



President's New Years Greetings

Dear PDA Members,

I hope each of you have had a holiday season filled with joyous memories to reflect upon along with a hopeful outlook for this new year that is upon us. It has again been a busy few months for PDA, but as you will see, we certainly have no plans of slowing down just yet.

In early December, PDA volunteers joined forces to provide an amazing community education program for the participants of a local food shelter. A dozen volunteers that included both RDs and dietetic students organized a "Healthy Eating Workshop" at the Outreach House of St. James Episcopal Church in Collegeville. Participants were able to learn vital new skills through two food demonstrations, a "Healthy Eating on a Budget" presentation, one-on-one counseling and also received simple and nutritious recipes on their way out. If you are interested in volunteering with PDA, we are planning an outreach event with MANNA when the weather becomes warmer, so please stay tuned!

Just a few weeks later, PDA members gathered at 320 Market Cafe in Media to share a wonderful time at our most recent membership event. Many met as strangers but all left as friends. Our casual membership events are always a refreshing opportunity to meet new faces and network, so I encourage those who are new to our area or just wanting to get out of the same old routine to come out to our next event, which will be held in the Bucks County area in February.

PDA has also had a very successful year with our efforts in public policy. Just earlier this month, we held a live online tutorial for those interested in Public Policy 101. This session marks our second attempt at recruiting and training Public Policy Ambassadors for the Philadelphia region, and this time we were able to record the session for the future convenience of our members. It is important to help our profession strengthen its political roots, and I strongly urge anyone who's interested to learn more about how easy it is to become a part of



Philadelphia's grassroots movement and serve as a PDA Public Policy Ambassador. Please email Shawna Bayerman, our Public Policy Chair, at shawna.bayerman@gmail.com with any questions.

We will soon be closing in on what can be considered the highlight event of the Philadelphia district in 2017, the state's Annual Meeting and Exhibition to be held in King of Prussia on April 21-23. This year's state conference will feature over 20 speakers and provide 18 CEUs from start to finish. The extensive planning of this program started back in September 2015 with the aim of

providing you with a level of professional education that is exceptional in both breadth and depth. Please go to <http://eatrightpa.org/events/pand-ame-2017/> to view the program and to see why PDA is proud to present our members with *100 Years of Dietetics: Celebrating the Past, Navigating the Future*. We promise that this conference is not one to be missed!

In a few short weeks, please expect to be informed of more continuing education, networking and volunteering opportunities. Also, if you are interested in volunteering for a position on the 2017-2018 PDA Board, please see page two for more information. Lastly, please note that applications for PDA's Annual Scholarship are due on February 17th. See page four for more details.

To good health and a promising new year,
Jennifer Lai

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PDA Board Nominations

Interested in being more involved in the Philadelphia Dietetic Association?

Several PDA board positions will be open for the 2017-2018 membership year including:

- President elect
- Treasurer
- Membership Chair elect
- Newsletter Editor
- Social Media Representative
- Public Relations Chair
- Public Policy Chair elect
- Scholarship Chair
- Council on Practice elect
- Nominating Chair elect
- Career Guidance Coordinator

For interested members, please prepare a short bio of yourself and send to Liz Smith at Elizabeth.Smith5@uphs.upenn.edu

We thank you for your interest!

Public Policy Ambassador Program

We are very excited to announce the commencement of the Philadelphia Dietetic Association's Public Policy Ambassador Program (PPAP). The PPAP is a volunteer based program that promotes grassroots advocacy and better communication with our local legislators. We would like to thank our ambassadors who have dedicated their time to receive training either in-person or online. We would like to thank our speakers, Meg Rowe MS, RD, FAND, LDN who presented, "*How to Communicate with your Legislator*," and Patricia Davidson, DCN, RDN, CDE, LDN, FAND who presented on "*Legislation and the RDN*."

In the coming months, our ambassadors will be scheduling visits with local legislators to introduce the role of the RDN and reinforce our practice of evidence-based nutrition. Our ambassadors will be reaching out to PDA members to invite them to learn more about nutrition related policy and to join in on legislative visits. If you don't hear from one of our ambassadors but are interested in joining them on a visit, please contact shawna.bayerman@gmail.com or samantha.calderone@gmail.com.

SAVE THE DATES

Spring Career Panel

Join PDA for its annual Spring Career Panel at West Chester University on Monday, February 27th at 7:30 PM.

The panel will feature four registered dietitian nutritionists from a variety of industries including retail, private practice, bariatrics, and wellness.

For more information please visit the PDA Facebook page or contact Anita Anim, our Career Guidance Counselor, at aanim1890@gmail.com.

Pennsylvania Academy of Nutrition and Dietetics 2017 Annual Meeting and Exhibition

100 Years of Dietetics:
Celebrating the past, Navigating the Future

This year we are celebrating 100 years of Dietetics Practice- Come celebrate the past and navigate the future. Don't miss out on being a part of the largest gathering of nutrition professionals in the state as we celebrate the 100-year anniversary of the field of dietetics and honor our Pennsylvania dietetic leaders! The three-day event features outstanding educational sessions by renowned speakers, including the President of the Academy of Nutrition and Dietetics, Lucille Beseler, Dr. Jane Ryan from Abbott Nutrition as our keynote speaker, Bishirjian Lecture - *Drug Therapy in Elderly* by Dr. Marina Pulini-Franks. In addition, plenary sessions topics including: *Medical Marijuana - More Than Just the Munchies*, *EPIC Pediatric Obesity Program*, and *Who Needs Protein? The New Science behind Dose and Distribution* to name just a few. You don't want to miss the networking events or the exhibition highlighting a number of nutrition-related products and services.

Mark your calendars for the 2017 PAND AME!

Where: Crowne Plaza Hotel, 260 Mall Blvd, KofP, PA
When: Friday, April 21st to Sunday, April 23rd 2017

For additional information or questions, please contact the 2017 AME Co-chairs:

Shawna Bayerman - shawnbayerman@gmail.com

Patricia Davidson - pdavidson@wcupa.edu

Bridig Neary - btneary@gmail.com

Delegate Report

Susan E. Adams MS, RD, LDN, FAND, Chair of Delegates, representing Philadelphia and the Lehigh Valley

FNCE HOD NEWS

The Academy's HOD had a productive fall 2016 meeting last October 13-15 in Boston, MA, right before FNCE. The first day was a training in "Appreciative Inquiry" which is a process to promote discussion and communication in a positive manner to solve issues/problems or concerns. The next day this technique was used when the HOD discussed the mega-topic of Prevention and Wellness. Perhaps you were one of our Pennsylvania Academy members that answered the survey monkey asking for stories highlighting your prevention and wellness successes. These stories were submitted to the HOD to be used in the future to shine a light on the RD/RDN/DTR/NDTR and their role in the success of their clients and patients.

Additional HOD News

The HOD is in the discussion phase of determining new proposed membership categories. The PA delegates sent out a member survey to ascertain your thoughts on the subject. Here are the results:

2017 Pennsylvania Academy of Nutrition & Dietetics Member Survey Proposed Membership Category Changes Overall, the PA affiliates indicated that they would be in favor of making changes to the associate membership category. However, comments submitted suggest that additional consideration and review may be warranted in finalizing the proposed recommendations.

While many members agree that including individuals with an associate degree (56%), who are working in a nutrition related profession, is desirable, many expressed concern over the inclusion of certain professionals including but not limited to dental hygienists and sports professionals. Members noted concerns over the potential misuse of the associate membership status diminishing the reputation of our profession, as well as continuing to attribute to the public's misunderstanding of nutrition professionals.

Members also agreed that the associate membership should align with professions and trades that work alongside dietetic professionals (64%) and those with a BS in certain areas (computer science, agriculture, microbiology etc.). One member commented that including new members could produce new ideas while others felt that AND should focus on strengthening the active membership category. Again, some felt that expanding the membership to include all of the proposed professions and trades could lead to misuse and abuse of

the "associate member" and confuse clients. A few comments indicated that educators of dietetic professionals should be included but questioned why those with computer science or hospitality education be included in this category.



Members agree (61%) that associate member fees should be reduced as long as they have limited benefits and privileges. Additional comments in respect to fees included increasing the benefits to AND members and focusing on recruiting active members who chose to not be members due to cost. The specific questions and answers can be obtained by contacting your delegate (me!) at the email provided in the end of this article.

Volunteer for an Academy Committee:

The Academy of Nutrition and Dietetics has many standing committees that work to advance our profession and develop policy and resources for RDNs and NDTRs. If you are interested in volunteering for an Academy committee, please complete the Opportunities to Serve Survey [here](#). The information provided will assist the Academy's President-elect and Speaker-elect in making appointments for the 2017-2018 program year. The survey will be available January 9 - February 1, 2017.

Thank-you for reading this article and if you have a question or comment, please feel free to contact me at any time.

Sincerely,

Susan Adams, MS, RD, LDN, FAND
HOD Delegate, representing LVDA and Philadelphia
seadams@rcn.com



2016-2017 Scholarship Award

Scholarship Amount: \$500

Who Should Apply:

Students who are:

Current members of the Philadelphia Dietetic Association

AND

Are enrolled in one of the following:

- An ACEND-accredited/approved undergraduate or coordinated program in dietetics
- An ACEND-accredited Dietetic Internship
- A masters degree program with the intent to practice in dietetics



Application Due Date: Applications must be received by February 17, 2017

When is the Scholarship Awarded: Announcement at PDA's spring meeting 2017

How to Apply: Fill out the application and follow the directions for submission. The application can be found at <http://www.eatrightphiladelphia.org/advantages.cfm#scholarships>

Fall CEU Event: Food Fads and Trends

PDA hosted an exciting fall CEU event at the Giant Food Store in Willow Grove, PA. The event, *Food Fads and Trends*, explored emerging consumer food trends and the new food label, the use of ancient grains and their health benefits, and effective ways to approach and address foods fads with clients.

The program included a light meal for participants. Featured speakers included Mary Ann Moylan RD, LDN, CDN, CDE; Susan Adams MS, RD, LDN, FAND; and Judith C Thalheimer RD, LDN. All participants earned 2.5 CEU hours.



PDA Community Outreach Event

Michele DiCristofaro is a graduate student at Immaculata University

On Saturday, December 3rd, PDA members and nutrition student volunteers participated in a community nutrition event at the St. James Outreach House in Collegeville, PA. The St. James Episcopal Church runs a wonderful program that provides assistance to local families who are in need of food, personal care items, gently used clothing and household items. Families served are made up of single-, foster- and two-parent families, abused women, disabled and mentally challenged clients, and the elderly. The Outreach House relies on their parishioners' weekly food contributions and donations from several organizations. Like many programs such as this, they rely not only on donations, but people who can volunteer their time and talents to the community and the PDA did just that!



Our nutrition event began with a "Healthy Eating on a Budget" presentation presented by Manette Richardson, RD. Manette talked to the participants about how families can make meals that are low-cost and healthy. She displayed food items and discussed how to read circulars to find the best price to fit their budget. After the presentation, families were treated to two food demonstrations by Melissa Bailey, MS, RD and Phyllis LoDuca, MS, RD. Melissa demonstrated how to prepare a delicious, healthy meal using low-cost ingredients. Phyllis prepared a quick pancake breakfast and showed the families how easy it can be to up the nutritional value by simply adding a favorite fresh, frozen or canned fruit. After the food demonstrations, participants were able to enjoy the meals! Below are the recipes that were prepared:

Pancakes with Fruit

Prepare your favorite boxed or homemade pancake recipe. Top with fresh, frozen or canned fruit. Example: peaches, berries, bananas, etc.

White Bean and Vegetable Pasta

Ingredients:

- 1 small white onion
- 2 zucchini, diced
- 1 bag baby spinach
- 1 (15oz) can diced tomatoes
- 1 (15oz) can cannellini beans (white beans)
- 1 jar of your favorite tomato sauce
- Box of pasta
- Olive oil
- Dried Italian seasoning

Directions:

1. Bring a large pot of water to a boil. Add pasta and cook according to instructions.
2. Heat olive oil in large sauté pan. Dice zucchini and onion, add to heated pan and cook for 6-8 minutes until tender. Add spinach and continue cooking until wilted.
3. Rinse and drain beans. Once vegetable mixture is cooked, add beans, diced tomatoes, and tomato sauce to pan. Add seasoning to taste.
4. Drain pasta and toss into vegetable/sauce mixture. Serve immediately.



Restaurant Review

Michele DiCristofaro is a graduate student at Immaculata University



Located in trendy Midtown Village, Jamonera is a Tapas and Spanish restaurant serving everything from cured meats and cheeses, to seafood, to paella and of course, sangria. This place did not disappoint! We started off with a cocktail of "ALHAMBRA" (gin, ginger, grapefruit, fresh rosemary) and with dinner we enjoyed a pitcher of "ROJA" sangria (Spanish red wine, apple brandy, rosemary, orange). Next came the plates! We noshed on the "GOAT CHEESE CROQUETAS" (asparagus, fennel, salsa verde, preserved lemon aioli), "PULPO" (grilled octopus, preserved lemon aioli, seared potatoes, green olive salsa verde, arugula, crispy capers), "PAELLA MIXTA" (mussels, chicken, shrimp & calamari with chorizo, pork belly & calasparra rice) and the "CHEF'S BOARD" (two cheeses & two meats with accompaniments supplement jamon iberico de bellota). For dessert, we did not choose a typical Spanish treat such as

flan or tarta-we went with the Jamonera Brownie Sundae! Who knew that a Spanish restaurant would make the best brownie I have ever tasted!? Everything was AMAZING!



They proudly support local artisanal farmers so the food was unbelievably fresh. The servers were very helpful. They explained how plates were prepared and provided great recommendations when asked. The restaurant itself is tiny but the atmosphere was lively and fun. It definitely is a popular place as it was crowded on a week night.

Before checking out this gem of a restaurant, make sure you go to the website and read the story about Jamonera's two award-winning entrepreneurs, Marcie Turney and Valerie Safran, and their history of reviving that part of Center City East. In addition to Jamonera, they own a few other restaurants and even a boutique. Not only will we dine there again, we look forward to trying out their other restaurants.

PDA Membership and Networking Event

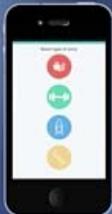
PDA members met at 320 Market Café in Media, PA for a membership and networking event on December 7th.





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