Association for Healthcare Foodservice
New Jersey Chapter

Annual Education Symposium

THE FUTURE OF HEALTHCARE FOODSERVICE: LEADERSHIP, INNOVATION & MENTORSHIP

November 19th, 2026
The Westwood
438 North Avenue
Garwood, NJ
8am to 4pm

Program

8:00—8:30am	**Continental Breakfast / Registration**
8:30—8:45am	**Welcome & Introductions:** **Deb Ryan, AHF-NJ President** **Sharon P. Mulzac, AHF-NJ 2027 President**
8:45—9:00am	**AHF-NJ & AHF National Updates** **Deb Ryan, AHF-NJ President** **Angela O'Neill, AHF National Secretary to the Board & 2026 President Elect**
9:00—10:30am	**Joe Carbonara: So What? Now What?** Changes and challenges happen in foodservice only on the days that end in y. Why? Because the people and communities today's healthcare food service operators serve are not static. For that reason, their needs, expectations and more will continue to evolve and healthcare foodservice operators will remain where they have always been: on the front lines. This presentation will discuss what healthcare foodservice leadership looks like today, what it means to be innovative and more.
10:30—11:15am	**Caroline Roach: Self-Care & Mental Health Management in a Technological Era.** Grounded in the understanding that mental health is an integral part of overall health, This interactive session will address the various aspects of mental healh in our everyday life
11:15—12:00pm	**Lauren Slivka:**The Role of Medical Nutrition Therapy (MNT) in the Clinical Management of Patients Receiving GLP-1 Therapy. Through evidence based nutrition, this session will address the effectiveness of MNT in achieving positive lifestyle changes for patients reeiving GLP-1 therapy.
12:00-12:30pm	**Round Table**: Q&A Session with the speakers on the presentations. An opportunity for you and your peers to bring up struggles and share best practices in your facility along with brainstorming ideas to bring back to the office.
12:30—1:15pm	**Vendor Show and Exhibits:** See the latest up to date products and services the Food service industry has to offer. Meet and greet with all the Vendors! Use this time to learn, taste, sample new products, and network with our invaluable business partners. Make the most of this valuable time with all the Vendors and our Business Partners.
1:15—1:45pm	**Lunch**
1:45—2:45pm	**Panel Discussion: Elizabeth Silverthorne, Rebecca Herman, Aatul Jain, Sophie Velocci, Katie Griggs.** Mentoring Future Leaders in Healthcare Foodservice & Nutrition. This insightful discussion will focus on effective mentorship in career development and professional opportunities for future leaders.
2:45 – 3:45pm	**Tonya Pizzuro: Traceability in Healthcare Foodservice: Protecting Patients Through Visibility, Accountability and Food Safety**. Explores how traceability supports patent safety, regulatory compliance, operational efficiency, inventory management and risk mitigation.
3:45—4:00pm	**Q&A**

Featured Speakers

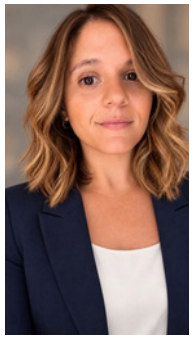
Joe Cabonara is editorial director for Foodservice Equipment & Supplies and restaurant development + design magazines. Prior to becoming Editor in Chief for FE&S in 2004, Joe spent 11 years as a marketing manager for SmithBucklin Corp. As part of that role, Joe spent six years working with the North American Association of Food Equipment Manufacturers. Joe was the proud recipient of the 2025 AHF Presidential Service Award. A diehard Cubs fan, Joe is also a fan of the finer things in life such as an ice cold can of Pabst Blue Ribbon and a dad joke (the cornier, the better).

Caroline Roach PsyD, LPC, LCADC. Caroline is a licensed psychologist, Licensed counselor and Clinical Alcohol & Drug counselor with extensive experience serving diverse and often underserved populations across multiple levels of care. Across her varied clinical roles, Dr. Roach has remained committed to expanding her clinical knowledge and adapting therapeutic approaches to meet the unique needs of each population she serves.

Lauren Slivka MS, RD,CNSC. Lauren is a registered dietitian at Overlook Medical Center with more than 9 years of experience. She graduated from Penn State University with her Bachelor's in Nutritional Sciences, and completed her dietetic internship and received her Masters Degree at University of Buffalo. She also has her certified nutrition support specialist (CNSC) certification, and several years experience prescribing both parental and enteral nutrition interventions. Lauren helps empower patients to set and achieve sustainable lifestyles changes for a variety of medical conditions.

Elizabeth Silverthorne, DCN, RD. As a registered dietitian and Doctor of Clinical Nutrition, Ms. Silverthorne brings more than two decades of experience in healthcare leadership, clinical nutrition, foodservice operations and education. She currently serves as director of Food & Nutrition Services for Saint Clare's Health, overseeing services across three hospital campuses while also coordinating the health system's comprehensive Metabolic & bariatric Surgery program.

Featured Speakers



Rebecca Herman MS, RD. Rebecca brings 10 years of dietetics experience to her role as Regional Food Service Director, where she oversees food service operations and clinical nutrition services across 12 acute care facilities. Her background includes work as a clinical dietitian and four years as a Clinical Nutrition Manager. She serves as a current board member for the Association of Healthcare Foodservices New Jersey Chapter and served as President in 2024 when the chapter was recognized as *Chapter of the Year*.

Sophie Velocci, MS, RDN. Sophie is a Clinical Dietitian at Morristown Medical Center. Sophie earned her Master of Science in Nutrition & Food science from Montclair State university. along with her didactic program. Sophie previously served as the first student representative on the AHF New Jersey Chapter Board, where she became involved in connecting students and emerging professionals with opportunities in healthcare foodservice. As a new Registered dietitian, she, she is passionate about continued professional growth, mentorship, and encouraging the next generation of nutrition and foodservice professionals to become involved, build connections, and explore leadership opportunities early in the careers.

Chef Aatul Jain, MSML, CDM, CFPP.
Chef Aatul is an accomplished chef, currently at the helm of the stoves at St. Peter's Health Systems in central New Jersey. He was born and raised in India. He's a proud graduate of the Culinary Institute of America (CIA), a certified Dietary Manager and holds a MS in Management and Leadership. His experience includes fine dining catering, Michelin star restaurants, volume food service production in B&I and Healthcare within the self op and contract management realm. Aatul believes in transformational leadership and lives with the mantra: dream and you shall see it, ask and ye shall receive.

Featured Speakers

Katie Griggs MS, RDN. Katie is a Community Dietitian passionate about making nutrition simple, practical and accessible. She has an interest in supporting individuals & communities experiencing food insecurity.

Tonya Pizzuro, is a National Accounts professional with US Foods, where she partners with healthcare and other complex organizations to develop foodservice solutions that balance operational needs, financial performance, innovation, and the overall dining experience.

With a career built around customer relationships and strategic account leadership, Tonya brings a practical, field-level perspective to the evolving world of healthcare foodservice. She has worked closely with healthcare organizations, foodservice operators, culinary teams, and industry partners, gaining firsthand insight into the challenges and opportunities facing healthcare dining today.

Tonya is particularly passionate about the future of healthcare foodservice and the opportunity to move beyond traditional models of patient and resident dining.

Educational Credits

Academy of Nutrition and Dietetics
5.5 Credits

Association of Nutrition &
Food ServiceProfessions
5.5 Credits

American Culinary Federation
5.5 Credits

Registration is open to all
Food & Nutrition Professionals

AHF
Association *for* Healthcare Foodservice
New Jersey Chapter

Venue

A portion of the proceeds generated from this year's conference will be allocated to the AHF National Scholarship Fund to help provide conference opportunities through scholarship support.

Registration Form

Member Of:

☐ AHF-NJ ☐ AND ☐ ANFP ☐ ACF

(PLEASE PRINT& SUBMIT PAYMENT BY CHECK)

Name: _____

Title: _____

Facility: _____

Address: _____

_____

Email: _____

Phone: _____

Registration is Due By: November 9, 2026 Registration Fee: $40 per AHF-NJ Member attendee $75 per Non-Member attendee. First time members join for 2027+

Conference fee is $155.00, savings $10.00

Website Registration & Payments can be made via PAYPAL
http://ahfnj.org
OR
Scan/email the form to sharon.mulzac@dhs.nj.gov

Send check payable to **AHF-NJ** w/ form to
Jessica Phillips
28 Mendham Avenue
Morristown,NJ 07960