



September 2011

Volume 2, Issue 1

Welcome to the 2011-2012 Year!

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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September Meeting: Tuesday, the 13th from 5:30-7:30

Welcome to the start of the 2011-2012 FDDA Membership year! We are excited about the upcoming year and have several events we would like to announce.

Join us for the FDDA September meeting! Debbie Jongkind, RD, LDN will be presenting "Navigating the Gluten Free Diet with Confidence: equipping the dietitian to serve the gluten free client" on Tuesday, September 13th from 5:30pm-7:30pm in Hickory, NC at Catawba Valley Medical Center in the AHEC area.

If you plan to eat dinner with us, sandwiches from Jason's Deli will be available for \$5.00.

Who: Debbie Jongkind, RD, LDN

What: Navigating the Gluten Free Diet with Confidence: equipping the dietitian to serve the gluten free client

When: Tuesday, September 13

Time: 5:30-7:30pm

Registration starts at 5:00pm.

The presentation will start at 5:30pm

Where: Catawba Valley Medical Center, AHEC room 105

Food Security Donations

The FDDA will also be collecting canned food for the Iredell Christian Ministries so please feel free to bring something to contribute to this donation.



November 15, 2011 Meeting in Boone at ARHS Wellness Center

Mark your calendars now to attend the FDDA November meeting in Boone, NC on Tuesday, November 15th from 6:00pm-8:00pm.

Melissa Bryan, MS, RD, CNSC, LDN will be presenting "Updates in Nutrition Support".

Look for more information about the November 2011 meeting in upcoming newsletters and email blasts.



Other District Meetings and Events

RDDA Professional Meeting & Presentation

Join your fellow nutrition professionals and students on Tuesday, September 13, to kick off the RDDA's 2011 membership year. Sylvia Escott-Stump, President of the American Dietetic Association, will be presenting *Adult Learner: Achieving Success with Your Interventions* (1 CEU).

When: Tuesday, September 13, 2011; 5:45-8:00pm

Where: Meredith College; Jones Auditorium; 3800 Hillsborough St. Raleigh, NC 27607

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

Upcoming NCDCA events!

Save the Date!

NCDCA 2012 Annual Meeting

April 15 – 16

Charlotte Marriott City Center

Charlotte, NC

Twin City Quarter Downtown

For more information, check out the NCDCA website at



Other District Meetings!

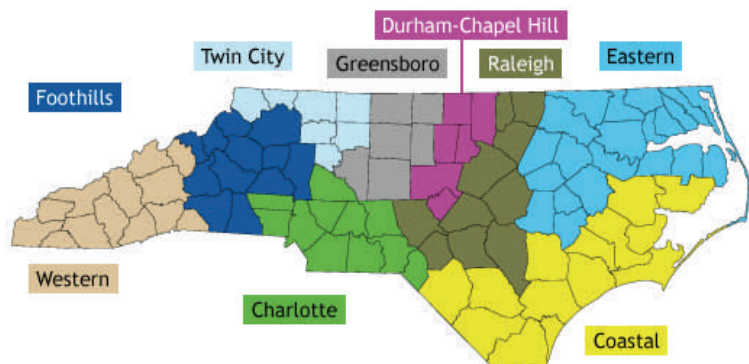
Fayetteville Extension Social Kick Off

Tuesday, September 20th, 2011 at 6:30 pm

Huske Hardware House Restaurant and Brewery
(405 Hay St. Fayetteville, NC 28301).

The meeting is *FREE* for all who attend. This will be a *GREAT* opportunity to learn about upcoming CEU events and the network with fellow RDs, DTRs, and students in the Fayetteville area.

NCDCA Districts



FOOD SECURITY REPORT

Our 2010-2011 Foothill's year was very productive in the area of Food Security. Canned & dry goods were collected at each meeting and delivered to different food distribution sites throughout the Foothills District. This past year we supported the food pantries of the Hunger Coalition of Watauga County, Eastern Catawba Cooperative Christian Ministry, and Caldwell County Yokefellow. Please read the Souper Bowl article on page 5 for details on how we served even more hungry clients in our district.

With the economy declining the populations we serve will face even more challenges. 2011-2012 Foothills year will continue to be one in which we focus outward into our communities.

So far your Board has planned the following:

September Meeting: Food Drive for Iredell Christian Ministries, Statesville, NC

November Meeting: Ideas Welcome

March All-Day Meeting: Pack Lunch Bags for Corner Table Soup Kitchen.

In the surveys from last year's All-Day Meeting there was a strong request for a "hands-on" activity. This year, we will pack lunch bags for the soup kitchen at the upcoming meeting. We will NOT be providing sandwiches, as the Corner Table currently has a source for those. We will be providing all other items needed in the bag lunch. We will assemble bags in line style at the 2012 All Day Professional Meeting and bags will be delivered on Thursday morning.

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. Watch for more to come.

Malissa Bumgarner, RD,LDN

Food Security Chair

Member Spotlight

Do you know a member that deserves recognition? If you know a member of the FDDA who deserves to be recognized in this newsletter, please email us information to include: who the person is, what they have accomplished or why they deserve to be recognized and a picture of the individual.

You can send these requests to our FDDA email address

FDDANC@gmail.com



Job Postings



NUTRITIONIST II
YADKIN COUNTY
www.ncesc.com

Description

Nutritionist II—The Yadkin County Health Department is now accepting applications for a full time Nutritionist II, Grade 66.

This position is primarily with the WIC Program. Responsibilities include providing nutrition assessment and counseling to clients with broad or comprehensive nutrition needs, including determining WIC eligibility. This person will serve as coordinator and/or leader in regards to assigned projects and new duties. Will also plan, coordinate, implement and evaluate nutrition programs, education and training provided to agencies, schools and groups within the community.

Requirements

Minimum Education and Experience: 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 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. Minimum experience qualifications may be waived if the deficiencies can be eliminated through on-the-job training.

Qualified applicants must submit a completed state application (PD 107) available at the Employment Security Commission Online (www.ncesc.com) and mail to Yadkin County Human Resources, PO Box 146, Yadkinville, NC 27055. For more information contact Lisa Hughes at 336-679-4200.

Yadkin County is an equal opportunity employer.

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.

FDDA Souper Bowl, Striking Out Hunger In The Foothills

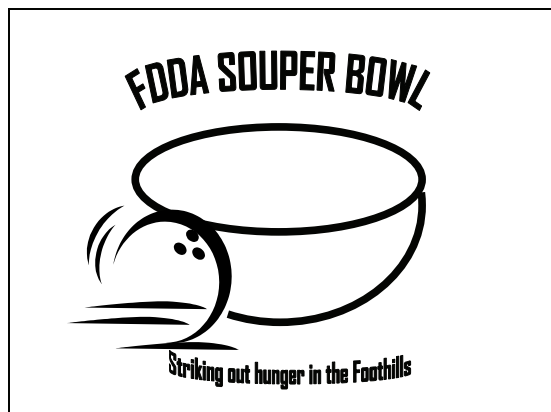
The largest project the Food Security Committee has ever undertaken was the Bowl-A-Thon at Pin Station in Newton on November 6, 2010. The “FDDA Souper Bowl, Striking Out Hunger In The Foothills” was a resounding success! The purpose of this event was to offer a family friendly and activity based fund raiser to support several soup kitchens. The soup kitchens that our membership selected were the Hickory Soup Kitchen, The Corner Table in Newton, and Burke United Christian Ministries in Morganton to receive all the profits from this event!

Our key sponsors were Hickory Crawdads, The Charles Stewart Company, Overnight Sofa Corp, Goods Home Furnishings, Christopher Reese, DDS,PA., Dr. Frank & Lisa Wright, Reaves Chiropractic Centre, H&W Drug Co. Pharmacy, Kelley’s Village Cleaners, and Frye Regional Medical Center. With donated prizes we were able to recognize the Highest Scoring Team, Highest Individual Score, Lowest Individual Score, etc. The highest scoring team was from The Hickory Soup Kitchen who won a box suite for ten at a Crawdads game. Thank you Crawdads for that awesome 1st prize!

The Bowl-A-Thon keepsake t-shirts turned out to be a bonus for attendees as they were very well made and attractive to boot. These were produced at a bargain by The Robot Empire, Screen Printing Division. You may have seen them at our last meeting as we offered them for a donation of up to \$5.00. The money collected went to Foothills to offset the initial cost of the shirts. We still have some in sizes large & X-large. I will gladly make them available at our next meeting.

Many thanks to all who worked towards pulling this event together, seeking donors, working the day of the event and bringing friends and family to bowl. A special note of gratitude & recognition goes to Elizabeth Hilliard, RD, LDN who served as chair of this project. Without Elizabeth’s leadership & perseverance we would not have achieved our goals of: 1. Increasing awareness of food insecurity. 2. Raising funds for soup kitchens. 3. Increasing awareness of the role of RD’s in our communities.

Malissa Bumgarner, RD,LDN



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 Sa-

gatchi—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 grantsforgood@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! Low Fat Pumpkin Banana Bread



Ingredients:

- 1 mashed ripe banana
- 1 cup pumpkin puree
- 1/4 cup canola oil
- 1 large egg
- 2 egg whites
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2/3 cup sugar
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1 tsp cinnamon

Preheat oven to 350 degrees. Spray a 8 1/2 X 4 1/2-inch loaf pan with nonstick cooking spray. Place mashed banana, pumpkin puree, oil, egg and egg whites in a large bowl. Beat with an electronic mixer on low speed. Place flour, sugar, baking powder, baking soda, salt, nutmeg, ginger and cinnamon in a medium bowl and stir with a whisk. Add flour mixture to banana and pumpkin mixture and beat until just moist.

Pour batter into loaf pan and bake for 1 hour or until toothpick placed in center comes out clean.

Serves 12.

Nutrition analysis:

Calories 196, Calories from Fat 48, Total Fat 5.3g (sat 0.5g), Cholesterol 18mg, Sodium 206mg, Carbohydrate 33.3g, Fiber 1.6g, Protein 3.7g

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

