



Message from the President

Jennifer Hinman MS, RD, LDN

As temperatures cool down and the landscape changes color, I trust that everyone is enjoying the lovely fall weather. We have finalized our upcoming programs for the next few months and hope to see many of you attend. On November 9th (PLEASE NOTE THE DATE CHANGE), the program will be Nutrition and Cancer: An Overview and Practical Tips for Symptom Management, presented by Donna Mueller, MS, RD, LDN, CSO, it will be at OSF 7th floor Auditorium. The other program we have planned for you is January 26th, regarding an update on Bariatric Surgery, presented by Lori Walters, RD, LDN, it will be at the Morton Public Library.

I would like to take the time to thank each of you for being such a valuable member of CIDA. If it was not for you, your recommendations for speakers, your attendance, your donation of time, CIDA would not be as strong as it is.

I look forward to seeing you in November.

Upcoming Events

Last-Minute Notice!

Wednesday, October 19th

Central Illinois Breastfeeding Taskforce Fall Meeting
Peoria, IL

November 9th (please note date change!)

CIDA Meeting – Nutrition and Cancer
Peoria, IL

January 26th, 2012

CIDA Meeting – Bariatric Surgery Update
Morton, IL

March 31, 2012

CIDA Eat 'Em Up Fun Run/Walk
Peoria, IL

April 12, 2012

CIDA Meeting – Grocery Store Tour
Peoria, IL

April 20-21, 2012

Illinois Dietetic Association Spring Assembly
Marriott Hotel, Oak Brook, IL

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UPCOMING MEETINGS

Wednesday, November 9th, 2011

(Please note date change!)

OSF Saint Francis Medical Center, 7th Floor
Auditorium

6:00-6:30PM Business Meeting
6:30-8:30PM Nutrition and Cancer: An
Overview and Practical Tips for
Symptom Management, Presented
by Donna Mueller, MS, RD, LDN,
CSO

Thursday, January 26th, 2012

Morton Public Library

6:00-6:30PM Business Meeting
6:30-8:30PM Bariatric Surgery Update,
Presented by Lori Walters, RD,
LDN

Thursday, April 12th, 2012

Peoria Hy-Vee Grocery Store

6:00-6:30PM Business Meeting
6:30-8:30PM A Taste of the Grocery Store
Presented by Susan Waltrip, MS,
RD, LDN

My name is Jen Peters and I am a registered dietitian and member of the Central Illinois Breastfeeding Taskforce. We wanted to spread the word about our fall conference this year on October 18th and 19th with our guest speakers Liz Brooks and Catherine Watson-Genna. The main session is on Wednesday, October 19th from 8-5:30 with an optional evening session on Tuesday, October 18th from 5:30-8:30 pm. Conference attendees can receive up to 8 CEU's. You can find all of the information about the conference if you follow this link: <http://www.centralillinoisbreastfeeding.org/fall-conference>. I apologize for the late notice about this as the "early bird" deadline has passed, however, I know that it is license renewal time and some dietitians may still need the CEU's! Please let me know if you have any questions. Thanks so much! Jen Peters, RD, LDN

Congratulations to Julie Schumacher!

Our house has officially expanded by 4 feet!!

Welcome Evan and Jaden!!

Evan John: 4# 6oz and 17"

Jaden Edward: 5# 12 oz and 17 ½"

Born around 2:00 Friday 9-2-11.

Everyone is doing well after spending some extra days in the hospital.



IDA Grants and Awards

Margery R. Ruch, Karen Watt

The 2012 IDA award guidelines are as follows: Along with the application please submit at least 3 letters of recommendation.

Outstanding Dietetics Educator

The purpose of the Outstanding Dietetics Educator Award program is to recognize the teaching, mentoring and leadership activities of faculty and preceptors in CADE-accredited and approved dietetics education programs. Each state is allowed to recognize one educator from each type of dietetics education program (Didactic Program in Dietetics, Dietetic Internship, Coordinated Program and Dietetic Technician Program) within the state. **Application Deadline: December 15, 2011**

Affiliates are encouraged to recognize qualified dietitians within their affiliate.

Recognized Young Dietitian of the Year (RYDY)

Members eligible to receive this honor should be 35 years of age or younger and demonstrate leadership qualities and performance in legislation, research, public relations, education, community outreach, management, and other areas related to the profession. Their contributions on the job and in the community will merit this recognition. **Application Deadline: January 15, 2012**

Recognized Dietetic Technician of the Year (RDTY)

Award recipients are selected by their affiliated dietetic associations. They demonstrate leadership qualities and performance in the Association or their employment through education, clinical nutrition, foodservice management, public relations, career guidance and legislation. **Application Deadline: January 15, 2012**

Emerging Dietetic Leader Award

This award recognizes the competence and activities of members, regardless of their age, who are at the beginning of their dietetics careers. Members who receive this honor support the promotion of optimal health and nutritional status of the public through demonstrating leadership in legislation, research, education, management and other areas related to the profession. **Application Deadline: January 15, 2012**

Outstanding Registered Dietitian of the Year Award

This award recognizes those individuals who receive the affiliate's top member award. Please use the data sheet to submit the information on the recipient of the ODY. The list of ODY recipients selected for the year is published in a fall issue of the Journal of the American Dietetic Association. **Application Deadline: January 15, 2012**

For details on award recognition, ADA requirements and submission forms go to the IDA web site www.eatrightillinois.org and click on the members only section.

I am looking forward to answering any and all questions. Please contact me at home (309)622-1084 or cell (309) 824-6595, kanga.ruch@frontier.com. Thank you!

In early September a group of CIDA members was privileged to tour Keith Crotz's organic vegetable farm, learn about organic farming and taste some unique recipes. The following are tips and recipes from the tour for those who were unable to attend.

Top 5 Reasons to Buy Organic

- 1) Locally grown food tastes and looks better.** The crops are picked at their peak of ripeness, and products like cheeses are hand-crafted for best flavor.
- 2) Local food is better for you.** Less nutrients are lost during transportation from far-away farms.
- 3) Local organic food is safe.** Local farmers look you in the eye at their farm or market and they take their responsibility to the consumer seriously. Organically grown food also contains no potentially harmful pesticides.
- 4) Local food supports local families.** Local farmers who sell directly to consumers cut out the middleman and get full retail price for their food – which helps farm families stay on the land.
- 5) Local food is an investment in the future environment and economy.** By supporting local farmers today, you are helping to ensure that farmers will stay in business, contributing to food security and preservation of fossil fuels.

Summer Spelt Medley

1.5 c uncooked spelt
1 medium red bell pepper, chopped
¾ c chopped, seeded cucumber
1 medium carrot, shredded
½ c sliced radishes
2 green onions, sliced
2/3 c low-fat mayonnaise
2 T lemon juice
¼ t salt
1/8 t cayenne pepper

In a medium saucepan, combine the spelt and enough water to cover spelt by 2 inches and bring to a boil. Reduce heat and simmer, uncovered, for roughly 1 hour or until tender. Drain and place cooked spelt in a large bowl. Add bell pepper, cucumber, carrot, radishes, and green onions and mix well. In a small mixing bowl, whisk mayonnaise, lemon juice, salt and cayenne pepper

together. Add to spelt mixture and toss to coat. Cover and chill at least 1 hour before serving.

Caprese Salad

4 large tomatoes
1 lb mozzarella
¼ c loosely packed basil leaves
4 T extra virgin olive oil
3 T balsamic vinegar
Sea salt and pepper to taste
Slice tomatoes and mozzarella. Place tomatoes on a large platter and top with a slice of mozzarella and a basil leaf. Drizzle tomato stacks with olive oil and balsamic vinegar. Lightly season with salt and pepper.

Goat Cheese with Honey, Thyme and Pepper

4 oz goat cheese
¼ c wildflower honey
Leaves from 4 sprigs of thyme
1 T nuts (pinenuts, walnuts or almonds)
Freshly ground pepper to taste
Place goat cheese on a platter. Drizzle honey on cheese and around platter. Sprinkle with fresh thyme leaves and ground pepper. Serve at room temperature with crostini or crackers.

Apples Foster

¼ c butter
1 c brown sugar
¼ c sugar
½ t cinnamon
¼ c caramel liquor
1 T raisins
2 large apples, peeled, cored and sliced
¼ c dark rum
4 scoops vanilla ice-cream
Melt butter and sugars in heavy skillet or flambé pan over med-low heat, stirring constantly until sugar is dissolved. Add apples, spiced, raisins and caramel liquor. Saute until apples begin to soften. Carefully add the rum. Once the rum is hot, gently tip pan and ignite rum. When flames subside, scoop the apple sliced out of the pan and serve over ice-cream. Generously top with warm sauce and serve immediately.

