

PARTICIPANT BIOGRAPHY

Name: Sonia Cotto-Moreno, B.S, RD/LD
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Sonia Cotto-Moreno is the Child Care Food Program Director for TMC - Teaching and Mentoring Communities Migrant Seasonal Head Start Program. TMC is a private nonprofit super grantee providing comprehensive services to migrant children in seven (7) states. As a registered and licensed dietitian for the corporation she oversees the Child and Adult Care Food Program (CACFP) and nutrition services for nearly 8,000 children birth to compulsory school age. She consults regularly with peers from a variety of fields to help identify wellness activities to impact children and adults affected by the obesity epidemic. She has a Certificate of Child and Adult Weight Management from the American Dietetic Association and the Program for Infant and Toddler Caregivers. Sonia currently serves on the TexAn Coalition in Texas, a group who was instrumental in developing the Strategic Plan for the Prevention of Obesity in Texas 2005-2010. She has been asked to share her expertise in communicating Hispanic nutrition related health issues and a process for advocating with governing bodies on funding health initiatives, i.e., physical activity and nutrition education curriculum to address obesity in Head Start programs on local television, at migrant coalitions in North Texas, Early Head Start and Migrant Head Start Conferences in Washington, D.C., at the Hispanic Institute in New Mexico and Denver. She has written articles for National Child Care Information Center and NHSA magazine and her advocacy for physical activity in Head Start has been documented by Washington Productions, Inc. Currently completing her UNC MPH practicum experience compiling migrant programs implementation plans for the Office of Head Start's physical initiative I am Moving, I am Learning.