President’s Message— Exciting Change is Afoot!

Dear MTAND Colleagues,
I believe that you can never say “Thank you” enough when advocating for improved health and promotion of our field, particularly by supporting MTAND. Thank you to everyone for your part in making these last few months exciting and rewarding!

Here is a look at what’s ahead:

2016 MTAND Food and Nutrition Summit (FANS!), June 1-3, 2016, Bozeman
We would love to see you. Over the last several years, we have been working hard to make the conference better than ever – something that you can look forward to knowing that it will satisfy all your continuing education and networking needs. Please plan to join us!

Revisiting MTAND’s Administrative Structure and Strategic Plan
Volunteering to become a MTAND leader through the Board of Directors, FANS Committee, or other positions is an exciting opportunity that provides rewarding experiences, meaningful work, friendships, and recognition. However, after listening to many Montana RDs, the majority feels that the major leadership roles are too time-intensive to take on. I have proposed a structure that would allow for small-team leadership strategies, greatly reducing workloads to create a more enjoyable and productive experience for all of us. Since the time I proposed this revision, several BOD positions such as the Members at Large, have volunteered to take on a more active role within the organization. I cannot thank the Members at Large enough for their proactive contributions!

Our MTAND Strategic Plan (SP) is still providing our organization with direction and focus. Our last major revision in 2008 is modified and approved by the BOD each year. I have proposed to revisit the SP to: 1) create a “Quick Start” process for revisions; 2) update content and terminology that reflects the current Academy SP; and 3) develop an easy-to-use version with yearly priorities identified and defined. A small group is reviewing the merits and challenges of these proposed revisions.

Looking forward to seeing you in Bozeman,

-Lynn Paul, MTAND President; lpaul@montana.edu; or (406) 994-5702.
Beef to School Project

A team of Montana State University researchers and community partners has been awarded a three-year, $220,000 grant to help Montana beef producers and meat processors and increase the use of local beef in Montana’s schools and communities. The grant, from the U.S. Department of Agriculture’s Western Region Sustainable Agriculture Research and Education Program, is intended to increase the availability and consumption of local beef in Montana’s schools and communities and help improve Montana beef producers’ and meat processors’ viability and sustainability. The team is led by Carmen Byker Shanks, assistant professor in the MSU Department of Health and Human Development. In Montana and nationally, producers and consumers are beginning to see social, environmental and economic benefits from local procurement efforts that link ranchers and local beef processors with schools in their community and region, according to Byker Shanks. She added that the ‘beef to school’ efforts involve support of local beef from a variety of people, including producers, processors, and foodservices and students at K-12 schools. Researchers will then use this information to evaluate the larger Montana beef to school market by developing and testing evaluation tools, analyzing characteristics of beef to school supply chain issues, and assessing capacity and needs for slaughter, processing and storage facilities. The researchers will also develop extensive outreach, educational and promotional materials for multiple groups.

You may follow the project on Facebook [https://www.facebook.com/beef2school/] or Twitter: [https://twitter.com/MTBeeftoSchool].

- Janet Gamble, MTAND Member At Large, janet.gamble@montana.edu.

Nominations Needed for the Patricia Hennessey Award

Nominations due March 25, 2016 (5 pm)

The Montana Academy of Nutrition and Dietetics (MTAND) is pleased to seek nominations for a new award, the Patricia Hennessey Leadership Award. This award recognizes a MTAND member who has helped to optimize the health of Montanans through their leadership and commitment to our profession. Pat Hennessey has been a registered dietitian and member of the Academy of Nutrition and Dietetics for more than 50 years. Pat credits her allegiance to our profession to her internship preceptor, who instilled in her students a strong sense of dedication to the profession’s association. Pat’s advocacy is strongly influenced by her extensive work with children. The Board is proud to honor Pat and inspire members to follow her leadership through this award program.

Nominations will be accepted through March 25th at 5:00 p.m. 2016. To submit a nomination, please complete and return the Patricia Hennessey Leadership Nomination Form, found on the website, [www.mtand.org] under What’s New on the home page by the deadline; or contact Deb Jones, Nominating Committee Chair, for a nomination form: deb.jones50@yahoo.com or (406) 461-8096.

The awardee will receive the award at the 2016 Food and Nutrition Summit that will be on June 1-3 in Bozeman.
Call for Nominations

MTAND Award of Excellence for Nutrition Advocacy

Submit your nominations for the Montana Academy of Nutrition and Dietetics Award of Excellence for Nutrition Advocacy. The award is presented to recognize non-dietitian community members who have worked to optimize the health for Montanans by support and promotion of food and nutrition. Consider nominating a candidate. The Montana Academy of Nutrition and Dietetics awards up to 3 non-dietitians with the Award of Excellence for Nutrition Advocacy at the annual MTAND FNCE meeting. The award(s) will be presented at MTAND FANS for the purpose of recognizing an individual(s) who has worked to optimize the health for Montanans by support and promotion of food and nutrition.

Link to the MTAND website for the criteria and nomination form: http://www.mtand.org/?page=2016NtrAdvocacyAward

Award nomination deadline: March 25, 2016.
- Patti Steinmuller, Public Policy Committee Awards Chair, psteinmul@msn.com or (406) 219-2315.
In Remembrance

Martha Lowery, RD, MPH, 92, passed away on Friday, January 1, 2016. Martha was a pioneering public health nutritionist, working many years as Missoula’s first WIC Program Director. She was a mentor to so many of us over the years and she taught us when we were new to the profession, how to become effective nutrition professionals. Many of Montana’s dietitians will remember Martha fondly. Connie Johnson and Mary Pittaway enjoyed a visit to Martha a few months ago. She was watching a Griz game in their TV room, and hooting and hollering when they made a good play! When Lynn Paul and Mary Pittaway visited her before she passed away, a sampler she had on her wall said, “Contentment is not the fulfillment of what you want but the realization of how much you already have.” She was a wonderful addition to our profession and a great lady.


Every Kid Healthy Week: April 25-29

Is your school hosting a health, fitness or nutrition education activity in April? Make it an Every Kid Healthy Week event! Events can range from health and wellness fairs, to taste tests, to fun runs, schools gardens and more. Additional information and resources can be found at EveryKidHealthyWeek.org. Join the national movement by registering your event with Action For Healthy Kids.

This Quarter’s Quote

"Contentment is not the fulfillment of what you want, but the realization of how much you already have.”

- Author unknown
Save the date for the **Montana Farm to School Summit: Sprouting Success** to be held on September 22-23, 2016 at Montana State University in Bozeman. Learn and share how Montana schools and programs are sprouting success through the core elements of farm to school--serving local foods, school gardens, and nutrition, agriculture, and food education. Workshops, field trips, and networking opportunities will provide inspiration and skill building.

For more information contact: Aubree Roth, Montana Farm to School Coordinator at [aubree.roth@montana.edu](mailto:aubree.roth@montana.edu) or (406) 994-5996.
Hi! My name is Tara Ray, I’m a School Nutrition Specialist living in Bozeman. Like you, I’m an RD and a member of MTAND. I’m also a member of a group called the Public Policy Committee (PPC). The PPC does work with lawmakers, laws, proposed changes to laws, etc. that specifically effect the work Registered Dietitians do nationally and in Montana.

March is National Nutrition Month and we would like to encourage and inspire you to set up a meeting with your local legislator(s). This is a great opportunity to make connections, create relationships with these lawmakers.

This meeting doesn’t have to be anything fancy. Invite them to tour your workplace or shadow you for part of a day, or meet for coffee or tea – we are dietitians, food is a good thing to include during our meetings in some way, shape or form!

You might be wondering how to figure out who these people are in your community/area. This link is really easy to use.

Don’t forget to take this survey after your visit to let us know how it went! If you’re comfortable, snap a picture and share that with us too. Thank you for your commitment to being a part of the collective MTAND voice!

P.S. If you’re wondering where to get started... here's a sample email of the message I sent to my Legislator.

"Dear Senator Phillips,  
My name is Tara Ray. I’m a Registered Dietitian and School Nutrition Specialist living in Senate District 31. March is National Nutrition Month and a group I work with promoting healthy, nutritious meals around the state known as the Montana Academy of Nutrition and Dietetics is hosting an event encouraging RDs to reach out to their local legislators in order to make connections and share a small piece of the work we do every day. I would enjoy meeting you, if and when your schedule allows. The morning of Tuesday, March 8 or Wednesday, March 9 or anytime Friday, March 11 are good times for me. We could visit a school for breakfast or go to lunch on Friday. If next week isn’t a good time for you, when would be? Would you mind if Kathleen Williams from House District 61 joined us as well? I haven’t contacted her yet but will as soon as I hear back from you. 
Thank you for your time and service as a state Legislator.  
Tara Ray  
406-381-3591"

Here are a couple of great handouts for your legislator:  
www.mtand.org/resource/resmgr/Public_Policy/Flyer_TopTenReasons_RDN.pdf
MDI Scholarship Quilt
Raffle Tickets on Sale!
$5.00 each or 5 tickets for $20.00

This beautiful full-size quilt was crafted by Michelle Baker and Coleen Kaiser. This year the raffle goal is to raise $3,000 for the MDI Scholarship Fund.

With your support, we hope to continue progressing toward a fund that can annually support five, $7,000 scholarships to student interns in the Montana Dietetic Internship!

The winner will be announced at the MTAND Annual Conference at 8:00 am on Friday, June 3rd.

Need not be present to win.

A Special Thanks to Pat Hennessy for starting this great tradition. Last year her Picnic Basket raffle raised over $1,000 for the MDI Scholarship Fund!

To purchase raffle tickets, please mail checks to:
Deb Jones
4950 Green Meadow Drive
Helena, MT 59602

Make your check payable to:
MSU Foundation (in the memo write – Montana Dietetic Internship)

Your raffle tickets will be available for pick-up at the conference.
Save the Date: MTAND FANS is coming in June!

We are gearing up for another fantastic annual meeting - newly christened the Food and Nutrition Summit (FANS)- in Bozeman, June 1-3, 2016.

First up will be the Montana Dietetic internship (MDI) Preceptor Workshop session that will take place June 1 from 8-12. The purpose of the workshop is to illuminate leadership in the context of supporting emerging leaders and inspiring leadership in the role of preceptor/mentor.

Then in the afternoon, you do not want to miss the intern symposium! They are presenting amazing topics ranging from GMO’s; Using the Best Apps; Medications in Breast Feeding; PKU nutrition and more! There are 21 presenters and so many topics to choose from.

The conference will continue on June 2-3 with national speakers on topics such as food psychology, lipid metabolism, reimbursement, and starting your own business. We will have multiple vendors, fabulous food to eat, a silent auction, and even a brewery tour (bus provided) with delicious food pairings. All while earning continuing education credits and meeting with your colleagues from around the state!

Look for the meeting registration and full agenda mid-April.

- MTAND FANS Co-chairs: Jennifer Colegrove 465-3453, or Deb Jones, 461-8096.

In This Issue
Get details on the upcoming MDA FANS, nominate someone by March 25, & much more

As always, if you have ideas, thoughts or would like to submit an article for the next newsletter, contact
Kim Pullman, Newsletter Editor,
kpullman@mt.gov.

"Food for Thought" is MTAND’s quarterly newsletter. Members may receive this newsletter electronically via MTAND’s listserv, or by mail.

Deadline for submissions for the next issue:
May 1, 2016
Quarterly Publication Dates:
February 28
May 30
July 30
November 30