

# Summer Nutrition Summit

January 12-13, 2026



# HIGH, LOW, BUFFALO

Fast + Fun  
Networking for  
Summer Meals  
Leaders

Summer Nutrition Summit 2026





# MEET YOUR SESSION LEADS



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# HIGH, LOW, BUFFALO



- Pair up or form a small group (2–3 people).
- Each person shares 3 quick reflections:
  - ✨ HIGH – Something good or exciting
  - 📈 LOW – A challenge or obstacle
  - ❤️ BUFFALO – Anything random, funny, or unexpected!

💡 Tips: Share honestly. Keep it light. Let's learn from each other!

# EXAMPLES

- **High:** Our rural delivery pilot hit 40 new kids this year.
- **Low:** One of our coolers died during the hottest week.
- **Buffalo:** We accidentally ordered 200 extra cases of peaches.

# KEEP THE CONNECTIONS GOING!

Before you leave, try one (or more) of these:

- Connect with someone you'd like to **mentor** or **be a mentee of**.
- **Exchange contact info** – email, LinkedIn, or business cards.
- **Grab a sticker** to signal you're open to chatting or connecting.
- **Take pictures of name tags** to remember who you met.
- **Swap LinkedIn profiles** or follow up on social media.
- **Share a quick note** about something you learned from someone today.



**Tip: Small gestures today can lead to big collaborations tomorrow!**



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