



CENTRAL ILLINOIS DIETETIC ASSOCIATION

www.eatrightillinois.org/districts/cida.asp

CIDA News

September 2009

Notes from the President



As I write this to welcome all of our 2009-2010 Central Illinois Dietetic Association members, I am amazed another year has passed. I hope all of you are looking forward to time with family and the wonderful smells of autumn; baking of apples, warm apple cider and pumpkin pies. Fall always inspires wonderful memories for me. This is my favorite time of the year.

We are all aware of how precious time is and it is my hope that you will find time in your schedule to attend the wonderful CIDA meetings Betsy Riehle has been preparing for you. Our fall meetings are planned for Sept 23rd and Oct 15th. Look for your email blast from CIDA prior to our membership meetings to obtain meetings location, times etc. Take the time now to add these dates to your calendars, both home and work. We appreciate your attendance.

Being your elected CIDA President please know you are welcome to contact me anytime to discuss program ideas, concerns to share, volunteer opportunities for our March 2010 Eat Em Up Race or just to talk (309-693-4982). sarah.deig@illinois.gov

As my children said when they were little, "Mommy is busy". Today, they are teenagers and ask "will you be back in time to make dinner"? Family time is so important but I want to encourage you to develop your professional "family" and become active in your CIDA membership. One thing I have gained by being an active member in getting to know so many wonderful dietitians in our area. Please consider inviting one of your co-workers to join CIDA. I am looking forward to seeing all of you.

– President Sarah Deig, RD, LDN, CLC

CIDA Fall Programs

Please mark your calendars for these 2 fun, unique meetings! No RSVP is needed. Hope to see you there.

Program #1:



**Wednesday, September 23, 2009
6:00 p.m.**

**RMH Foods
375 Erie Avenue, Morton, IL**

Rocke's Meating Haus (RMH) was founded in 1937 by Jesse Rocke. Four Generations of Rockes' have operated the business. RMH Foods receives pre-manufacturing products from larger processing plants, and then prepares product into portion sizes under their own Italian line, Milano's Italian Grill, and as a co-packer for many major grocery store chains through out the U.S. These products fit into a whole new category in the grocery store's refrigerated meat case, and can be prepared at home in under 10 minutes. The facility at 375 Erie Avenue is a State-of-the-Art production plant featuring the latest technology in protein portioning and saucing capabilities. New Product formulation starts with the Research and Development Department working closely with the customer on flavor profile of the seasoning and sauces for the particular protein. Production facilities include a "Raw" area where products are produced, with 3-5 operating production lines, and a "Cooked" area, where products are final-packed and prepared for shipping. The RMH Sales and Marketing Team can provide marketing data and package design for new products. The company employs about 100 people.

Program #2:



**Thursday, October 15, 2009
6:30 p.m.**

**Ropp Dairy
2676 Ropp Road, Normal, IL**

We will be touring the farm to learn first hand how fine quality cheeses are made.

– *Betsy Perkins-Riehle*

ByLaws

By laws were complete in 2008-2009 with a few amendments made last spring. If anyone would like a copy, please contact me at kanga.ruch@verizon.net. There are 12 pages and they are easily emailed to members. Thank you for your interest.

– *Margery Ruch*, ByLaws Chair

Media News

The Illinois Media Representatives met this summer for media training and planned the media topics for the upcoming year. Below are the topics through June 2010. If you have any specific information or contacts related to the topics below, please contact Julie Schumacher at jmraede@ilstu.edu. Thanks!

Month	Topic
September	Eating on a Budget
October	Back to Breakfast (Importance of Breakfast)
November	Fall Harvest- Fall Fruits- Super Foods
December	Healthy Holiday Meals
January 2010	New Year Resolutions / Keeping Family on Track
February	Hypertension
March	National Nutrition Month/ Weight Management- (ADA theme)
April	Spring Foods / Vegetarian Eating/ Farmers Market
May	Summer Shape Up / Summer Snacks
June	Summer Meals - Grilling

– Julie Schumacher, IDA Media Rep for CIDA

Membership Update

The 2009-2010 year kicks off with 66 members. Current electronic CIDA directories are available and I will be emailing updated versions periodically as new members join. There will be a limited availability of hard copies, including only the personal information of members that joined/renewed by the end of August 2009. I have received emails from some of you indicating you would like a hard copy sent to your home. You will also be able to obtain these at the CIDA meetings coming up. Please contact me at ashsimper@yahoo.com with any membership questions.

– Ashley Simper, Membership Chair

Scholarship Committee Update

The Central Illinois Dietetic Association will be awarding the Jane Strien Memorial Scholarship again this year to an undergraduate college student. The scholarship will be in the amount of \$500.

The scholarship packet is included with this newsletter. It is also available online at <http://www.eatrightillinois.org/Districts/cida.asp>. Applicants must have the packets postmarked or emailed by March 15, 2010. The 2010 recipient will be announced at the meeting in April.

Please encourage students to apply. Contact Kelly Dzwonek at 309-655-4048 or colletk12@hotmail.com with any questions.

– Kelly Dzwonek, Scholarship Chair

JANE STRIEN MEMORIAL SCHOLARSHIP FUND GUIDELINES

The Central Illinois Dietetic Association (CIDA) will award a \$500.00 scholarship to an individual with the following qualifications:

- Undergraduate sophomore, junior, or senior standing in dietetics at the time of application.
- Minimum GPA of 3.0 (on a 4.0 scale)
- Attendance at a college/university or resident of the CIDA area.

The completed application packet must include the following:

1. Completed 3-page application form (available on the CIDA website- <http://www.eatrightillinois.org/Districts/cida.asp>)
2. Essay describing how they see themselves impacting the field of dietetics (limit 1 page single-spaced)
3. Two letters of reference with at least 1 being from a faculty member or professional
4. College transcripts (including classes in progress)

An applicant may receive the award more than once; however a different essay must be written each year the student applies. The scholarship will be awarded at the Spring CIDA meeting in April 2010.

**** Application must be postmarked by March 15, 2010**

Please mail complete application packet to:

For questions please call Kelly Dzwonek at 309-655-4048 (work).

**Kelly Dzwonek, RD, LDN
Scholarship Chair
605 W. Richwoods Blvd
Peoria, Illinois 61604
colletk12@hotmail.com**

CENTRAL ILLINOIS DIETETIC ASSOCIATION

2010

SCHOLARSHIP APPLICATION

Please print neatly or type. All blanks must be complete. Use N/A where not applicable.

I. PERSONAL INFORMATION

Full Name _____

Present Address:

(Street address) _____

(City/State/Zip) _____

(Daytime phone) _____

Permanent Address:

(Street address) _____

(City/State/Zip) _____

II. EDUCATIONAL INFORMATION

Present academic level _____

Major or course of study _____

Cumulative grade point average _____

Grade point average in dietetics or related field _____

Full- or part-time student status _____

Expected graduation date _____

List in chronological order, the high school, colleges, and or universities you have attended.

Name	Address	Degree	Year Graduated/ Degree Received

List any honors, awards, or scholarships received.

Honor/ Award/ Scholarship	Date

III. EXPERIENCE (VOLUNTEER)

List the extracurricular activities that you have been involved in during your collegiate career.
(community, church, professional, and student organizations)

So You Think Your Grocery Bill Is Too High...

On a recent trip to Alaska and the Yukon Territory it was fun to see how much natives were paying for food. When you are complaining about food prices in Illinois look at this article and see how well off we are in this State.

Watermelon	\$12.99	Chicken breasts	\$17.62 kilo
Bananas	\$1.39 pound	Pepsi 12-pack	\$7.99
Tomatoes	\$3.59 pound	Liter Orange Juice in Box	\$3.79
5# New Potatoes	\$5.69	1/2 Gallon Milk	\$4.00
Nectarines	\$3.99 pound	Cracker Barrel Cheese	\$3.79
Pears	\$2.59 pound	2# Imperial Margarine	\$7.19
Red Cabbage	\$3.59 pound	2# Becel Margarine	\$16.99
Cantaloupe	\$5.99	1# I Cannot Believe It's Not Butter	\$4.39
Broccoli	\$2.69 pound	1# Butter	\$4.39
Asparagus	\$4.99 pound	1# Whole Wheat Bread	\$5.36
1# White Bread	\$3.66		

– Lynn Warner, Bloomington