



November 2011

Special points of interest:

- Welcome to the FDDA newsletter
- Give us your feedback
- Email recommendations for the Member Spotlight Section
- Submit your "Recipe to Try!"

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November Meeting

Volume 2, Issue 2

Tuesday, the 15th from 6:00-8:00 pm

Join us for the FDDA November meeting in Boone, NC at the ARHS Wellness Center.

Melissa Bryan, MS, RD, CNSC, LDN is a clinical dietitian at the Watauga Medical Center. She will be presenting "Updates in Nutrition Support".

ARHS Wellness Center
232 Boone Heights Drive
Boone, NC 28607.

Check your email for more details as Nov 15th gets closer!

Please bring canned goods for Hunger Coalition of Watauga County! This is to contribute to the Food Drive for The Hunger & Health Coalition



2012 March All Day Professional Meeting

Save The Date!

Tuesday, March 6, 2012
Catawba Valley Medical Center
8:30 am - 2:30 pm





NC DHCC Fall Meeting Save the Date Announcement

**November 2nd, 2011
7:30am-4:30pm**

**Sysco Food Services
4500 Corporate Drive NW
Concord, NC 28207**

Please join us for our Fall Meeting.
Our speakers including our own Liz Friedrich and Brenda Burgin-Ross as well as the nationally acclaimed speaker and author, **Becky Dorner!**

**5.5 CEUs pending approval
Look for upcoming emails with electronic registration and payment;
seating is limited!!**

For questions, contact NC DHCC Chair, Jamie McGinn, MS, RD, CSG, LDN at jamiermcginn@yahoo.com or 919-210-4054.

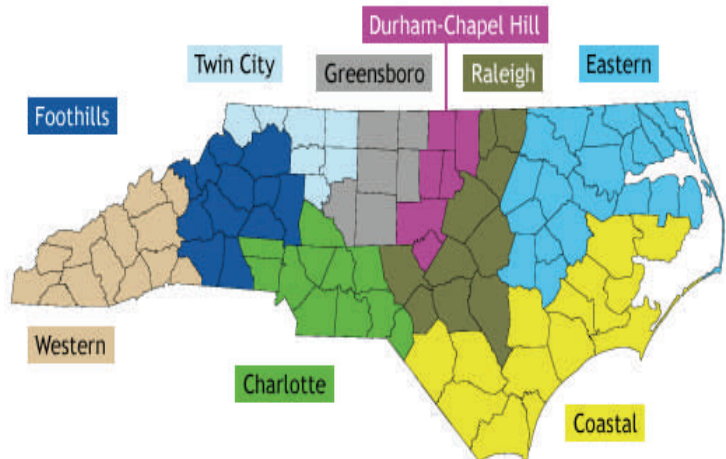
Upcoming NCD A events!

Save the Date!
NCD A 2012 Annual Meeting
April 15 – 16
Charlotte Marriott City Center
Charlotte, NC
Twin City Quarter Downtown

For more information, check out the NCD A website at www.eatrightnc.org



NCD A Districts



Other District Meetings!

Durham - Chapel Hill
Tuesday, October 11, 2011 - 5:30 pm to 7:30 pm

Four Points Sheraton
7807 Leonardo Drive
Durham, NC

Cancer Research: Nutrition Recommendations for Survivors *And Thoughts on a Non-Traditional Career Path*

Presented by Denise Snyder, MS, RD, CSO, LDN

Job Postings



Job Postings



EG Forrest is pursuing some additional health care business and is interested in hiring a dietitian willing to work part-time to help us get this program off the ground. If you are a dietitian and willing to do this or know of someone who might be interested contact Jamie M. Swicegood, Marketing Manager at (336) 917-4847.

POSITION TITLE: NUTRITIONIST I (Grade 68)

POSITION NUMBER: 880002

DEPARTMENT: WIC

HOURS OF WORK 40 hrs per week, 8 am- 5 pm Mon – Fri; occasional evenings until 6 pm

SALARY RANGE: \$35,046.44 - \$54,100.02

HIRING RANGE: \$35,046.44 - \$40,550.12

CLOSING DATE: Open Until Filled



Duties and Responsibilities:

The Women, Infants, and Children Program (WIC) at Cabarrus Health Alliance is seeking an energetic, self-motivated Nutritionist, who is a team player and wants to be part of a dynamic team.

The Nutritionist will provide nutritional assessments, certifications, and counseling for pregnant and postpartum women, infants, and children who may be eligible for the WIC Program. Position will provide referral information to participants to other health and social service agencies and programs when needed. The Nutritionist will teach group classes to participants and provide positive support to participants to increase breastfeeding rates. Knowledge of maternal, child, and infant nutrition and breastfeeding is necessary. Experience providing one-on-one counseling is also preferred. The Nutritionist will work as part of a team to provide a positive participant experience in the WIC Program.

Minimum Training and Experience Requirements:

BS in Nutrition or an equivalent major with appropriate completed Nutrition coursework; Registered Dietitian (RD) and/or Licensed Dietitian/Nutritionist preferred. Ability to speak and write Spanish fluently preferred.

Additional Requirements:

Proficiency in utilizing basic computer systems required; HSIS and Electronic Medical Record experience preferred.

<http://www.cabarrushealth.org/employment/Jobs/jobs.pdf>

Submit your Job Posting to the FDDA newsletter by emailing us at FDDANC@gmail.com

This is a great way for local nutrition professionals to view jobs that are close by.



Job Title: PUBLIC HEALTH NUTRITIONIST II

Closing Date/Time: Continuous

Salary: \$16.24-24.36 Hourly
\$33,783.00 - \$50,675 Annually

Job Type: Full Time Regular

Location: Rockingham County, North Carolina

SUMMARY:

The purpose of the Public Health Nutritionist II position is to provide comprehensive nutrition services for participants in the Women, Infants and Children Supplemental Nutrition Program (WIC). This will include, completing in-depth medical and nutritional assessments on clients to determine WIC eligibility; providing nutrition education and referrals; and prescribing food packages for eligible clients. This position will assist the Nutrition Program Supervisor with WIC outreach efforts; and also be responsible for developing and presenting nutrition education programs to the community.

The candidate must have strong customer service skills, ability to assess and counsel clients in a timely manner and ability to quickly adapt to changing work environments.

MINIMUM TRAINING:

Registered Dietitian with the Commission on Dietetics Registration; or Master's degree in Dietetics, Public Health Nutrition, or Nutrition; or graduation from a Commission on Accreditation for Dietetics Education- approved Didactic Program in Dietetics and two

years nutrition experience; or Dietetic Technician, Registered with the Commission on Dietetics Registration with a Bachelor's degree in any subject area from an accredited four-year college or university and two years nutrition experience; or a Bachelor's of Science degree in Dietetics, Public Health Nutrition or Community Nutrition from an accredited four-year college or university and two years nutrition experience.

Preferred Qualifications:

Preference will be given to those applicants with bilingual expertise.

Applicants may apply at www.co.rockingham.nc.us or the N.C. Employment Security Commission.

Rockingham County, North Carolina's North Star, is nestled at the tip of the [Piedmont Triad](#) region, just south of the Virginia border. Just an hour drive to the mountains or a three hour drive to the beach!

Submit your Job Posting to the FDDA newsletter by emailing us at FDDANC@gmail.com

This is a great way for local nutrition professionals to view jobs that are close by.

FOOD SECURITY REPORT: October 2011

Our 2011-2012 year is off to a productive start in the area of Food Security. Canned goods were collected at our September meeting for the food pantry at Iredell Christian Ministries, Statesville, NC. Many thanks to Mary Beth Cox for making the delivery for Foothills.

The next events the Board has planned:

November Meeting: Food Drive for The Hunger & Health Coalition of Watauga County, Boone, NC
Bring canned & dry goods to the meeting in Boone in November!

March All-Day Meeting: Pack Lunch Bags for Corner Table Soup Kitchen, Newton, NC
 In the surveys from last years All-Day Meeting there was a strong request for something to do hands on, so we will pack lunch bags for the soup kitchen. We have done this in previous years, except this time we'll do it at the meeting.

Corner Table will NOT need the sandwiches (they have a source for those). Foothills to provide everything else that goes in the bag. We will do this assembly line style. Bags will be delivered on Thursday AM to be given out as a Friday meal.

Making bag lunches has been a highlight for years. We will return this fun activity where we network, socialize and in general catch-up with each other as we work on a worthy cause. It will be a fun break during the All-Day-Workshop. Watch for more to come.

Malissa Bumgarner, RD,LDN
 Food Security Chair

LEGISLATIVE UPDATE:

Preventing Diabetes in Medicare Act of 2011

In the House of Representatives, a bill was introduced to amend the social security act and reduce the occurrence of diabetes with those that receive Medicare. It will extend coverage for medical nutrition therapy for those diagnosed with pre-diabetes or other risk factors for developing Type II diabetes.

The average annual cost to treat a person with diabetes is \$11,744 compared to \$2,935 for prevention.

Currently Medicare will cover screenings to identify pre-diabetes but does not currently help prevent or delay the onset of diabetes.

News from the FDDA Board of Directors

We would like to take this opportunity to introduce the 2011–2012 FDDA Board of Directors.

President—Paul Moore

President-Elect-Nan Reeves

Past President-Jennifer Perry

Secretary/Treasurer—Mary Beth Cox

Food Security Chair-Malissa Bumgarner

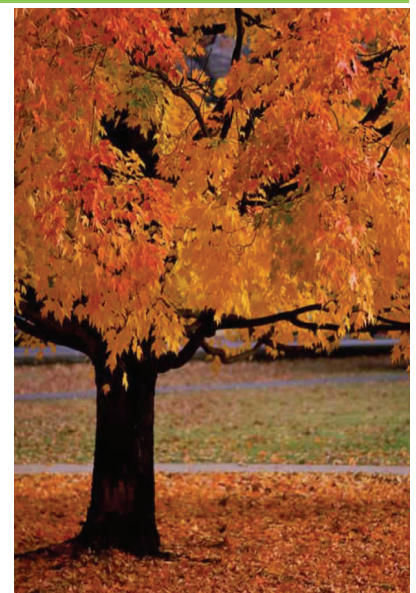
Legislative Chair—Melissa Smith

Public Relations—Alice Smith and Sina Sagatchi—Co—Chairs

Open Positions

Nominating Committee-Open

If you are interested in an “Open” position, please email any of the Board Members at fddanc@gmail.com.



Grant Writing, Research and Capacity Building Workshop

with Amanda Pearce

Grant CREWS is pleased to offer a Grant Writing, Research & Capacity Building Workshop at the BB&T Main in Hickory and Asheville. This workshop is designed for beginners to the grant writing and research world. Participants from local, state and national non-profits are encouraged to attend. This workshop is not intended to locate funds for for-profit agencies. The workshop will provide 1.6 CEU's for participants. Visit Grant Crews online at <http://www.grantcrews.com> !



**Newton-Conover Auditorium
Aug 22-23, 2011**

**First United Methodist Church
Gastonia
Sept 12-13, 2011**

Time: 9:00am-4:00pm both days

Cost: \$300 per session

**Speakers: Aug-The Duke Endowment, Golden Leaf Foundation and A1 Printing
Sept: TBD**

Contact: Amanda Pearce at 704-614-8703 or grantsfor-good@live.com to learn how to register. Space is limited so reserve your spot today!

Day one of the workshop will cover basic grant writing objectives and components of a successful proposal, formatting, how to customize your proposal to the granting organization, developing relationships with funders, and grant management.

Day two will focus on how to locate available grants to fit your needs on the local, state and government levels, how to navigate organizational websites to locate funding opportunities, grant databases and other resources. The goal of day two is not only to become comfortable with locating useable grants, but for each organization to locate and begin a grant with one-on-one assistance from the instructor. Upon completion of this workshop, a certificate for 1.6 CEU's will be available for those needing credits.

About Amanda:

Professional Grant Writer/Resource Development Specialist for over 12 years working with smaller non-profits like the Newton-Conover Auditorium to larger non-profits such as the American Lung Association and the YMCA.. Owner Grant CREWS since January 2010 offering grant consultation, research, education and writing services. Teaching Grant Writing and Research at Lenoir-Rhyne University beginning January 2011.

Foothills District Dietetic Association

NORTH CAROLINA DIETETIC ASSOCIATION

eat right.™ an affiliate of the
American Dietetic Association

[http://www.eatrightnc.org/pages/70/
Foothills-District-Dietetic-Association/](http://www.eatrightnc.org/pages/70/Foothills-District-Dietetic-Association/)

FDDANC@gmail.com



Recipe to Try! Chicken and Dumplings

Ingredients:

1 cup chopped onion
1 garlic clove, chopped
1/4 cup dry sherry
1/2 teaspoon salt
1/4 teaspoon black pepper
2 (14 1/2-ounce) cans fat-free, less-sodium chicken broth
1 (10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted
4 pounds chicken pieces, skinned
1 cup frozen green peas
1/4 cup water
2 tablespoons cornstarch
Chopped parsley (optional)

Dumplings:

2 cups baking mix (such as Bisquick)
2/3 cup fat-free milk

Heat a Dutch oven coated with cooking spray over medium-high heat. Add onion and garlic; sauté 5 minutes. Stir in sherry and the next 4 ingredients (sherry through soup), and bring to boil. Add chicken pieces; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until chicken is tender.

Remove chicken pieces from cooking liquid. Place chicken in a bowl, and chill 15 minutes.

Remove chicken from bones, and cut meat into bite-size pieces. Discard the bones. Add chicken to pan; stir in peas.

Combine water and cornstarch in a small bowl; stir with a whisk. Add cornstarch mixture to pan; stir well.

To prepare dumplings, combine baking mix and milk. Drop the dough into chicken mixture to form 16 dumplings. Bring to a simmer; cook 20 minutes, stirring occasionally. Cover and cook for 10 minutes or until the dumplings are done. Garnish with parsley, if desired.

Nutritional Information per serving:

Calories: 373
Calories from fat: 24%
Fat: 10.1g
Saturated fat: 2.8g
Monounsaturated fat: 3.1g
Polyunsaturated fat: 1.5g
Protein: 35.9g
Carbohydrate: 31.7g
Fiber: 2.4g
Cholesterol: 99mg
Iron: 2.9mg
Sodium: 725mg

If you have a favorite recipe you would like to see in the FDDA newsletter, email it us, along with a pic (if you have one) to:
FDDANC@gmail.com