



## **CENTRAL ILLINOIS DIETETIC ASSOCIATION**

[www.eatrightillinois.org/districts/cida.asp](http://www.eatrightillinois.org/districts/cida.asp)

# **CIDA News January 2010**

### **Message from the President**

Dear CIDA Members,

As we move into another year and update our 2010 calendars, be sure to add these exciting upcoming events. As you read this newsletter you will find specific details on our events in your CIDA Board/Committee member reports.

#### **February 2010**

- **Wednesday, February 17, 2010**, membership meeting followed by our guest speaker Wade Siefert, RPh. Betsy Riehle, CIDA president elect, has been working hard to ensure a variety of programs.
- ADA voting begins on **February 1, 2010** through March 3, 2010.

#### **March 2010**

- **National Nutrition Month.** Do you have your 2010 "Nutrition from the Ground UP" NNM program ready to go? I would love to add CIDA to the next IDA newsletter with all the amazing events our CIDA members accomplish during NNM. Send me your pictures and event descriptions so I may share with IDA.
- **Wednesday March 10, 2010:** Happy Registered Dietitian Day.
- **Monday March 15, 2010:** CIDA scholarship deadline.
- **Monday March 22, 2010:** Public Policy Workshop (PPW), Bradley University. We are lucky to have this event so close, in Peoria. We are one of only two locations in the entire state. I would really love to fill the seats of Bradley so please plan on attending this live ADA Webinar.
- **Saturday March 27, 2010:** Our very own Eat Em' Up CIDA Race. We need your help so please contact [mlafont@illinois.edu](mailto:mlafont@illinois.edu) or myself at [sarah.deig@illinois.gov](mailto:sarah.deig@illinois.gov).

#### **April 2010**

- IDA Spring Assembly "NOURISH: Inspire, Motivate and Cultivate" **April 16-17, 2010.** I will see you there.
- **April CIDA membership meeting** date to be determined this will be our last CIDA meeting. We will announce our Scholarship winner and our 2010-2011 CIDA Board/Committee members.
- **Saturday April 24, 2010** CIDA Culinary Fun Food Day.

#### **May 2010**

- **Wednesday May 5, 2010.** IDA Legislative Seminar and Lobby Day. Located at the State Capital Library—located across from the Capital. What a great way to know your legislators, and be active in advocating for our dietetics profession.

Looking forward to seeing you,  
Sarah Deig, RD, LDN, CLC  
CIDA President

## CIDA – Chicago Culinary Tour

**Date: Saturday, April 24, 2010**

**Estimated Cost: \$55.00-\$65.00 per person ( To be determined when costs of Charter Coach and Meals are firm)**

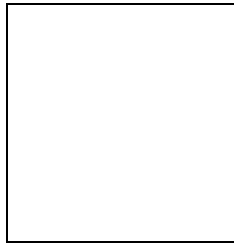
**Estimated Peoria Departure Time: 6:30 – 7:00 AM**

**Pick-Up Points to be determined ( Morton/ Bloomington-Normal/Pontiac/ possible Joliet area)**

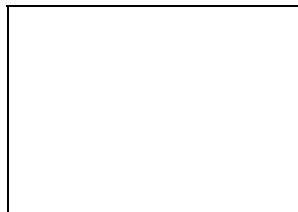
**Estimated Peoria Arrival Time: 8:30 – 9:00PM**

### **Possible Stops:**

- **Oak Mill Bakery:** One of Chicago’s best Polish bakeries featuring European pastries, cookies, tarts & breads. They’ve been in business since the early 1980’s with the flagship store in Niles, IL. They have four other suburban locations.
- **Joe & Frank’s Homemade Sausage:** This is a small, full-service Polish grocery with a large bakery, deli, and fresh meat counter. Here you can purchase Polish sausage or smoked meats. Be sure to check out the hearty rye breads and the unusual jams, syrups, chocolates and pickled vegetables.



- **Gilmart:** This is a bustling Polish grocery featuring great Polish sausage, herring, bacon, pierogi, salads, and many cuts of pork.
- **Pete’s Fresh Market:** The biggest and best Hispanic grocery store in the Chicago area. They have an excellent produce section, a large fresh meat case, more tortillas varieties than you can count, a large selection of Mexican cheeses, fresh and dried peppers, and a terrific variety of typical Hispanic grocery items.

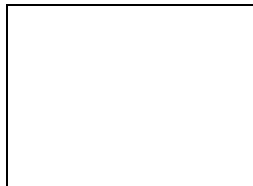


- **Flavore’ Cooking School:** Here, you will be treated to a Lunch Buffet while the chef demonstrates techniques and answers questions about the recipes. You can mingle in the kitchen and browse the retail store’s selection of professional cookware.

- **Todd & Holland Tea Merchants:** One of Chicago's premier tea shops with a knowledgeable and helpful staff. Choose from high quality, estate grown teas, including black, oolong, green and white varieties.
- **Whole Foods Market:** This is a nationwide chain with an emphasis on organic and health foods. The store abounds with fresh produce, quality meats, interesting cheeses, and top quality pastries and breads.
- **Trader Joe's:** This is a fun, California based grocery store with unique imports and gourmet selections. Stock up on bulk chocolates, maple syrup and dried fruits.



- **Penzy's Spices:** This is a great opportunity to stock your spice cupboard from the large selection of spices, herbs, and seasonings.
- **Caputo's Cheese Market:** This store contains hundreds of varieties to choose from with excellent prices. Looking for fresh mozzarella and ricotta for homemade lasagna? This is the place.



- **Joseph's Food Market:** This small family-owned Italian market has all the staples and a wide selection of specialized culinary equipment.
- **Pasta Fresh:** We will visit this culinary tour favorite for fresh pasta. The friendly staff will hand cut your fresh pasta to order.

Please allow for possible itinerary changes. Be aware there is some walking during the Tour. Be sure to dress comfortably, and appropriately for the weather of the day. Bring Medium- Large coolers with ice to keep your perishable foods cold. Be advised that many people on these tours purchase many more refrigerated items than they have room for in a SMALL cooler.

## **Illinois State University Dietetic Internship's Research Forum**

You are invited to the Illinois State University Dietetic Internship's Research Forum. Come listen to the 10 graduating interns present their theses research or independent projects.

When: Monday, April 26<sup>th</sup>, 2010, 6:30-8:30pm

Where: ISU Alumni Center, 1101 N. Main Street, Normal, IL 61761

Approved for 2 credits of CPEU's

Contact Julie Schumacher [jmraede@ilstu.edu](mailto:jmraede@ilstu.edu) with questions.

## **OSF Dietetic Internship 2010 Nutrition Luncheon Series**

Beginning January 15<sup>th</sup>, the OSF Dietetic Interns will begin their 2010 Nutrition Luncheon Series. The presentations are free and provide 1 CPE. The programs are always held in the 700 Auditorium at OSF Saint Francis Medical Center in Peoria; and free valet parking is available in the North Deck. Lunch is provided for \$4. If you do plan to attend, RSVP is required. Call 655-2054 to RSVP. Flyers are sent out prior to each program and if you do not receive one, email Golda Ewalt, [golda.e.ewalt@osfhealthcare.org](mailto:golda.e.ewalt@osfhealthcare.org), with your name and address. Below are the 2010 dates:

1/15/2010	6/11/2010
2/12/2010	7/23/2010
3/19/2010	8/13/2010
4/2/2010	8/27/2010
5/12/2010	9/17/2010

## **2010 Public Policy Workshop**

The American Dietetic Association's 2010 Public Policy Workshop (PPW) is coming up on Monday, March 22<sup>nd</sup> and is extra important this year due to the ongoing process of healthcare reform. The United States Senate and House continue to negotiate a final Health Care bill to present to both chambers, with hopes of getting a plan approved for President Barack Obama to sign prior to the "State of the Union" address later this month. Our hope is the final product will focus more dietitians as the true nutrition experts.

PPW will teach dietitians, interns and students about the importance of public policy in the food and nutrition field and how we can voice our opinions to our representatives locally and in Washington D.C. It is imperative that lawmakers know about the significance of dietitians and the ADA website is an asset in this cause. You can easily contact your lawmakers prior to the approval of the Health Care bill and PPW. Visit the new ADA website ([www.eatright.org](http://www.eatright.org)) and click on the public policy link to find pre-written letters to send to your Congressman or Senator. After you click the public policy link, click on resources, and then find the grass roots manager to download the letter. Feel free to personalize it as much as you want.

It is a very exciting time for those working in and studying foods and nutrition. PPW is a great way to learn more about the importance of public policy in our field. We strongly encourage all CIDA members to attend this workshop. The workshop is free for all members, interns, and students and offers several hours of continuing education. You will need to register for the workshop. Look for this on ADA's website in the coming weeks. Once you have registered for PPW, please e-mail Amanda Newell at [anewell@bradley.edu](mailto:anewell@bradley.edu) to RSVP with what meetings you plan to attend. We will have food and beverages available, so please let us know if you have any food allergies or preferences. We look forward to seeing you all at PPW on March 22<sup>nd</sup>.

## **2010 CIDA 13th Annual Eat Em Up 5K Run/Walk**



This year our 5k Run/Walk will be held on Saturday, March 27, at 8:30 a.m. along the Peoria Riverfront to celebrate National Nutrition Month®. So far, we have the great support of Pat Sullivan of Le Vioux Carre' and Kellerher's and are working on obtaining sponsors. As always, the run will start at the corner of State Street and Water Street in Peoria—near the main Post Office.

The proceeds will benefit: 1) Peoria's Expanded Food and Nutrition Education Programs of University of Illinois Extension – a nutrition education program for limited income families and youth, and the 2) Cancer Center for Healthy Living's nutrition program which serves cancer survivors throughout Central Illinois and also provides cancer prevention education to the general public.

There are many opportunities to participate and we ask for your help in planning and preparing for this event.

***Please consider how you can help us prepare for a successful race.  
Then CONTACT us and Volunteer! ☺***

Marjorie LaFont, MS, RD, LDN  
2010 Race Co-chair  
Telephone: 309-685-3140 Ext.16  
Fax: 309-685-3397  
Email: [mlafont@illinois.edu](mailto:mlafont@illinois.edu)

Sarah Deig, RD, LDN, CLC  
2010 Race Co-chair  
Telephone: 309-693-4982  
Fax: 309-693-4990  
Email: [sarah.deig@illinois.gov](mailto:sarah.deig@illinois.gov)

(Thanks to Golda Ewalt for the picture.)

## **UPCOMMING CIDA Winter Program**

Our next CIDA member meeting is Feb 17th. 2010 at OSF Saint Francis Medical Center 6:30pm 7th Floor Auditorium.

Our guest speaker is Wade Siefert, RPh. of Preckshot Professional Pharmacy. Wade will be presenting on "Herbs and Supplements: An Evidenced-Based Approach". He will provide an evidenced based approach to nutraceuticals and diet. This will be an interactive meeting to discuss how to look for information, where to look, what constitutes reliable information and how to properly use supplements for certain disease states. This is your opportunity to ask questions regarding the use of supplements for yourself, your family, your clients!

Please put this date on your calendar and plan to attend.

We will have a short member meeting at 6:30pm prior to the program.

## **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

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List any honors, awards, or scholarships received.

Honor/ Award/ Scholarship	Date

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**III. EXPERIENCE (VOLUNTEER)**

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

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