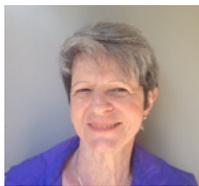


Speakers



Kim Frinzell is honored to serve as the California Department of Education Nutrition Services Division Director. She joined the Nutrition Services Division team in 2013 and is inspired by the dedication of the over 270 professionals who make up the division. The Nutrition Services Division oversees seven federal Child Nutrition Programs and holds teamwork, collaboration, integrity, and making a positive difference as core organizational values. Prior to joining the Department, Kim was with the California Department of Public Health, Women, Infants, and Children program for 11 years. She received her Bachelor of Science degree in Agricultural Science from the California State University, Fresno and is a registered dietician with over 25 years of nutrition policy and public health experience.



Dr. Sigman-Grant retired as an MCH and Nutrition Specialist and Professor with the University of Nevada Reno Cooperative Extension in 2015, prior to which she was an Associate Professor at Penn State University. Throughout her extensive career as both a practitioner and academician, she has devoted her efforts to improve the lives of children and their families. In addition to serving on the 2017 Healthy Eating Research-Robert Wood Johnson's Expert Committee for Infant and Toddler Feeding Guidelines, she served as Guest Editor for the JNEB WIC Breastfeeding Supplemental Issue. Madeleine has worked with the NV Dept. of Health & Human Services, Division of Public and Behavioral Health as well as with the National Academy of Sciences Institute of Medicine; National Institutes of Health; American Academy of Pediatrics; Academy of Nutrition and Dietetics; and International Life Sciences Institute. In 2012, she was named Nevada Dietitian of the Year and was inducted into the Medela Breastfeeding Hall of Excellence. She received the 2014 Western Region Award in Excellence in Extension as well as a Nevada Women of Achievement Award. Dr. Sigman-Grant earned a BS in Nutritional Sciences (specialty-dietetics) from UCLA; an MS in Nutrition from Loma Linda University; and a Ph.D. in Nutrition from the UC Davis. She is currently an Associate Editor for JNEB as well as a technical writing consultant.



Paula James, Director of the CocoKids, Child Health and Nutrition Program. Working for over 30 years to improve the eating and activity environments in early care settings. Her program has developed tools to assist child care settings in assessing their nutrition and physical activity environments. Actively involved in advocacy for the Child and Adult Care Food Program and public policy efforts focused on prevention of childhood overweight. Paula serves on the board of the National Child and Adult Care Food Program Forum, chairs the Child Care Food Program Roundtable, serves on the Steering Committee of the CA Strategic Alliance. She is a member of USDA Paperwork Reduction Task Force and the USDA CACFP Technical Assistance Task Force.



Andrea Farmer, MS, RD is the chief of the Community Meals Branch in the Policy and Program Development Division of USDA's Child Nutrition Programs. Her responsibilities are the Child and Adult Care Food Program (CACFP) and the Summer Meal Programs. Andrea has been with FNS for six years; prior to her role as branch chief, she served as a nutritionist and led the USDA effort to create resources and guidance materials to help child care centers and home providers meet nutrition, physical activity, and screen time recommendations. Before joining FNS, Andrea found her passion for the Child Nutrition Programs at the CACFP State agency level as a compliance specialist. Previously, she held a number of diverse positions including adjunct professor in nutrition and fitness, private practice nutrition consultant, clinical and food service dietitian, and small business owner.



Jesus Mendoza JR, became Regional Administrator with the U.S. Department of Agriculture Food and Nutrition Service, Regional Office, in May 2014. In this Western position, Jesus oversees 15 nutrition assistance Indian Tribal programs in eight states, three territories, and Organizations. Jesus' goal is to create a positive change in programs that serve vulnerable Americans by building partnerships with federal, state and local agencies to maintain the integrity, access and nutritional quality of these programs. Jesus began his career with FNS in 2002 as a Program Specialist with the Special Nutrition Programs (SNP) and served as SNP Section Chief and Regional Director and Deputy Regional Administrator prior to his current position. Before that, Jesus served as Program Officer for International Planned Parenthood and worked for the World Wildlife Fund, and served in the Peace Corps and U.S. Army. A native of Laredo, Texas, Jesus earned a Bachelor's degree from Southwest Texas State University and a MA from Clark University.



Geraldine Henchy, Director of Nutrition Policy at FRAC. Geri is a member of the Institute of Medicine's Committee to Review the Child and Adult Care Food Program Meal Requirements which has the task of creating nutrition standards to bring the meals served into compliance with the Dietary Guidelines. Geri is the current chair of the policy committee of the American Public Health Association's Food and Nutrition Section. She currently serves on the Paperwork Reduction Task Force. She provides clarity to CACFP organizations on monitoring and informing the regulatory and policy environment.



Angela Kline, JD, Director of Program Policy in Child Nutrition Programs at USDA. In that role she develops policy for the National School Lunch, School Breakfast Programs, the Child and Adult Care Food Program and the Summer Food Service Program. Angela has worked at the Food and Nutrition Service since 2008 and has served as Director since 2014. Prior to joining Child Nutrition, Angela served as the Branch Chief of program policy in SNAP for five years. Angela first joined USDA as a staff attorney issues for the Office of General Counsel at the Department of Agriculture, where she worked on Food and Nutrition issues for 7 years. She is a graduate of the University of Virginia and received her law degree from the University of Pittsburgh.

Presenters Include:

Special Luncheon Presenter: Wendy Gladney



Wendy Gladney is a Coach, Community Relations Consultant, Motivational Speaker, and Author, Wendy Gladney is an Ambassador for Forgiveness and a multi-faceted businesswoman with close to a quarter century of experience in the community. Her many different sides come together under the umbrella of Wendy's Enterprises; consisting of Personal Services Plus Consulting Firm (PSP), Forgiving for Living, Inc. (FFL) and Wendy, the Author & Speaker. As a professional Consultant and Community Relations & Development expert, Wendy has worked with many of the leading community-based organizations and corporations in America; all while building a reputation of delivering service with a "plus." As a consulting firm, PSP helps its clients achieve their overall goals pertaining to Community Relations, Engagement & Development, Strategic Marketing & Branding, and Liaison Outreach. As a certified coach, Wendy also offers Life & Leadership Coaching. She is a native of Southern California and received her Bachelor of Arts degree in Political Science, from the University of California, Los Angeles (UCLA). For more information visit www.wendygladney.com



Laura Vollmer is a Policy Analyst at the University of California's Nutrition Policy Institute, where she helps to coordinate the National Drinking Water Alliance, a national network of allies working to ensure that all children in the US can drink water in the places where they live, learn, and play. In addition to contributing to NPI's work on drinking water, Laura also contributes to research on food security and the charitable food assistance system, and the impact of community nutrition and physical activity on children's health. Laura is a registered dietitian and holds a BA in English from Wesleyan University and an MPH from the University of California, Berkeley.



Holly Prestegaard is a CACFP Team Lead with USDA Food and Nutrition Service at the Western Regional Office in San Francisco. In this role she provides administrative oversight, training, and technical assistance to CACFP stakeholders. Prior to working for the USDA, she held a variety of positions including nutritionist for a local Head Start program, clinician dietitian for the Department of Veteran Affairs, and nutrition consultant for state and local agencies that deliver training to early care and education professionals.



As a Health Specialist with YMCA Childcare Resource Services, **Cecilia Morley** provides nutrition and physical activity professional development. She has been developing and implementing health and cultural competency programs since 2009. With a Dietetics and WIC background, Mrs. Morley is passionate about combating childhood obesity.



Christina Burger is a Team Nutrition Coordinator for Nebraska Team Nutrition. In this position she works to provide training and technical assistance to childcare providers across the state in regards to Team Nutrition projects: the 2016 updated CACFP meal pattern, nutrition education for children through the EatPlayGrow™ curriculum, Family Style Dining, Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) as well as providing engagement to child care providers and parents through managing the Nebraska Team Nutrition Social Media platforms. Christina completed her master's degree in Community Nutrition and Health Promotion in 2014 from the University of Nebraska, and is currently working on her PhD in the same field. Specifically, she is researching how the updated CACFP meal pattern impacts childcare provider's practices across the state. She has a unique understanding of local early childhood practices and continues to foster relationships with providers which will be a benefit to this project.



Melissa Cannon is a Policy Advocate at California Food Policy Advocates (CFPA) where she works to promote access to food for low-income Californians through federal, state, and administrative advocacy. Currently she leads CFPA's campaign to increase funding for serving healthy meals to low-income children in child care, also known as the campaign to #FundFoodWithCare. Melissa brings to CFPA her unique background as a Registered Dietitian, having worked for nearly 10 years to promote access to food for low-income rural and urban communities.



Lori Johnson is the Senior Implementation Specialist for Minute Menu Systems, LLC. Minute Menu Systems offers comprehensive management systems for child care agencies and providers operating under the auspices of the federal Child and Adult Care Food Program (CACFP). In addition to her current 8 year tenure with Minute Menu, Lori has thirteen years of experience with a large non-profit CACFP sponsorship, and over 20 additional years in early childhood care and education. Lori has presented workshops for NCA, CCFP Roundtable, NAFCC and Minute Menu Boot Camp Conferences.



Kyuna Ward-Gonzales - Choices For Children CDI, CA- has been a Licensed Zumba Instructor for over 8 years. Zumba is a fun, awesome, easy to follow workout, where you can dance to great music with great people and burn a ton of calories She has also worked with CDI/ Choices For Children as a Nutritionist for the Food Program since 2004.

Presenters Cont'd



Gwen Holcomb is a Lead Program Analyst with USDA, Child Nutrition (CN) Programs, Nutrition and Technical Assistance Branch. In her role, she is instrumental in developing and implementing technical guidance related to school meals and CACFP, the CN Labeling Program, food crediting, and meal pattern requirements. She daily works with the industry, State agencies and school program operators to ensure they understand proper procedures for documenting food crediting information. Prior to joining FNS in 2012, Gwen worked with USDA, Agricultural Marketing Service (AMS), Child Nutrition (CN) Labeling Office. She served as the team lead for AMS, CN Labeling Office. She was the coordinator of the AMS CN Labeling Workgroup and played a pivotal role in revising the "Industry Guidelines for Preparation of Quality Control (QC) Program for Meat, Poultry, Seafood and Non-meat CN Labeled Products." Gwen has Bachelor of Science Degree in Food Science from the Pennsylvania State University.



For over 20 years, **Stephanie Clarke** worked in the CACFP most recently managing a sponsorship over 325 childcare providers. Community Child Care Council of Alameda County is a recipient of a USDA "Building for the Future" Award for their outstanding training and technical assistance. They were also awarded a "Public Health Champions" award by the National Community Based Organization Network. The agency also provides application assistance for Calfresh and health and safety training for child care providers. Stephanie's experience also includes grant writing for nutrition and health projects that benefit child care providers, children and families. Such projects include healthy eating, physical activity, obesity prevention, asthma-friendly environments, child care gardens and composting.



Deborah Zaragoza is the Nutrition Program Manager at Child Development Associates (CDA), in Bonita, CA. Her program supports over 1,200 Licensed Child Care Providers which serve over 14,000 children annually throughout six counties in South California. With 31 years of experience and affiliation to CACFP, Deborah has a robust knowledge of the CACFP program requirements and regulations. As a previous Licensed Child Care Provider and Program Outreach Coordinator, Deborah understands how valuable the CACFP program is to child care providers and children. She currently serves as an active member of the California Roundtable Advisory Board and the National CACFP Forum. Deborah's career commitment is to ensure all children receive a well-balanced nutritious meal that will support their healthy development and growth.



Reynaldo Green is the Vice-President of Nutrition and Health at Quality Care for Children located in Atlanta, Georgia where he oversees statewide nutrition programs such as the USDA Child and Adult Care Food Program (CACFP), Summer Food Service Program (SFSP) and quality improvement initiatives such as Chefs for Young Children and Farm to Early Care and Education. With 20 years of nonprofit experience, Reynaldo ("Rey" to many) has previously worked with local organizations provider services for children and adults with disabilities, such as the Brain Injury Association of Georgia. His most proud volunteer efforts include mentoring African-American male youth as early as 4th graders – with more almost 40 currently attending college students, serving in the military or completing the last year of high school. Reynaldo, a native of Los Angeles, is a graduate of Morehouse College and recipient of a local NAACP award for community service.



Zainab Rida is a Registered Dietitian who works at Nebraska Department of Education. She has been involved in promoting health and wellness professionally and academically for more than sixteen years. As the current Director of the Nebraska Team Nutrition Program (NE TN), Zainab has implemented building healthy school and child care environments by developing a comprehensive nutrition education program for early childhood programs via an environmental approach to improve nutrition and physical activity related policies, behaviors, and practices at child care facilities. Additionally, Zainab has been working across a wide variety of disciplines collaborating with many experts in an effort to design empirical strategies to create social and physical environments that promote good health in Nebraska. Throughout her career, Zainab has developed, delivered and evaluated many professional development trainings and shared her knowledge and experience with others at conferences and webinars on both the state and national levels. Zainab enjoys teaching college students in her other current position of an Adjacent Professor at the University of Nebraska-Lincoln.



Elyse Homel Vitale is a Senior Advocate for California Food Policy Advocates (CFPA). In that role, she leads CFPA's annual administrative advocacy development process; directs CFPA's early childhood advocacy initiatives; and specializes in policy advocacy related to child nutrition. Elyse holds a Masters of Public Health from UCLA, and joined CFPA in 2010. She has over 10 years of experience leading public health, social services, and advocacy efforts with policy makers, state agencies, schools, community organizations, public health departments, academic researchers, grassroots organizers and multi-partner coalitions.



Presenters Cont'd



Barbara J. Smith is a Senior Program Analyst, Food and Nutrition Service Child Nutrition Programs, Program Monitoring Branch. Her primary responsibilities are serving project team leader in CACFP Management Improvement Initiative projects and an FNS level point-of-contact on

CACFP related matters. She also assists Regional Offices in conducting management evaluations. She has been recognized for special efforts in providing guidance to regional, state and local staff in the administration of the CACFP and for excellence in the development and updating of training materials for CACFP. An integral component of her responsibilities is to make presentations on program-related topics to multifaceted audiences which include CACFP professional organizations; FNS regional office staff; federal, State and local agency officials; OIG and USDA auditors and investigators; CPA auditors; civil rights and advocacy groups; grass roots organizations; and program participants. Prior to joining the staff at the Food and Nutrition Service, she was the CACFP coordinator for the DC State Agency for 17+ years. She has a BS degree in Foods, Nutrition and Institution Management from Hampton Institute; a MS in Food Service Management from Michigan State University and has pursued doctoral studies at the University of Maryland. She is also a graduate of the FNSU Leadership Institute and has received numerous FNS awards and Certificates of Merit for exceptional performance.



Daniel W. Hatcher, MPH, is Director of Community Partnerships for the Alliance for a Healthier Generation, a national nonprofit working to empower schools, companies, community organizations and families to transform the conditions and systems that lead to healthier kids. For over 10 years, Daniel has helped lead the organization's strategy to ensure all 10.2 million children in afterschool have access to nutritious food, quality physical activity and supportive adults. Follow him on Twitter at @hatchdw.



Children don't do the grocery shopping, meal planning or preparation, caregivers do. **Catherine Stafford** has a passion for helping to ensure children are being served healthy meals. Catherine is the program manager of the Child Health and Nutrition department at CocoKids, which is a sponsor of the Child and Adult Care Food Program for over 500 family child care homes in Contra Costa and Alameda Counties. Catherine has a BS in Community Dietetics, is the co-editor of the Nutrition Edition newsletter and is a former child care provider. Catherine has worked on many nutrition, health and physical activity grants over the years in the hopes of spreading her passion to those who work with children.



Teresa W. Murray serves as the Special Assistant to the Director of FNCS' Civil Rights Division (CRD). In this capacity, she develops and improves strategies and systems that

deliver the Agency's Civil Rights program and ensures access, equality and respect in the Agency's 15 nutrition assistance programs. She is responsible for developing civil rights policy and related guidance, and providing training for State Agencies administering programs and activities that receive Federal financial assistance to maintain compliance with current civil rights and program requirements. She investigates and mediates complex Program Discrimination Complaints, and leads and participates in special assignments that promote non-discrimination in FNCS programs. As a senior member of CRD, she provides a high level of technical assistance to Civil Rights staff and assists the Civil Rights Director in reviewing and developing policies, procedures, reports and communications. Ms. Murray holds over 16 years of legal experience litigating civil rights cases in Federal district and appellate courts. Her career has been dedicated to ensuring equal opportunity and protecting the civil rights of individuals and protected groups. Ms. Murray earned a Bachelor's degree from Howard University and a Juris Doctor (J.D.) from George Washington University Law School.



Elizabeth Moreno is a Registered Dietitian and Nutrition Education Consultant with the California Department of Education, Nutrition Services Division. She has been in state service for over 20 years. Ms. Moreno is currently responsible for nutrition policy

and training projects related to the meal patterns for the Child and Adult Food Care Program in California.



Melissa Manning has a deep-rooted passion for school nutrition. She is owner and founder of My School RD, a consulting company with the vision of schools creating healthier lunch menus. Melissa has 20 years of experience as a child nutrition specialist and nutritional analyst, and wakes up every morning with cheerful enthusiasm for the new day and the challenges it brings. As a former School Meals Initiative Audit Specialist, Melissa approaches the task of nutritional analysis, school district audit preparation, and record keeping with an eye for detail and meticulous organization. She sincerely values the relationships she carries with her clients, who are lifelong customers. Melissa has two delightful children, has mentored CSU Long Beach dietetics students for 15 years, and is on the CSULB Dietetic Internship Advisory Board. In her "spare time," she is founder of a nonprofit organization called Legacy Kids Project, fosters kittens for the animal shelter, dabbles in horse whispering, cooking, and gardening, and is a life coach, encouraging and empowering individuals to reach their highest potential.

Presenters Cont'd



Franny Wong is the Health and Nutrition Manager with Children's Council of San Francisco. Franny works on improving the quality of child care by supporting child care providers in promoting and establishing lifelong healthy habits among the children in care. She has many years of experience in community development and advocacy in public health. Previously, she was the Program Manager for Napa County's Nutrition Education and Obesity Prevention program, coordinating and supporting various nutrition and physical activity projects in schools and workplaces. Franny is currently the President of the Board at Healthy Cooking with Kids, Inc., a non-profit that works on reducing childhood obesity through nutrition education and is the Co-Vice Chair of Shape Up SF, a coalition that works on health equity in San Francisco. She received her B.A. in Biology and Psychology from UC Santa Barbara and her M.S. in Human Nutrition from the University of Sheffield. In her spare time, Franny is an avid rock climber and a triathlete.



Josh Bariuan is a health educator with the YMCA Childcare Resource Service currently working with child care providers under the Wellness Champion Program. He received his BA in Social Science at the University of California, Irvine and holds a Master's degree in Public Health with an emphasis in Health Promotion and Behavioral Sciences. Josh has over 10 years of experience working in early childhood health and behavior. His diversified experience in community and behavioral health provides a comprehensive approach to child care providers seeking to improve their nutrition and physical activity environments.



Heather Ransons is a health educator for the YMCA Childcare Resource Service. In her current role, she provides nutrition and physical activity support and resources to families and child care providers in San Diego County. Heather began her career as a classroom teacher and later found her passion in health education. With her Master's Degree in Education and certification as a nutrition consultant, she hopes to improve the health of our future generation.



Lisa Jimenez has worked for over 37 years in the Child and Adult Care Food Program at Family Resource and Referral Center. She is responsible for the overall administration, supervision and day to day operation of the CACFP for 13 counties in California. Lisa is currently serving on the Child Care Food Roundtable Advisory Council which is dedicated to improving the health and well-being of our children. Lisa is also a member of the Healthy San Joaquin Collaborative and Obesity and Chronic Disease Task Force which promote healthy lifestyles in San Joaquin County.



Dr. Lombardo is President of The OrganWise Guys Inc. and Project Manager of Thriving Communities, Thriving Children II (TCTC2); a \$1.1 million grant awarded to continue obesity prevention efforts with an added emphasis on literacy rate improvement. TCTC2 seeks to expand on the success from TC2 (2013-2016) that included obesity prevention improvements in the Early Childhood arena. TC2 continued the success of HOPE2, a \$2million, six state childhood obesity prevention project funded by the W.K. Kellogg Foundation. Study results from HOPE2 are published in the Journal of the American Dietetic Association, the American Journal of Public Health and the Journal of Healthcare for the Poor and Underserved. Dr. Lombardo received her D.C. from Life College of Chiropractic and was in private practice for 10 years prior to starting The OrganWise Guys Inc., now in its 25th year of operation.



Dr. Gail Frank is a writer/speaker having served 19 years as an Academy Media Spokesperson. She is currently a Professor of Nutrition and Director of an Accredited Internship at California State University Long Beach graduating 319 RDs into the profession as of October 2018. She has authored more than 135 manuscripts (research and descriptive) in peer-review journals. Many of these publications focused on the association of dietary components and risk factors for obesity, hypertension and cardiovascular disease. Gail serves as the Nutrition Advisor for the Children's Hospital of LA, Leadership Education in Adolescent Health and the Orange County Academy of Pediatrics School Health Committee. She has been Chair of the Nutrition Research Dietetic Practice Group (DPG); Nominating Committee Chair and Treasurer of Women's Health DPG; and Treasurer of the Nutrition Education for the Public DPG. She writes free-lance articles and shares sound nutrition advice on Twitter @GigiFood and <http://www.eathealthy.us/>



Madison Fellenz is a Child and Adult Care Program (CACFP) Program Specialist with the California Department of Education (CDE). She provides technical assistance, training, and support to CACFP agencies throughout California. Madison has a bachelor's degree in Nutrition and in August 2019 will earn her master's degree in Public Health with an emphasis in community health education from San Jose State University.



Donna Caeg has been a Child Nutrition Consultant for the past 25 years with the CA Department of Education. Previous to CDE she has worked in Colorado, Michigan and Kentucky in child nutrition. She is married to the same husband and mother to the same children for the past 32 years. In her spare time she enjoys road tripping with her mom, good comedy, good food, good company and enjoying the journey along the way!

Presenters Cont'd



Julia Rauter is a Registered Dietitian and Nutrition Coordinator for PACE Education, where she oversees food service production and nutrition services for roughly 1100 Head Start and Early Head Start children within the South Bay and LA Area. She enjoys being able to influence children through the new and exciting foods that children are exposed to in her program during family meal style service and enjoys having the ability and platform to teach healthy habits young while at the same time encouraging and educating entire families to adapt a healthy lifestyle.



Lyndsey Tapia is a public health profession with a background in Kinesiology and Health Promotion. In her role with the San Diego County Childhood Obesity Initiative (COI), she is part of a team utilizing the collective impact model to engage more than 200 partners across multiple sectors in collaboratively addressing the social determinants of health to advance health equity among vulnerable populations and advancing policies, systems, and environments that support healthy food and safe opportunities for physical activity. Prior to moving to San Diego in 2017, she was the Healthy Chino Program Specialist for the City of Chino where she was responsible for providing programs and services that strived to increase healthy lifestyle options and to improve the lives and well-being of the community from a multi-prong approach. Through those experiences, Lyndsey has been able to fulfill her passion of promoting overall health in the lives of others.



Amanda Dyes-Browning currently serves as the Program Manager for Georgia Nutritional Services, Inc. (GNSI). Mrs. Dyes-Browning started her tenured at GNSI in October 2014 where she leads the team in ensuring support of nutritional and healthy meals be provided to qualified participants on a daily basis. Amanda earned her Bachelor of Science Degree in Computer Science at The University of Louisiana, Lafayette with a concentration in Business Administration. Mrs. Dyes-Browning is deeply committed to ensuring daycare facilities are serving balanced, nutritious meals to children/adults in their care and to help develop sound and nutritious eating habits.



Shelby Beverly serves as the Procurement and Compliance Specialist for Georgia Nutritional Services, Inc. (GNSI). Ms. Beverly started her career with GNSI in December of 2016 and since has been engaged in training and development, programming, and new initiatives that support the health and nutritional habits of children and adult participants of CACFP. In addition to her roles within GNSI, Shelby Beverly has earned two bachelor degrees in Business Administration and Recreation and Leisure Studies from Virginia Wesleyan University and recently obtained her Master's Degree in Public Administration from Central Michigan University. Ms. Beverly is dedicated to making a difference in day to day programs and meal service that contributes to the well-being of young children and adults.



Cecilia Maldonado has over twenty five years experience in management and administration of various programs such as WIC, Nutrition Network, Head Start and Early Head Start and CACFP. She is experience in program development and evaluation. Currently, she is a Nutrition Consultant for Los Angeles County Office of Education - Head Start and Early Learning Division. She is responsible for monitoring and providing training and technical assistance to 16 delegate agencies in the area of nutrition services, nutrition education, USDA Nutrition programs, and food safety and sanitation. Cecilia earned her Bachelor of Science and Master of Science degree in Nutrition and Food Science from California State University, Los Angeles.