



The Newsletter of
the Chicago Dietetic
Association



Nutrition in Chicago

CDA, 3910 W Byron St. #1E, Chicago, IL 60618-4039

August 2007

From the Editors

Please let us know if you would like to submit any articles, stories, or ideas to the newsletter. Our contact information is on the back page. And we hope to see you at all of the meetings!

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A Letter from the President of the Chicago Dietetic Association

Barbara Fine, RD, LDN

2007-08 Chicago Dietetic Association President

Hello members. I am pleased to announce that the Chicago Dietetic Association had a successful year with our new venue of all dinner meetings. It was so nice to see and meet so many of our members at each meeting. This upcoming year, we will continue to bring you dinner meetings with speakers and sponsors. We have learned a lot over the year and hope to continue to serve you well. Networking was successful at the meetings. Members chatted and connections were formed. As always, your suggestions, comments/concerns are welcome.



encourage everyone to sign up to receive this free newsletter on the ADA website. For legislation this year, I would like to have state involvement throughout the year in addition to national involvement. By working with our local representatives at the state and national levels, additional experience is gained where we as RDs can make a difference. Coordinating with IDA is important as a closer link to ADA. I hope we can all be involved as we promote our field. I am looking forward to working with you this year. ■

Leadership will be my theme for the year. In order to serve and represent you, we need your help to volunteer for positions. There will be opportunities to be on committees, help at health fairs and even sign up for a walk/run event in the fall. At each meeting, there will be information on the different board positions, their responsibilities and time commitment. Our current board members are good resources to discuss their experience on the board and their individual positions. We want to build and shape our members so we are able to put together a strong ballot of elected officers next year.

After attending the Public Policy Workshop in Washington DC this past April, I learned about the advocacy of our profession. Registered Dietitians are the leading nutrition experts. We need to promote this and spread it across our area. Legislation is an important part. The American Dietetic Association's free newsletter "On the Pulse" updates our members on the activities in Washington. I

Did You Know?

You can get involved in CDA! CDA is always looking for volunteers to help work on one of our committees. Contact Barbara Fine, CDA president for 2007-08, at barbwfine@yahoo.com to learn how you can get involved.



Chicago Dietetic Association

National Nutrition Month 2007: Passport to Your Health at Christopher House

Annalisa Avendano



CDA volunteers with Christopher House contact (L-R): Jamie Sutton, Kelly Ziemkiewicz, Sara Manewith, Sherri Sparks, Barbara Fine and Annalisa Tsai



Nutrition Label station: Jamie Sutton and UIC Nutrition Students (Megan Wicks and Linda Song)



Portion Control station: UIC Nutrition Students (Sandra Wells, Wei Zhou and Jenni Smith)



Health Assessment station: UIC Movement Sciences students performing blood pressure readings

Christopher House is a seven-site family resource center located on the North and Northwest sides of Chicago. Together with the community, they help people in need help themselves. Some of their current programming includes early childhood and youth development, teen parent support, parent enrichment, counseling, literacy and emergency services. Your National Nutrition Month Committee, together with UIC nutrition students, helped Christopher House host their first annual Health Fair. The objective was to give parents basic nutrition knowledge while providing a positive experience for children. Christopher House's children, parents, mentors and faculty from all of their locations were bussed to the event for a total of about 250 guests.

The theme, *Passport to Your Health*, consisted of 8 stations. Each guest was given an empty passport, which was "stamped" at each station and completed passports were eligible for raffle prizes. Prizes included bags of groceries donated by Trader Joe's arranged by Carolyn Tampe, UIC student, and children's cookbooks donated by CDA. Help for the health fair was amazing. CDA's funds supported healthy snacks and raffle prizes while committee members, Sherri Sparks, Kelly Ziemkiewicz and Annalisa Tsai and President Barbara Fine, donated their time and resources. UIC Nutrition and Movement Sciences students were also a big help providing the majority of the volunteers.

Barbara Fine, CDA President, helped by discussing the importance of a balanced diet and what a balanced plate should look like. Jamie Sutton and two of UIC's nutrition students showed parents and teens how to read nutrition labels and pick out pertinent information.

Using real food, the next station displayed portion sizes of frequently eaten foods. For example, 3 oz of protein was displayed next to a deck of cards and a medium apple was next to a tennis ball, so people could easily visualize and compare the portion sizes. For fun, a glass full of sugar representing the amount of sugar in one can of pop was also displayed. People left the table thinking twice about drinking pop as they imagined drinking the glass of sugar.

Children crowded the snack station, because

children, along with their parents, enjoyed making healthy snacks together. They got to make trail mix, fruit dip and tortilla roll-ups. Sherri Sparks' employer, McCain Foods, was generous enough to donate baked sweet potato fries. These oven baked fries are a great alternative to the deep-fried fries that children are so accustomed to, and a majority of the children came back for seconds! We also wanted to let people sample one of the healthy options found at McDonald's, which is frequented by most of the participants. Coupons for a free McDonald's salad were donated by Ottawa McDonald's, courtesy of Gina Bucciferro, UIC student.

Kelly Ziemkiewicz came up with a great way to make calcium and milk fun for children with the milk mustache picture station. Children created milk mustaches made of vanilla frosting and took pictures in front of a cow print background as parents learned about the importance of calcium and dairy products in a child's diet.

Fitness was promoted with the help of the Chicago Park District who donated an obstacle course that children and teens raced through while toddlers practiced their long jump. The children really enjoyed racing the volunteers through the obstacle course.

The Health Assessment station, run by UIC's Movement Sciences students, was the most popular with adults and used anthropometrics and blood pressure to assess health status. Heart healthy eating tips such as increasing fiber intake were explained, and samples of Fiber One cereal were given as an example of a fiber source.

There was fun for kids of all ages and their parents. Both groups found valuable information in regards to nutrition and living a healthier lifestyle. Sara Manewith and her team at Christopher House were very appreciative of our efforts and the participants really enjoyed the event. They made it very easy for us to help them promote health by accommodating us with supplies and support. For more information about Christopher House please visit www.christopherhouse.org. ■

Nutrition in Chicago

CDA PROGRAM 2007-2008

**Wednesday,
September 19, 2007**

Delivery of Nutrition Support in the ICU: A Case Study Approach from the RD and MD Perspective

Speaker: Sarah Peterson MS, RD, CNSD, LDN and Omar Lateef DO

Come and join CDA for our first meeting of the year! Enjoy a great meal at Scoozi while learning about nutrition support in the ICU from the dietitian and physician case study perspective.

Location: Scoozi!
410 W. Huron St., Chicago
312-943-5900

Sponsored by: Ross Products Division, Abbott Laboratories Nestle Nutrition Optioncare

**Wednesday,
November 14, 2007**

Celiac Disease-Living and Eating Gluten-Free

5:30-6:15pm: networking with appetizers and beverages
6:15-7:15pm: cooking demonstration and lecture
7:15-8:30pm: dinner and questions

Speaker: Renee Zonka, CEC, RD, CHE, MBA
Associate Dean of Kendall College

The presentation will be a discussion of Celiac Disease and eating gluten-free. There will be a demonstration of preparing foods that are gluten-free.

Location: TBD, Evite will have specific information

**Wednesday,
February 20, 2008**

Meeting the Food and Nutrition Needs of Future Eaters: Taking an Ecological Approach to Food and Health

Speaker: Angie Tagtow, MS, RD, LD

Food and nutrition professionals must be on the forefront of making the connections between how food is produced, processed, and procured and the impact on nutrition and health of individuals, families, communities and future eaters. This session will briefly examine current food systems and explore how food system sustainability is critical for ensuring a future food supply that protects both human and ecological health. Attendees will identify the role of the food and nutrition professional in supporting and advocating for sustainable food systems.

Location:
Ben Pao
52 W Illinois St.
Chicago, IL 60610
312-222-1888

Sponsored by: Organic Valley

Don't Forget!
Each dinner meeting is worth 1 CE credit

**Wednesday,
April 16, 2008**

Alternative Medicine: A Dietitian's Perspective on Foods that Can Save Your Life

Speaker: David Grotto, RD, LDN
ADA National Media Spokesperson

David will be speaking about alternative medicine, as well as highlighting portions of "101 Foods That Could Save Your Life," a book he has authored. David plans on bringing in a chef to do a couple of small cooking demos.

Location:
Marcello's (A Father & Son Restaurant)
645 W. North Avenue
Chicago, IL 60610
Phone: 312-654-2550

Meetings will be from 5:30-8:30 pm (unless otherwise noted)
5:30-6:30 networking with beverages and appetizers
6:30-7:15 dinner
7:15-8:00 speaker
8:00-8:30 coffee and questions

Congratulations to the newly elected CDA Board of Directors

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Barbara Fine

President-elect
Megan Sliwa

Secretary
Rhiannon Naslund

Treasurer
Suzanne Dressel

Treasurer-elect
Karri Looby

Nominating Committee
Colleen Lammel-Harmon
Melissa Roch
Kelly Ziemkiewicz

Thank you so much to the 2007-08 Program Committee listed below. I could not have done this without you!
-Megan Sliwa,
Program Committee Chair

Sarah Eichberger

Lara Field

Holly Maloney

Kelly O'Connell

Adrienne Regis

Melissa Roch

Mary Russell

Linda Sorich

Jamie Sutton

Deadline for submissions to the next NIC is 10/19/07



Chicago Dietetic Association

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Chicago, IL 60618-4039

CDA Board of Directors 2007-2008

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Barbara Fine
barbwfine@yahoo.com

Melissa Roch
Mary Russell
Jamie Sutton

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Pat Plavcan
Melissa Roch

President-elect

Megan Sliwa

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Vicki Gainsberg
Kelly Gemmel

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Megan Sliwa

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Rhiannon Naslund

Awards and Scholarship

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National Nutrition Month

Annalisa Avendano
Stacey Greenfield
Sherri Sparks

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Suzanne Dressel

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Treasurer-elect

Karri Looby

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