Turin, Italy), and a Master's Degree in Performing Arts from the Conservatorio di Musica (Pescara, Italy). Daniela is also the founder of the Mediterranean Diet Roundtable, a think-tank dedicated to the promotion of healthy products and lifestyle in America. Her past roles include being a founding member of Associazione Gamma Donna (Turin, Italy), former Director of the Global Business Roundtable (NYC), former Executive Director of The Center for Italian & Italian-American Culture (NJ), among many other board roles. She recently became advisor to Gruppo Italiano, a non-profit nurturing the appreciation of authentic Italian cuisine in America. Among many recognitions, Daniela is the recipient of the Dean Martin Award, and the prestigious Zimei Award from Pescara, her hometown in Italy



Anthony Todaro, CEC, HGT, ACE
Corporate Executive Chef, RC Fine Foods
Member of the Honorable Golden Toque
Owner of Serious Beezness– NJ Based Honey Bee Apiary

Chef Anthony is the Corporate Executive Chef for RC Fine Foods for the last 15 years. Prior to joining RC Fine Foods, he was a loyal (RCFF) customer for 19 years working in fine dining restaurants, hotels, upscale catering companies and food manufacturing.

He is a board member in the prestigious Honorable Golden Toque, limited to only 100 US Chefs. Recognized by the American Culinary Federation as a Certified Executive Chef and Approved Culinary Evaluator. Board member of the ACF Jersey Shore Chefs Association, member of the Research Chefs Association, AHF and SHFM. Chef Anthony is also a graduate of the Culinary Institute of America, April 1980 and an Adjunct Professor at Mercer County Community College teaching Culinology – The Experimental Kitchen. Owner of Serious Beezness– A Chef Owned NJ Apiary producing Raw Local Honey and Artisan Honey Products.



Featured Presenters



Ken Persing,
Regional Territory Manager, RC Fine Foods

Kenneth Persing is a Regional Territory Manager with RC Fine Foods since 2004, receiving the Game Ball in 2016 and a former General Manager of restaurants for over ten years. He is on the executive board of the AHF-NJ and is a proud member of the Jersey Shore Chef Association, receiving Associate of the Year twice in the last five years. He is passionate about sharing his experiences in the Healthcare industry and helping with the challenges in the industry.



Jessica Phillips
Atlantic Health System- Morristown Medical Center
Patient Services Manager

Prior to joining Atlantic Health System, Jessica was a Patient Services Manager with Sodexo at Nemours/ Alfred I. duPont Hospital for Children in Wilmington, Delaware from 2007-2012. She completed a B.S. in Nutrition & Dietetics from LaSalle University in 2007 while working for Sodexo at St. Christopher's Hospital for Children in Philadelphia. Jessica has served on the AHF-NJ board since 2018 and held the position of Treasurer since 2019. Jessica is excited to share her knowledge and experience of mushroom foraging.

Academy of Nutrition and Dietetics
6 Credits

Association of Nutrition &
Food Service Professions
6 Credits

American Culinary Federation
6 Credits

**Registration is open to all
Food & Nutrition Professionals**