

Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)



this issue

- Who Practices Nutrition & Belongs to ADA? **P.2**
- Health Care Reform Opportunities for YOU! **P.3**
- Chicken & Bacon Empanadas **P.4**
- MDA Needs You! **P.5**
- Helps Schools Promote Nutrient-Rich Foods **P.5**
- Get CEs For Your Local Event! **P.6**
- Destination: FNCE **P.6**
- Cowboy Caviar **P.6**
- Billings Dietetic Association **P.7**
- 2011 MDA FNCE—Hope You Will Be There! **P.8**

President's Message

Greeting MDA Members-

I hope you are all gearing up for a healthy holiday season. We have been busy behind the scenes this fall working to improve MDA operations. Here are a few updates:

- We have a committee working to revise and update our bylaws, look for these guidelines in sometime after January. We will be hoping for great membership feedback and then will put them to vote with the election ballot.
- It's time to start thinking about elections, are you interested in running for a board position? Feel free to contact me with any questions we would love to have new faces. *See page 5...*
- Thank you to Nonie Woolf and the conference planning committee. You have been doing an amazing job planning another great annual conference; we hope you will save the date for June 1-3rd in Helena, MT. *Check out page 8 for details....*
- Your Public Policy Team has been hard at work as always. We recently signed on to support the Feeding America (formerly Second Harvest, the largest organization for food banks) letter to move the Child Nutrition Reauthorization Act forward.
- We have put off our web site redesign at this time. ADA is looking into going through a hosting company and working with affiliates to build sites together to allow for more options and better pricing. We will continue to focus our efforts in other areas until ADA has made a decision.
- Congratulations to Tami Waite, who was selected by the board to go to ADA FNCE in my place this past week. We hope she had a wonderful trip and want to thank her for all of her efforts for MDA and Billings MDA these past few years. *Check out page 6 for details....*
- Last, thank you to Billings MDA for doing a great job at Saturday Live this fall in promoting nutrition in our communities! *See page 7 for more....*

Our next board meeting will be **March 11th 3-5 pm** by teleconference. If you have any motions to bring forward to the board please submit them to me by email: bhallrd@gmail.com no later than February 11th.

- Beth Hall RD, CLC, LN; MDA President, bhallrd@gmail.com

Facebook Anyone?

Check out MDAs Facebook page! What a great way to keep in touch and share knowledge. On facebook, search "Montana Dietetic Association."



Newsletter Mission



- Provide factual, informative, and interesting information.
- Provide insight and inventive ideas to people interested in dietetics in Montana.
- Promote healthful lifestyles through ideas and contributions.

Who Practices Nutrition & Who Belongs To ADA?

A hundred plus ADA leaders reviewed how health care reform impacts the public as well as our professional nutrition practice on Friday November 5, 2010. We identified challenges and opportunities for RDs resulting from health care reform legislation. The Affordable Care Act authorizes the creation of new programs and policies and our competitors are involved in aggressive advocacy issues. If we are not present in the discussions RDs may be undervalued and omitted from state programs and delivery of services for school-based health clinics, Medicare preventative services, home health demonstration project and nutrition labeling of menu items at chain restaurants.

The take-aways from this day's work were:

- Every RD must be involved in public policy to insure our future. We need to join our public policy committee to help insure that we will be included in providing health and nutrition services in the future. Find out where healthcare reform activities are housed in your state and assure that RDs/DTRs are in view and on subcommittees.
- Montana's delegate must be involved in the public policy committee and should be on the regular conference calls.

If we are not present in the discussion, RDs may be undervalued or omitted from delivery of nutrition services.

Friday's discussion of about partnering with allied health professionals to assist us in insuring the health of Americans was a great precursor to Saturday's discussion of **establishing a multidisciplinary category** for membership in the American Dietetic Association. This very lively discussion took the entire 2nd day of the meeting. We left the house leadership team with the recommendation that these "multidisciplinary" members would:

- not be called members,
- have the education requirement of at least an associate degree, and
- the scope of practice should be clearly outlined.

As Montana's delegate I was very thankful for those of you who filled out the survey to help me express your views. Thank you for your

involvement! **I wish to extend an invitation** to the virtual House of Delegates meeting April 30-May 1, 2011 either by my side or as an auditor. (These meetings are very interesting and it is really exhilarating to be setting the direction of the American Dietetic Association.) I challenge you to call Virginia Mermel, Katie Bark or any member of the Public Policy Committee and ask how you might help or call the nominating committee and nominate yourself as Montana's next delegate.

- Deb Jones, Montana Affiliate Delegate,
djones@stpetes.org

Save the Date!

Big Sky Pulmonary Conference

Big Sky MT—Huntley Lodge. March 17-19, 2011. Contact Katie Loveland at kloland@mt.gov.

Montana Cardiovascular Health Summit

Best Western Great Northern—Helena, MT. April 8, 2011. Contact Crystelle Fogle at cfogle@mt.gov.

Worksite Wellness Workshop

Location TBD. May 11, 2011. Contact Linda Krantz at lkrantz@mt.gov.

Montana Dietetic Association Nutrition Conference and Expo

Best Western Great Northern—Helena, MT. June 1-3, 2011.

Contact Nonie Woolf at woolfnonie@yahoo.com.

Montana Diabetes Conference 2011

Best Western Great Northern—Helena, MT. October 13-14, 2011.

Contact Susan Day at sday@mt.gov.

MAADE Annual Meeting

Best Western Great Northern—Helena, MT. October 13, 2011.

Contact Colleen Karper at (406) 751-5454.

Health Care Reform—Opportunities for YOU!

This article deals with areas in the Health Care Reform bill, the Patient Protection and Affordable Care Act (PPACA) for preventive health care that need nutrition services. Many of the programs have funding, which is available at specific effective dates, and several are grants that state or private entities can apply for.

In the interest of space and brevity, this is not an comprehensive list –but it includes some of the areas that many dietitians in Montana could benefit from.

Note: This article does not imply that programs under Preventive Health will be automatically adopted in Montana by the state legislature. The items included here are for informational purposes, so MDA members know what is in the bill.

A. Programs and Services will be funded through a Prevention and Public Health fund for expanded and sustained national investment in programs to improve health and reduce the rate of growth in private and public sector health care costs. Started 2010.

- CHIP Obesity Demonstration Program: funding for the Childhood Obesity Demonstration Program under CHIPRA (PL 111-3). Direct appropriations to HHS-CMS for \$25 million. 2010-2014.
- Medicaid Preventive and Obesity-related Services Awareness Campaign: 2011.
- Nutrition labeling of standard menu items at chain restaurants as well as labeling of food in vending machines for operators with more than 20 machines.
- Medicare personalized prevention plans that include health risk assessment and referral to health education or preventive counseling services aimed at reducing identified risk factors and improving self-management.

B. The law waives co-pays and deductibles for all preventive services rated “A” or “B” by the U.S. Preventive Services Task Force (USPTF). This includes:

- Breastfeeding: Counseling during pregnancy and support after birth
- Screening for cholesterol abnormalities for men and women, along with intensive diet and nutrition counseling for hyperlipidemia and other CVD risk factors.
- Screening for obesity in adults and children– includes behavioral Interventions to promote weight loss and maintain that loss.
- Screening for Type 2 DM in asymptomatic adults with sustained BP > 135/80.
- Screening for iron deficiency anemia and osteoporosis.

C. Grant Funding: grant funds have been developed in multiple areas:

- School-Based Health Centers: grants to support school-based health centers in schools with high numbers of children covered by the state Medicaid plan or CHIP. Emphasis is on medically underserved areas. Centers must be integrated into the school environment. 2010-2013.
- Community Transformation Grants: CDC will provide states, local government agencies and community-based organizations funds to promote evidence-based community preventive health activities intended to reduce chronic disease rates and address health disparities. Especially critical for rural and frontier areas. 2010-2014.
- Medicaid Chronic Disease Incentive Payment Program: grants to states to test approaches that may encourage behavior modification for healthy lifestyles among Medicaid enrollees and to determine scalable solutions. 2011-2015.
- Increasing community-based diabetes prevention program sites. The law creates a CDC National Diabetes Prevention Program targeted at adults with high risk of diabetes.

D. The law eliminates cost-sharing for preventives health services – effective January 2011.

- Minkie Medora, MS, RD; State Policy Representative, MDA Public Policy committee,
Minkie.medora@gmail.com

Just for Fun...

“Wind me up and watch me go, where she stops, nobody knows...” -Pink

Chicken and Bacon Empanadas

If you recall from our last issue, our illustrious Deb Jones and chef Kareia Anderson from St. Peter's Hospital Nutrition Services were medalists in the Association for Healthcare Foodservice culinary competition in Austin, Texas on the evening of Monday June 7th.

They have graciously provided the recipe for the dish for MDA members. Thank you ladies, and congratulations again!

Ingredients

Poached Chicken:

Boneless, Skinless, Chicken Breast Filets	6 each
Ground Cumin	1 teaspoon
Garlic Powder	1 teaspoon
Onion Powder	1 teaspoon
Black Pepper	1 teaspoon
Cholula Pepper Sauce	Few drops

Empanada Filling:

Natural Applewood Smoked Flat-Pack Bacon, cooked and diced	6 slices
Apple, Granny Smith, cored and pared & chopped (save the parings for reduction)	2 apples
Greek Yogurt, plain low fat	1 cup
Fresh Dill	3 Tablespoons
Lime Juice	Juice from 1 lime

Empanada Dough:

All Purpose Flour	1 ½ cups
Baking Soda	¼ teaspoon
Strained Pureed Sweet Potato, Baby Food	¼ cup
Cold Water	7 Tablespoons

Egg Wash:

Egg, Beaten and Water	1 each and 3 T
-----------------------	----------------

Salsa:

Corn	1 ear
Tomato, Roma	3 each/1 pound
Yellow Bell Pepper, Diced	½ of a medium
Red Bell Pepper, Diced	½ of a medium
Cilantro Leaves, Chopped	½ cup
Red Onion, Finely Diced	¼ cup
Garlic Cloves, Minced	2 each
Jalapeno, Seeded and Chopped	1 each
Juice of Lime	1 each
Salt	¾ teaspoon
Pepper	1 teaspoon
Olive Oil	¼ teaspoon

Pomegranate Reduction:

Apple Peelings	2 apples
Pomegranate Cherry Juice	16 ounces
Honey	2 Tbsp

Avocado Crema:

Avocado, Peeled, Seeded and Pureed	1 each
Greek Yogurt, Low Fat Plain	¼ cup
Frozen Peas, Slacked	½ cup
Lime Zest	1 Tbsp
Juice of Lime	1 each
Dill sprigs	6 each



Method of Preparation

1. Poach chicken in cumin, garlic, onion powder, pepper and Cholula and water to cover. Simmer for 20-30 minutes or until chicken is easily shredded.
2. Cook bacon and dice. Add to chopped apple, Greek yogurt, dill and lime juice. Combine with shredded chicken.
3. Pomegranate Reduction- Combine apple peelings, pomegranate juice and honey in saucepan and heat in open saucepan for 25-30 minutes. Cool and transfer to a squeeze bottle for plating.
4. Prepare empanada dough. Mix flour and baking soda, add sweet potato puree and combine until small pebbles are formed. Add cold water 1 Tablespoon at a time until dough forms a ball.
5. Salsa – Blanch corn for 2-3 minutes. Spray lightly with non-stick cooking spray and grill to intensify the flavor of corn. Chill corn. Prepare rest of salsa ingredients while corn chilling. Dice tomatoes, seed and dice peppers and jalapeno. Chop onion and cilantro leaves. Mince garlic. Cut corn off of cob. Combine all of the vegetables. Season vegetables with lime juice, salt, pepper and olive oil. Toss to combine.
6. Avocado Crema- Peel and seed and puree avocado with green peas, lime zest, lime juice and Greek yogurt. Transfer to a squeeze bottle for plating.
7. Plating - Heap ½ cup of salsa in the center of each plate. Arrange empanadas cascading off of the salsa. Decorate plate with avocado crema and top empanadas with pomegranate reduction. Garnish with sprig of dill.

MDA Needs You! Board Positions & Nominations

Ask not what your association can do for you, what you can do for your association. Consider running for or nominating someone for MDA positions open this year (see descriptions for each position at right):

- President-Elect (3 year commitment, one as president-elect, one as president and one as past-president)
- Secretary (2 year commitment)
- Member At Large—2 positions open (2 year commitment)
- Nominating committee member – 1 positions open (2 year commitment)
- Professional Issues Chair (2 year commitment) - acts as liaison between areas of practice and coordinates inclusion of all practice areas into MDA plans.

Recognize your colleagues for a great job. See descriptions for each award at right. Nominations are needed for:

- Recognized Dietitian of the Year (>35 yrs of age and active participation in dietetics, health & nutrition)
- Emerging Dietetics Leader
- Recognized Young Dietitian (less than 35 years of age)

If you have questions or nominations contact any one of the Nominating Committee members:

- Becky Brundin, Chairperson, lbrundin@frontiernet.net
- Destiny Anderson, destiny.anderson@ihs.gov
- Janelle Campbell, jcampbell@mdmh.org

Help Schools Promote Nutrient-Rich Foods!

The USDA's HealthierUS School Challenge (HUSSC) is a voluntary national certification program that recognizes excellence in nutrition and physical activity. The Challenge is designed to bring schools closer to compliance with the Dietary Guidelines for Americans and the Institute of Medicine's (IOM) recommendations. It is part of First Lady Michelle Obama's *Let's Move* Campaign. **We are proud of the Montana schools that have received a HUSSC award:**

Lolo Elementary (Gold)
Box Elder Elementary School (received both a Silver and Gold)
Billings (Ponderosa School - Gold)
Bozeman (Hawthorne, Whittier, and Morningstar Schools- Gold; Longfellow –Bronze)
Luther (Gold)



Consider helping this effort by working with your own local schools. We all know that healthy children learn better so this is a perfect way to support student academics and overall well-being. The USDA has just announced that monetary incentives are available to schools that achieve HUSSC status by meeting the 2009 award's required criteria. The following monetary incentive awards are available: \$500, Bronze level; \$1,000, Silver; \$1,500, Gold; and \$2,000 Gold Award of Distinction.

The Montana Team Nutrition Program is committed to assisting schools with obtaining a HUSSC award and are pleased to announce that the application process has been streamlined to make it simpler for schools. The USDA has created many tools, including an interactive on-line application, to make it an easier process. Go to the following web site to access these helpful tools: <http://teamnutrition.usda.gov/healthierUS/index.html>

Please consider getting involved with this process. Contact us at Montana Team Nutrition Program today. - *Katie Bark* (406) 994-5641 or kbark@mt.gov; or *Molly Stenberg* (406) 994-7217 or Stenberg@montana.edu.

This Quarter's Quote

"You can create, design and build the most wonderful place in the world ... but it requires people to make the dream a reality." -Walt Disney

MDA Needs You!

Continued from article at left:

President-Elect - serves as a voting member of the BOD and oversees the planning and coordination of the annual meeting in spring 2008. Plans projects for the presidential year and performs other duties as directed by the BOD.

Secretary - Serves as a voting member of the BOD and takes and maintains MDA minutes. Maintains currency of bylaws, membership lists and mailing labels for all members. Performs other duties as directed by the BOD.

Members at Large (2) - Serves as voting members of the BOD. Requires that the person not have previous experience on the board. These positions may be subcommittee/task force liaisons to the BOD.

Nominating Committee (1) - Serves on the BOD for one year and as the Chair of the Committee in the second year. This position can't run for another MDA office while serving on this committee. Ensures that nominees meet the requirements to run for office and official ballot complies with MDA policies and procedures. Performs other duties as directed by the BOD.

Recognized Dietitian of the Year 2010 (RDY)

Nominees will be show active participation in the national, state, or district association. They will have demonstrated concern for the promotion of optimal health & nutritional status of the population, and demonstrated leadership in the Association, community or employment.

Recognized Young Dietitian of the Year 2010 (RYDY)

The successful nominee must be 35 years or younger as of April 1; must show active participation in the national, state, or district association; must have not been previously selected as an RYDY; must have demonstrated concern for the promotion of optimal health and nutritional status of the population; and must have demonstrated leadership in the Association, community or employment.

Emerging Dietetic Leader of the Year 2010

The successful nominee will have not less than 5 years and not greater than 10 years of practice experience (interrupted careers or time periods not in practice, are not to be considered in years of practice); active participation in state, national or district associations for at least 5 years; must have not previously been selected as RYDY or RDY; demonstrated concern for the promotion of optimal health & nutritional status of the population; demonstrated leadership in the Association, community or employment.

Recipe: Cowboy Caviar

Just in time for all those holiday get togethers where you want to bring something healthy AND good-
From www.MyRecipes.com

Cowboy Caviar

Scoop it up with tortilla chips or pita wedges for an appetizer, or add cabbage and it becomes coleslaw. Decrease or eliminate oil to decrease fat. Also great with black beans added.

Ingredients

2T red wine vinegar
1 1/2 T Hot Sauce
1 1/2 T Canola Oil
1 clove garlic, minced
1/8 t pepper
1 firm, ripe avocado
1 can (15oz) black-eyed peas
1 can (15oz) hominy or corn
2/3 C sliced green onions
2/3 C chopped fresh cilantro
1/2 lb Roma tomatoes, coarsely chopped
Garlic/Onion powder to taste
Salt (to taste, optional)

Preparation

1. In a large bowl, mix vinegar, hot sauce, oil, garlic and pepper. Peel, pit and cut avocado into 1/2 inch cubes. Add to vinegar mixture and mix gently to coat.
2. Drain and rinse peas and hominy/corn. Add peas, hominy/corn, onions, cilantro and tomatoes to avocado; mix gently to coat. Add seasonings to taste. Serve with your choice of chips, pita wedges, or add cabbage to make coleslaw.

Nutrient Info

Calories: 159
Protein: 3.9g
Fat: 7.3g (sat 1.3)
CHO: 22g
Fiber: 2g
Sodium: 272mg
Cholesterol: 0mg



Offer Continuing Education Credits for your Local Events!

2011 Changes for CDR Approval of Montana Programs

You may know that for many years MDA has contracted with the Commission on Dietetic Registration (CDR) for the prior approval of almost all CE activities offered in state. Having the local service vs sending materials to Chicago has often been time saving as well. This tradition continues, but with a new twist. The MDA BOD determined in July 2010 that effective January 1, 2011 MDA fees must be paid before programs can be approved. Contact Pat Bollinger, MDA CDR Reviewer Chair, at (406) 443-0134 or pbolling@bresnan.net to request the *RC-3 Prior Approval Request Form*, or download it directly at <http://cdrnet.org/PDFs/RC-3.pdf>.

All payments for credits are made directly to MDA, which will see some revenue as a result. Many other affiliate states charge fees for approving programs for CDR credits, some channeling the fees into scholarship programs for dietetic students.



Helpful information about approval of Programs for CE credits

In Montana the CDR Chair can authorize prior approval of all programs EXCEPT the annual State Dietetic Association meeting, multi-state programs, and self-study programs. The latter programs must be approved directly by CDR. What about journal clubs? The Bozeman and Billings Dietetic Associations have been offering frequent programs for CE credits and many of them have received prior approval. **However, prior approval is NOT required for a program to be accepted for credit in one's Professional Development Portfolio (PDP).** Each RD or DTR needs to keep a copy of the program objectives, speakers and their qualifications, proof of attendance in the event of an audit; this applies whether the program has received prior approval or not. Should the providers of these programs wish to have prior approval the fee will be a nominal \$10 per credit. Approval for credits is only available prior to event(s).

For additional information contact Pat Bollinger, MS, RD, MDA CDR Reviewer Chair; pbolling@bresnan.net or (406) 443-0134.

Destination: FNCE!

I want to thank Beth Hall and the MDA Board of Directors for allowing me the opportunity to attend FNCE 2010. I am very grateful to have had this experience. This is the first FNCE I have attended, and I have just two words to describe it: overwhelming and exciting!

Overwhelming: 10,000 dietitians under one roof. Need I say more? Then there were the educational offerings, more than 50 topics each day to choose from, more than 350 posters, the chance to talk with the DPG chairs, learn about CDR programs, and an Expo floor that took 4 hours to walk through. It was such fun being around famous dietitians, chefs and authors (I now know I am not a fan of Anthony Bourdain, but love Ellie Krieger).

Exciting: My first two days at FNCE I attended the affiliate leaders training sessions. The President of the ADA, Judith Rodriguez, presented on having a "servant's heart" in leadership. If you ever get the chance to hear her speak, please do, we are fortunate to have such an amazing leader. I was also able to exchange thoughts with other affiliate leaders; I think we all came away with ideas on how to improve our organizations. Most importantly, for my current position of treasurer of MDA, I spent one day learning about the fiduciary responsibility I have, and we all have to MDA, as well as many legal and tax issues that face us as an affiliate of the ADA. During the remaining time at FNCE, I was excited to take off the renal dietitian hat I usually wear, and attend sessions on leadership and team building that will help guide me in my duties with MDA and with the Billings chapter of MDA.

My advice to those of you who, like me, have never attended a FNCE – GO!! Find a way, save your money, share a hotel room, whatever you need to do to make it possible. I know for sure that I am already trying to figure my way back to FNCE again.

-Tami Waite RD, CSR, LN; Treasurer, MDA; President, BMDA.

Two words to describe FNCE: Overwhelming & Exciting!



Billings Montana Dietetic Association (BMDA)

The Billings MDA just concluded for 2010. We are very pleased that we had another successful year! Our group participated in many continuing education events including topics on Bariatric Surgery, updates on the Backpack program, and current nutrition legislation. We also had guest speakers talk on the new WIC program, ICU Nutrition, Sports Nutrition, and other diverse topics.

Our new Board of Directors:

Tami Waite, RD, CSR, LN – President

Therese Hrnčirik, RD, LN – Vice President

Jessica Martin, RD, LN – Secretary

Krystie Nelson, RD, CNSC, LN – Treasurer

Stephanie Selzler, RD, LN – Member at Large and Educational Event Planner

Welcome to the new board, and a huge thank you to the 2010 board for their dedication in making this year so successful! - *Tami Waite, RD, CSR, LN, BMDA President, MDA Treasurer.*

**Are you a Registered Dietitian or just
interested in nutrition and looking for
networking opportunities or **CEU** credits?**

The **Billings Montana Dietetic Association (BMDA)** is a local chapter of the Montana Dietetic Association (MDA) and has the capability to reach *almost anywhere in Montana & Wyoming* via telephone/video conferencing.

We are proud to offer the following:

Monthly journal club and peer-expert led discussion. Takes place on the 4th Tuesday of the month from noon-1pm. Some of the topics this year include:

- Community Assistance Programs
- Vegetarian Diets
- Nutrition Management During Pregnancy

Quarterly Events are combined with a pot-luck dinner from 5:30-7:30pm on the 2nd Wednesday of the quarter.

- Acute and Chronic Kidney Disease – Medical and Nutritional Management
- Ethics and End Of Life Decision Making

Community Events BMDA values giving back to the community, and participates in at least one large community event each year.

Fee is \$25 for the annual registration (\$10 for students and retired individuals) or \$15 per event. Potential for up to 18 CEUs per year, depending on your level of participation. Annual re-enrollment is from February 15th through April 15th 2011.

If you are interested in joining a fun group of people who want to learn,

contact us at nutrition@billingsclinic.org

or

visit our website: <http://mda-billings.weebly.com>.

BMDA Fun at Saturday Live!

Greetings to MDA members from the Billings Montana Dietetic Association (BMDA).

One of the goals for BMDA is to be more active in the community by volunteering.

On September 25th, we teamed up with Billings Action for Healthy Kids (BAFK) as we participated in Saturday Live at Pioneer Park.

This annual event raises money for Billings' schools. Our objective was to provide nutrition games and education that were fun and free for kids and families.

We could not have asked for a more beautiful day outside for our debut. Two of our volunteers had blast wearing fruit and vegetable costumes.

At our booth we featured three nutrition "Minute-To-Win-It" games that were a hit. The kids enjoyed the My Pyramid Scramble, Apple stack, and most of all, the yo-yo game.

Thank you to all who participated and volunteered to help make our event a success!

-*Steph Selzler, RD, LN
BMDA Member at Large*



Steph Selzler (left) and Krystie Nelson (right) enjoy the sunshine at Saturday Live in Billings.

Message from your President-Elect MDA FNCE 2011—Hope you will be there!

Members of MDA—Start planning now!

The 2011 MDA FNCE Planning Committee welcomes you to Helena, Montana on June 1-3, 2011 to “Capitalize on Nutrition in 2011.” Join us for a half day on Wednesday, June 1; all day Thursday June 2 and the morning of June 3 for networking, laughter and the latest information on dietetics topics important to our members.

You can plan to receive 12 to 14 CEUs as you experience topics that include diabetes, wellness, sports nutrition and leadership. A variety of topics will be presented to appeal to clinical, community and foodservice interests of members. We intend to update you regarding aspects of public policy, the Montana dietetics internship and the issue of child hunger in our state.

Come ready for great networking, meeting with old friends and making new friends as you celebrate the dietetics and nutrition profession with much laughter and learning!

Comments and questions can be directed to:

Nonie Woolf, MDA President-Elect at
woolfnonie@yahoo.com or (406) 338-3358. See you there!



Food For Thought—Fall 2010



PO BOX 1197
HELENA, MT 59601

In This Issue

In this article, check out the picture of my two little pumpkins from last year—he had a great time helping mommy in the garden and now loves tomatoes because of it!

As always, if you have ideas, thoughts or would like to submit an article for the next newsletter, contact

Kim Pullman, RD, LN, Newsletter Editor,
kpullman@mt.gov.

"Food for Thought" is the Montana Dietetic Association's quarterly newsletter. Members may receive this newsletter

Deadline for submissions
for the next issue:
February 1, 2011

Quarterly Publication Dates:
February 28
May 30
July 30
November 30