

CIDA NEWS

MARCH 2006

Letter from the President

Spring is just around the corner and CIDA is "springing" with opportunities for members to get involved.

- February 6th through March 22nd – Let your voice be heard and vote in the 2006-2007 IDA's election. Ballots were mailed in the February IDA newsletter and candidate profiles are available on www.eatrightillinois.org. If you don't have access to a computer, please contact Terry McBride at (309) 364-2919 and she will mail you a hard copy of the candidates' profiles. Mardell Wilson, CIDA member, is running for Downstate Delegate.
- Saturday, March 4th – Up to thirty-six CIDA members will participate in the Choices and Changes workshop. This interactive workshop will teach dietitians how to better influence patient health behavior from compliance with medication regime's to curbing risky behaviors. Advance registration was required to attend.
- Saturday, March 25th – CIDA is sponsoring their 9th Annual Eat Em' Up! Run/ Walk Race. Proceeds raised will benefit the Peoria Area Anti-Hunger Coalition. Thanks to Marjorie LaFont and the race committee for the thought and time they've spent planning for this race. Show your support by inviting friends, family and coworkers to join you in the race, donate a gift basket or money for door prizes or volunteer to help out with the race. Contact Linda Curless for volunteer opportunities and contact Golda Ewalt for door prize items.
- To register for the CIDA Eat Em' Up! Fun Run/Walk, go to: <http://www.active.com> for the entry application.
- April 7th and 8th – CIDA members are invited to attend IDA's 2006 Spring Assembly, "Nutrition All Around Us," in Oak Brook. A variety of topics will be covered. Visit www.eatrightillinois.org for further information on topics and a registration form.
- Monday, April 10th – the last program meeting of the year, "Taste the Future," will be held at Illinois Central College's North Campus. It will feature ICC's culinary arts program. Please remember to come at 6:00 PM for the business meeting. The 2006-2007 board will be announced and awards will be presented during the business meeting. The Eat Em' Up Run will also give a report on the race.

I hope that all members will take advantage of the many opportunities available this March and April. It's up to each of us to show our support in advancing the field of dietetics through voting in IDA elections and attending IDA and CIDA sponsored continuing education programs. It's also up to each of us to promote dietetics in our community through supporting the Eat Em' Up Run.

Have a Happy March Nutrition Month!
Jennifer DeHoog, CIDA President

CIDA Eat 'Em Up Fun Run

Plans for the 2006 9th Annual CIDA Eat 'Em Up 5K Run/Walk are going very well. Mark Saturday, March 25, 2006 for the big day. We need help distributing registration flyers in Peoria. Linda Curless has spots for volunteers on Race Day.

Bag stuffing is Thursday, March 23, 2006 beginning at 4:30 p.m. at Arts Partners office (above Le Vieux Carre'-go upstairs in space between Rizzis and Rhodell Brewery). Thanks to a great committee who pulled together in September to get the 2006 race organized.

CIDA Volunteers: Sponsors – Jenny Cline and Kellie Corbett, T-Shirts – Golda Ewalt and OSF Interns, Bags – Julie Schumacher & ISU Interns, Awards – Sue Curless, Volunteers – Linda Curless, Food – Karen Hutton, Flyer – Kim Kelly, Flyer Distribution and Advertising – Margery Ruch, Mardell Wilson, Holly Miller, Treasurer – Donna Mueller, Registration – Betsy Perkins, Door Prizes – Golda Ewalt & Laura Babs.

Jenny and Kelli did a great job on sponsors. We have eleven paid sponsors. For site sponsors, we have Le Vieux Carre', Rizzis, Rhodell Brewery, RMS, Kelleher's, The Waterhouse and Arts Partners. The race is part of the Illinois Valley Striders Grand Priz series and the Lake Run Club Racing Circuit. Go to www.active.com to register for the race. Proceeds from the 2006 Race will go to the Peoria Area Anti-Hunger Coalition. The Coalition provides support to food pantries and soup kitchens in the Peoria area.

We welcome your participation, support and help. It's a fun time and only a few hours on Saturday morning.

Marjorie LaFont, 2006 Chairman
Phone: 309/685-3140, ext. 16
Or e-mail mlafont@uiuc.edu (note new e-mail address)

Door Prizes for the Eat 'Em Up Fun Run

We are in need of assistance with door prizes for the CIDA Eat'Em Up 5-K Run/Walk on March 25, 2006. If you would be willing to secure a door prize or would be willing to donate a door prize, or donate money to purchase a door prize, please contact Golda Ewalt at 655-3707.

Door Prize suggestions/ideas: Theme Basket, Coupons/Gift Cards to restaurants, movie theater coupon books.

RACE VOLUNTEER OPPORTUNITIES

Volunteers are still needed for bag stuffing and on race day. Bag stuffing will be Thursday, March 23 from 4:30 to 7:30 pm. Bag pickup will be held Friday, March 24 from 4:30 to 7:30 pm. On race day, help is need before, during and after the race for set up and clean up. Please call Marjorie La Font to volunteer.

Job Opening

Check out Linda Roberts & Associates. We are looking for a Part-time Licensed Dietitian in the Bloomington area, to consult in LTC facilities one day a week. Responsibilities include: clinical documentation, staff development and quality assurance audits. Consulting is a wonderfully flexible and rewarding area. Contact us if interested and we'll give you more information. Check out our website at www.lindarobertsconsulting.com

Contact: Jane Jarrett Phone: 630-752-8823 ext. 45
Fax: 630-480-0057
E-mail: janejarrett@mindspring.com
Address: Linda Roberts & Assoc.
104 E. Roosevelt Rd. Suite 201
Wheaton, IL 60187

Delegate's Report

It has been nearly a year since the first Dietetics Education Task Force report was released. Last fall, an interim report was written. We now have an update, just released. It includes a summary of your feedback to us and at ADA's FNCE in St. Louis.

Please take the time to read this important report:
<http://www.eatright.org/ada/files/Report106.pdf>

A third interim report will be issued in February, with a final report during the Spring House of Delegates meeting April 29-30.

From your delegates,

Sara Lopinski
Christine Palumbo



OSF Saint Francis Medical Center Intern Luncheon Schedule

The luncheons are always at 12:00 pm in the OSF Saint Francis Medical Center 700 Auditorium. Lunch is available for \$4.00. If attending, please RSVP to 655-2054, even if you do not want lunch.

3/8/2006 Maternal PKU

4/18/2006 What is dieting doing to us? Starvation, Dieting and Binge Eating?

5/10/2006 Which comes first, food or mood?

6/14/2006 Probiotics

8/9/2006 Malnutrition – Part 1

8/22/2006 Malnutrition – Part 2

3-A-Day of Dairy Nutrition Education Grant Program Fact Sheet

<u>What</u>	America's low calcium intake is recognized as a major public health problem. To address this concern, the St. Louis District Dairy Council will award one (1) \$5,000 grant to an organization or individual proposing innovative, community-based nutrition education programs aimed at empowering kids to become advocates for healthy eating, including three servings of dairy a day.
<u>Who</u>	Grants are open to all groups or individuals in the U.S., including those self-employed, commissioned by or employed by organizations of local government, state and local health departments, regional and state agencies and schools, medical facilities and extension specialists. Grants are also open to past 3-A-Day of Dairy grant winners.
<u>Nutrition Education</u>	The 3-A-Day of Dairy nutrition education program is designed to improve overall diet, by including three servings a day of milk, cheese or yogurt to help children adopt a healthy lifestyle.
<u>Grant Program Guidelines</u>	<p>All program proposals/applications must:</p> <ul style="list-style-type: none">• include specific educational/behavioral objectives targeting children (ages 9-18, or a subgroup within this range) with measurable results that have the potential to be replicated. Consideration will also be given to the methods used (validated, v. non-validated) and the ability to leverage and communicate the results to a wider audience.• be original/creative in design and program implementation.• be implemented within the school environment (i.e., public school, private school, after-school program, etc.) during the 2006-2007 school year.• empower kids to be advocates for healthy eating, including three servings of dairy a day.• aim at improving knowledge of 3-A-Day of Dairy nutrition through design and implementation of one or more educational activities.• focus on increasing dairy product consumption (milk, cheese or yogurt) to at least three servings per day with emphasis on lowfat and fat free products to be consistent with the USDA food guidance system, Dietary Guidelines for Americans, and the 3-A-Day of Dairy nutrition education program.
<u>How to Apply</u>	To access submission guidelines and to download a sample application, please visit www.stldairyCouncil.org . If you do not have Internet access, please contact Jennifer DeHoog, RD, LDN at 309-565-0741.

Note: Applications must be postmarked by March 31, 2006