President’s Message— We Have a Place for YOU

I would like to take this time to send a HUGE thank you to ALL the people that volunteer to serve our profession through the Montana Academy of Nutrition and Dietetics (MTAND). There are many of you that give selflessly of your time, energy and emotions; thank you! Without people who are willing to volunteer their time our organization would cease to exist.

People volunteer for a wide variety of reasons; to give back, pay forward, learn, grow, develop and many more. Volunteering for MTAND can be a great way to meet any of those goals that you might have for volunteering. MTAND also offers a wide variety of places to volunteer. You can give a single hour working the registration table at the annual conference, a couple of hours a month filling an office like Member-at-Large, several hours a month co-chairing conference planning, or serve as a board member. No matter where you are in Montana, how long you have been a dietitian (or a student or intern), or how much time you have to give, MTAND has a place for you.

Currently, we have three specific openings that are not elected positions.

- Conference planning Co-chair – this position comes with 1-2 years of training as well as the benefit of being able to attend a national conference each year if the annual state conference turns a profit. This position plans the conference each year with the President-Elect.
- Media Representative Committee – We are looking for someone in the Bozeman area. The time commitment to this position is very small.
- State Policy Representative – this person works with the Public Policy Committee. The only requirement is that you have an interest in public policy.

Please let me know if you would like more information on any of these positions.

Once again, THANK YOU to those of you who volunteer with MTAND or anywhere else!

- Tami Waite, MDA President, twaite@billingsclinic.org.
Join Us for the 2014 MTAND Food and Nutrition Conference and Expo!

May 28-30, 2014
Bighorn Resort, 1801 Majestic Lane
Billings, Montana

Change is constant and as nutrition professionals we must embrace it and be ready to take charge for a successful future.

The goal of this conference is to empower members to be food and nutrition leaders and allow us to learn from each other while sharing science-based information.

Benefit from the educational sessions, network with a variety of vendors and peers from around our state, and get continuing education credits for approximately 15 hours.

Agenda at a Glance
Wednesday
- Montana Dietetic Internship Program—Linking Food as Medicine from Our Nation’s Soil to the Family Plate (morning)
- Nutrition Therapy for the Preterm Infant (all day)

Thursday and Friday
- Reimbursement Coding and Rules
- Gluten Intolerance, Gut Health and Probiotics
- Bariatric Surgery and Nutrition
- Shopping Matters Grocery Tour Class
- Food Labeling and Agricultural Policies
- Creative Lentil and Legume Culinary Tips and Recipes
- Vitamin D Update
- Sourcing Sustainable Seafood
- Nutrition Care for Cancer Patients
- Long-term Care Round Table Discussion
- Nutrition Assessment and Treatment of Obesity
- Consumer Protection and Licensure Issues

Vendor Expo
On Thursday, there will also be a Food and Nutrition Expo. If you are interested in having an exhibit, please contact Stephanie Selzler at sselzler@billingsclinic.org.

Poster Session
Are you interested in sharing your research or a best practice in community, clinical or foodservice management area? A poster session will be available if there is sufficient interest from our membership.

Silent Auction
A silent auction will also be held this year so please consider donating an item for it.

MDI Graduation
On Friday, the Montana Dietetic Internship Program graduation will occur immediately following the conference at noon.

Registration will be available soon on our Web site at www.montanadieteticorganization.org.

A Good Value
Good news -- registration fees are remaining the same from last year which is only about $15.00 per credit—a very good value!

For More Information
- Katie Bark at barksnmt@gmail.com, (406) 570-5980; or Beth Hall at bhall@billingsclinic.org.

"TEAM: Together Everyone Achieves More.”  - Lisa Osbourne
2014 Lactation Education Dates

Like us on Facebook for the quickest link to education and scholarship opportunities... https://www.facebook.com/montanastatebreastfeedingcoalition

Nursing Mamas MT is hosting lactation advocate and educator, Diana West, in Helena, MT March 24th. Continuing education credits/contact hours will be available. A presentation will take place the evening before the conference and will be open to the public. The MSBC is offering one scholarship to the conference. For more conference and scholarship information go to http://mtpbreastfeedingcoalition.weebly.com/.

Certified Lactation Counselor (CLC) training July, 21-25th 2014 in Missoula, Montana. MSBC is happy to provide several scholarships to attend this popular training. Updated training information will be made available on the MSBC website, Facebook page and the Montana State Breastfeeding listserv.

- Terry Miller, Senior Breastfeeding Consultant, MT Nutrition and Physical Activity Program, tmiller6@mt.gov.

Annual Bike Walk Summit

Catch the Momentum!
March 27-29, 2014 Billings Hotel Billings, MT

An Event you don’t want to miss!!

“I found the Bike Walk Summit of 2013 to be energizing and informative. As an engineer, it was helpful to get a 360-degree view of the bike/ped community. Building bike/ped infrastructure requires collaboration across a huge variety of disciplines and stakeholders, and the more I understand about various perspectives, the more effective I can be in my role.” -Peter Walker-Keleher.

- Kathy Aragon, jenaragon@bresnan.net.
The PPP put together this Cottage Food Law notice so that RDs in Montana know that some of the Food Code laws in the State are poised to change and let them send their comments to the Dept of Ag. We don't have any strong, specific comments that we want to suggest they make. But, we do want RDs to be aware that changes are being made. We have provided some links so that they can learn more and where to send comments if they have thoughts or input for the updated Food Code.

Thanks!
- Kirsten Anderson, Public Policy Committee, Kirsten.Anderson@ihs.gov

Montana Citizens To Help Streamline State Food Regulations

There is a growing movement to support locally sourced and community based food production, sometimes referred to as "cottage food", which benefits local communities, small businesses, public health and environmental sustainability.

What is a cottage food law?
The short answer: It is a law that allows you to make certain types of food from your home kitchen, and then legally sell them at certain venues. (For more information on "cottage foods" visit: [http://cottagefoods.org/laws/](http://cottagefoods.org/laws/))

Although numerous states have passed laws that allow small business entrepreneurs to use their home kitchens to prepare for sale foods that are not potentially hazardous, Montana has not.

Unfortunately, current Montana law contains a complex food code with jurisdiction spread among multiple departments and levels of government. The new federal rules and regulations under the Food Safety Modernization Act will require updates to Montana food safety laws.

Three Montana state agencies and a group of citizen stakeholders have begun a public process, mandated by the 2013 state Legislature, to review the state’s food laws and rules for inconsistencies, inefficiencies, and to gather ideas for improvement.

House Bill 630, adopted by the 2013 Montana Legislature, also mandates a look at the potential for a cottage food law in Montana. The results of this project will include a report to the Interim Economic Affairs Committee of the Montana Legislature along with recommendations for changes to improve the state’s food regulatory environment.

We have completed the migration to our new Web site and all active members should have received their new login information via e-mail. One goal of our Web site is to promote the services of registered dietitians and increase our visibility to the public.

- The MTAND website now includes resources specifically for consumers.
- We have expanded our presence on Facebook and have added a Twitter account.
- MTAND is pleased to announce our new Food and Health Blog and invite any MT Academy member interested in submitting an article or providing tips, recipes or photos to post to our blog to please contact us.
- Visit the Web site to check out the MTAND Member Forum. The forum allows you to connect with other members and gain access to their knowledge and experience.
- View the article honoring our 50-year members of the Academy of Nutrition and Dietetics.
- We will be providing an interactive breakout session during MTAND FNCE to help members maximize their use of the tools and resources available on the new Web site. See you in Billings!

-MTAND Web Masters, Linda Fredenberg lfredenberg2@krmc.org, and Nonie Woolf woolfnonie@yahoo.com.

Nominations Needed for Award of Excellence for Nutrition Advocacy!

Since 2008, the Montana Academy of Nutrition and Dietetics has chosen one, two or three non-dietitians to honor with an Award of Excellence for Nutrition Advocacy at the annual MTAND FNCE meeting. The award is presented 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. Criteria for the award are the following:

- Nominees for this award may be submitted by MTAND members. The nominee cannot be a member of MTAND.
- The nominee must be a Montanan, and can be male or female, of any age, from either the private or public sector.
- The nominee must have worked actively and consistently for a minimum of five (5) years promoting and supporting food, nutrition, and healthy lifestyles, and demonstrating knowledge and understanding of the issues and policies involved.

The 2014 Award deadline is **March 21, 2014**. Further information and the nomination form may be accessed on the MTAND website (under Advocacy) or by contacting: - **Patti Steinmuller**, Public Policy Committee Awards Chair, psteinmul@msn.com or (406) 763-4145.

This Quarter’s Quote

"I am an experiment in continuous improvement.” - Unknown
In This Issue
Get details on the upcoming MDA FNCE, check out upcoming events & 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 the Montana Dietetic Association’s quarterly newsletter. Members may receive this newsletter electronically via MDA’s listserv, or by mail.

Deadline for submissions for the next issue:
May 1, 2014
Quarterly Publication Dates:
February 28
May 30
July 30
November 30

March 12, 2014
Commemorating the dedication of RDNs as advocates for advancing the nutritional status of Americans and people around the world.

For celebration ideas visit www.eatright.org/nnm.