

## **The Department of Nutritional Sciences Fall 2026 Seminar Series**

### **"Nourish to Flourish: The Power of Positive Food Parenting"**

**Katherine N. Balantekin, Ph.D., R.D.**

Assistant Professor  
Department of Exercise and Nutrition Sciences  
School of Public Health and Health Professions  
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**Host:**

Mackenzie Ferrante, Ph.D., R.D.N.  
Assistant Professor of Nutritional Sciences  
Rutgers, The State University of New Jersey



**Wednesday, October 21, 2026 @ 2:15 PM**  
**FSNS Building, 65 Dudley Road, New Brunswick, Room 120**

Zoom option: <https://go.rutgers.edu/balantekin-seminar>



In this presentation, Dr. Balantekin will present the latest research on food parenting for children in middle childhood. She will cover the three major domains of food parenting – coercive control, structure, and autonomy support – with a focus on the more positive aspects of food parenting. She will also present data from Nourish to Flourish, a pilot positive food parenting intervention.