November 2010

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The ALDA Connection is a publication of the Alabama Dietetic Association

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ALDA Mission Statement
The Alabama Dietetic Association serves the public through the promotion of optimal nutrition, health and well-being while advocating for the dietetic profession.

The ALDA Connection

Message from the President...

Dear ALDA Members,

The colors and temperatures of fall are upon us as we welcome the harvest season.

Have you checked out the new ‘Health Care Reform’ link on www.eatright.org? From the American Dietetic Association member’s site, select public policy and the first link is Health Care Reform. The health care reform law signed by President Obama on March 23, 2010 provides many opportunities for dietitians to be included in programs and demonstration projects scheduled for implementation over the next three years and beyond. This section was created to provide ADA members with information regarding a particular interest or area of practice. The programs are listed by the year of implementation; however, our state will make preparations for the deadline up to one year in advance. Health care reform issues are also addressed in the ADA publication “EatRight Weekly” which is e-mailed every Wednesday to ADA members and also available on-line.

The American Dietetic Association is sponsoring the 2011 Future Connections Summit on Practice, Credentialing and Education March 24-26, 2011. The vision for the summit is for a nationwide community of leaders to commit to take the first coordinated steps toward creating a dynamic continuum of education, credentialing and future practice roles that will enable practitioners to position themselves as the nation’s food and nutrition leaders. They are seeking broad representation of dietetics educators, practitioners, and representatives of other organizations who have an interest or share in the future of dietetics practice, credentialing and education. In order to maximize participation, the Summit will be conducted using seven regional sites. A limited number of participants will be selected to participate in each of the regional sites. The Summit registration fee is $300, which includes meal functions and participant materials. To learn more check out the following link: http://www.eatright.org/futurepractice/.

We welcome Debra Bryant to our ALDA Board, recently appointed to our nominations committee. Debra will represent the southern region and will serve with Chairperson Harriet Cloud and Diane Bridgewater.

We were also asked by ADA to appoint a state coordinator to the 'Let's Move' Campaign. We have asked June Barrett, MEd, RD, to fill this position. June is the Administrator for the Child Nutrition School Programs, Alabama State Department of Education and has graciously accepted the appointment and will be working with ADA and various state agencies and programs. We appreciate the interest expressed by so many of our members and I have forwarded your names to June. I am sure she will be contacting you for help!

We look forward to seeing many of you at the ADA Food & Nutrition Conference & Expo in Boston, November 6-9. - One Source with Endless Opportunities for Registered Dietitians.

Susan Miller, MS, RD, LD
2010-2011 ALDA President
Recipes for Healthy Kids Competition:
A Challenge for Educators and Food and Culinary Professionals

On September 7, the United States Department of Agriculture (USDA) launched the Recipes for Healthy Kids competition along with First Lady Michelle Obama. Through this exciting effort, USDA will challenge teams of school nutrition professionals, chefs, students, parents and community members to develop creative, nutritious, tasty and kid-approved recipes that schools can easily incorporate into National School Lunch menus. We need your help in spreading the word about this opportunity for schools, chefs and community members to support this aspect of the Let’s Move! campaign to end childhood obesity.

The competition draws on the talents of chefs, students, parents, and school nutrition professionals to develop tasty, nutritious, kid-approved foods. Chefs will provide culinary expertise, school nutrition professionals will share insight as to what can be accomplished in a school setting, and kids and parents will make sure that students will choose these nutritious items in school and beyond. Winning recipes will increase student’s intake of whole grains, dark green and orange vegetables, and dry beans and peas. Winners will receive cash prizes, national recognition, and a chance to prepare their recipes alongside White House chefs at a national cook-off. Teams can form today and the competition is open through December 30, 2010. Full information is available on the website www.RecipesForKidsChallenge.com.

Your organization can help us let schools, chefs and the community know about the competition by:

· Linking to the Recipes for Healthy Kids competition web page at www.RecipesForKidsChallenge.com. Feel free to use the Recipe for Healthy Kids image in conjunction with the Web site address.
· Notifying individuals that work with schools or chefs about the competition in newsletters or by e-mail. We are targeting the entire school community (school administrators, teachers, students, chefs, school nutrition professionals, parents, nutrition and health professionals, etc.). A sample message is provided below.
· Marketing the competition by circulating the flyer, found online at http://www.recipesforkidschallenge.com/docs/Recipe_Flyer_Website.pdf.

Teams only have until December 30 to submit their recipes! We appreciate your help in involving members of the community in this national effort to provide healthier foods in schools. Together we can make a difference!

We would love to hear about how you have helped communicate this opportunity. Please contact:
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Section Head / Nutritionist
Nutrition & Technical Assistance Section
Child Nutrition Division, Food & Nutrition Service / USDA
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“Let’s Move!” toward healthier food in schools with the Recipes for Healthy Kids competition! First Lady Michelle Obama’s “Let’s Move!” campaign, in association with the U.S. Department of Agriculture, is challenging school nutrition professionals, chefs, students, parents and interested community members to create tasty, healthy, exciting new recipes for inclusion on school lunch menus across the country.

Winning teams will win $12,000 in prizes and be invited to prepare their nutrition-packed recipes alongside White House chefs.

Recipes for Healthy Kids Competition teams should start forming now! Schools and Chefs could connect by signing up at Chefs Move to Schools http://healthymeals.nal.usda.gov/schoolmeals/Chef/ChefsMap.php or through their local community. Take the lead by pulling together team members and start creating innovative recipes. Encourage your school community to get involved NOW!

The clock is ticking! Deadline is December 30, 2010!

1. Get signed up at www.RecipesForKidsChallenge.com
2. Get the Team Together, and
3. Get Cooking!!

Mark Your Calendars Now!
ALDA Annual Meeting
March 16 - 18, 2011
Renaissance Montgomery Hotel & Spa

ALDA Member Receives Huddleson Award

Congratulations to Krista Casazza, PhD, RD as the 2010 recipient of the Huddleson Award for the article “Differential Influence of Diet and Physical Activity on Components of Metabolic Syndrome in a Multiethnic Sample of Children”.

Casazza is a post-doctoral fellow at the University of Alabama at Birmingham where she studies mechanisms underlying population-based differences in metabolism, body composition, and fuel utilization during early childhood.

The prestigious Huddleson Award honors a registered dietitian who was the lead author of a peer-reviewed article that made an important contribution to the dietetics profession and was published in the Journal of the American Dietetic Association during the previous calendar year. The award is bestowed by the American Dietetic Association Foundation and is named for Mary Pascoe Huddleson, editor of the Journal from 1927 to 1946.

Tuskegee District Meeting Schedule

Third Friday of the Following Months:

January
March
May
July
August
October

New Topic Collections on Journal Web Site

The Journal of the American Dietetic Association has added a brand new “Topic Collections” section at www.adajournal.org. This new section currently houses eight collections of articles on a variety of topics, including childhood overweight and obesity, nutritional genomics, polyunsaturated fatty acids, cultural competency, and nutrient analysis. This section also includes every President’s Page since 1995, ADA Position Papers since 2000, and every Journal article that has been tagged with the ADA Evidence Analysis Library icon.

These collections provide readers with a shortcut to the Journal’s extensive archive of articles on the subjects food and nutrition practitioners are most interested in, whether that’s cutting-edge research, dietetics in the news, or emerging topics in practice. With all of these articles collected in one handy place, Journal readers no longer have to spend time searching for the information they need—now it’s just a click away.

Interested in a specific topic not yet featured? E-mail us at journal@eatright.org with your suggestions.

To View the Topic Collections, visit www.adajournal.org.

Celebrating National Healthcare Foodservice Week

Kristen McManus, Coordinated Program, The University of Alabama

Nutrition and Food Services at the Birmingham VA Medical Center went above and beyond to make its foodservice workers feel loved and appreciated during National Healthcare Foodservice Week October 4-8, 2010.

To promote the week, flyers were sent on patients’ trays reminding them to thank their foodservice workers during meal times. Special events were also planned for each day of the week. Foodservice workers enjoyed breakfast on Monday and Tuesday. Breakfast consisted of Krispy Kreme doughnuts and orange juice on one day, and a hot breakfast of scrambled eggs, grits, biscuits, sausage, and bacon on the other. A mid-week lunch was held on Thursday. On this day, foodservice workers had the opportunity to sample two new low-sodium soup products under consideration to be added to the inpatient menu. The week ended with an afternoon snack of popcorn and soda.

Throughout the week, foodservice workers had the chance to answer three different questions about food safety and place each answer in a sealed envelope. At the end of the week, a name was drawn from each envelope. If the question was answered correctly, the foodservice worker received 59 minutes of authorized absence.

Overall, the week was a huge success. Foodservice workers enjoyed good food and fellowship with co-workers. And most importantly, they were rewarded for the countless hours they put in each day at the Birmingham VA Medical Center.
ALDA’s Past Presidents

ALDA Past Presidents from the ALDA State Meeting in March at the Member’s Celebration

Pictured from left to right: Harriet Cloud, Linda Steakley, Susan Scott, Robin Fellers, Evelyn Crayton, Linda Godfrey, Olivia Kendrick, Bea Phillips, Linda DeMarco, Ken Wear, Margie Jenkins, Bonnie Spear, Amanda Brown, Mim Gaines

ALDA Past Presidents Luncheon on Saturday August 21st

From left to right, standing: Linda DeMarco, Debbie Morrison, Olivia Kendrick, Margie Jenkins, Carol Dillard, Carol Craig, Robin Fellers. Seated in chairs, from left to right: Harriet Cloud, Ruth Azar, Bonnie Spear, Kathleen Stitt. Seated on floor, from left to right: Susan Scott, Nedra Wilson, Amanda Brown, Mim Gaines