

Contents

Presidents Message

ADA Food & Nutrition Conference & Expo

VDA new initiative-Healthy Food and Healthy Communities

HIKE FOR HUNGER

Educational Opportunities

Educational Opportunities

Delegates Message

Cooking Close to Home Cookbook by Diane Imrie, RD and Richard Jarmusz

NEXT VDA MEETING

JOIN US

Tuesday November 3, 2009

Central Vermont Medical Center

Directions: Meeting will be held in Conference room #1 – off the lower lobby. Come in the Main entrance, go down the central stairway and conf room 1 is on the left.

From I-89, north or south Exit 7 (aka Route 62) to Fisher Road. CVMC is located at northeast corner of Fisher Road/Route 62 intersection

Presidents Message

Dear VDA Members,
Please mark your calendars and join VDA for the Fundraising event coming this Fall–October 23. See next page for details. This will be a fundraiser to help our Strategic Initiatives.

Sincerely,
Sylvia Geiger

ADA Food & Nutrition Conference & Expo Denver, CO October 17-20, 2009

Look out for more information concerning the VDA get together at this event.

Vermont Dietetic Association Fall Fundraiser

Get your taste buds ready
and help raise some funds for VDA strategic initiatives!

Please join us for:

**A Special Afternoon at
Boyden Valley Winery
Cambridge, VT
October 23, 2009
4:00-7:00 PM**



Please consider joining VDA for this special, private occasion in a beautiful setting and ambiance in a restored three-story timber frame carriage barn. This event will offer a unique European experience right here in Vermont with a Winery tour, artisan cheeses, pate, prosciutto and fresh baked bread and your choice of wine, set in the beautiful, fall-foliage backdrop of the Lamoille Valley. This will truly be a special event. There will also be a Silent Auction with wonderful items to bid on. Don't forget your checkbooks!

For more information and directions, please visit www.boydenvalley.com

Boyden Valley Winery

70 VT Route 104

Cambridge, VT 05444

(802) 644-8151

All funds raised at this event will help support VDA Strategic Initiatives in 2010 and beyond.

Please contact VDA Fundraising Chair, Lara Borders, RD, CDE at

minnieb@roadrunner.com or 802-999-4800 for more information or if you would like to volunteer to help with this event.

VDA New Initiative Vermont Dietitians Working for Healthy Food and Healthy Communities

The members of the Vermont Dietetic Association (VDA) are committed to combating hunger in Vermont through increasing access to healthy foods in Vermont communities. In a recent survey of our membership, over a third of our members expressed an interest in volunteering their professional services towards community based initiatives that help improve the health and nutrition of fellow Vermonters in their local communities. Our membership is interested in supporting local school nutrition programs, partnering with community food shelf programs, and supporting local farmers through providing nutrition education and outreach. For more information on how you can volunteer, contact Sylvia at sylviamgeiger@hotmail.com.



Hike for Hunger October 3 at 10:00 Mt Philo

Join Vermont Dietitians for Healthy Food and Healthy Communities as they Hike for Hunger 2009. The Hike for Hunger is a program of the Vermont Campaign to End Childhood Hunger and helps to raise money and awareness for hunger and nutrition issues facing Vermont's children.

The Vermont Dietitians for Healthy Food and Healthy Communities will be hosting their Hike for Hunger on Saturday, October 3 at 10:00am at Mt. Philo in Charlotte, VT. This hike will take place rain or shine so bring your rain gear!! Also bring your family and friends – the more the merrier. Feel free to invite your schools and community members to participate as well. The more awareness and funds we raise, the better.

What would a hike be without food? Please plan on bringing some easy food to share with fellow hikers such as bagels, granola, trail mix, muffins, fruit, etc. Not only will we be raising awareness about hunger in our state but also we would also like to raise some funds. For those who are interested in hiking, there are pledge sheets for you to use to gather support from friends, family, community members and workplaces. Making sure the children in our state are well-fed is a more than worthy cause and anything we can do to help is important.

If you are interested in participating in the hike on 10/3/09 or have any questions, please contact Alyssa Nathanson at (802) 371-8741 or Alyssa@vermontfresh.net.

If you cannot make it to this Hike, why not organize a Hike in your own community? Contact Alida Duncan at the Vermont Campaign to End Childhood Hunger at aduncan@vtnohunger.org if you are interested.

Serving Up Sensible Snacks and Beverages in Schools

Vermont Action for Healthy Kids
in collaboration with the Alliance for a Healthier Generation
and Center for Health and Learning present

Making changes in foods and drinks that schools sell to students outside of school meals can be daunting, but it doesn't have to be. This daylong institute will help state stakeholders, school teams and other partners choose resources and share strategies to implement the Vermont Nutrition Policy Guidelines for competitive foods and beverages while maintaining or boosting revenue opportunities. Learn best practices for engaging students, parents, and administrators to make it all work. Leave the institute with clear actions to take.

School Administrators*Food Service Directors*Athletic Directors* School Nurses*School Store Managers*School Business Officers*State Stakeholders*Community-based Partners*Parents

Dates/Locations: October 22-Williston, VT;

October 23 – Brattleboro, VT

Registration-9:00 – 9:15 am

Training-9:15am-3:30pm

A light lunch will be served

Six CEUs available from School Nutrition Association (pending)

For more information contact 802.254.6590 or info@healthandlearning.org



Educational Opportunities

Conscious Eating The Inner Game of Chewing Healthy, Innocent, Authentic Eating & Moving as Nature Meant

This workshop provides a strategy to retrieve the original sense, by which every living being in nature lives; the sense which knows what support life, what eat and when to stop. Like any movement habit, our personal style of chewing can become a fixated mechanical pattern of gestures, and attitudes. This habit serves to conceal the addiction of losing control of eating.

Where: Sheraton Colonial, Wakefield, MA

When: Oct 16-17

Information: www.bonesforlife.com

Need CPEU's.

Check VDA's Continuing Education Opportunities section on the VDA website (www.eatrightvt.org). This is continually kept updated. There are some free education credits available plus some for a very reasonable price. There should be something of interest for everyone. VDA Website Continuing Education Opportunities link: <http://www.eatrightvt.org/vda.cfm?>

Delegates Message 2009

The ADA House of Delegates will meet on Friday and Saturday, October 16-17, prior to FNCE in Denver. The "Mega Issues" to be discussed at this meeting are Health Care Reform and Evidence-Based Practice. The big questions for each are as follows:

Health Care Reform: With national policy makers focusing on health care reform and the surfacing importance of the patient centered medical home model....What needs to happen to engage ADA members as an integral part of future health care models?

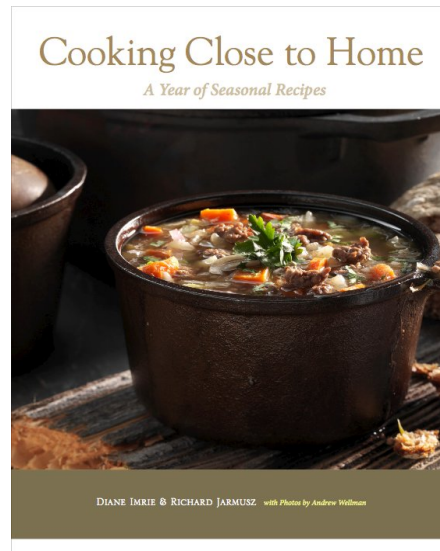
Evidence-Based Practice: How can delegates, members and ADA organizational units foster the incorporation of evidence-based practice in all areas of dietetics? What opportunities exist that would encourage incorporation by members?

I would like to receive your thoughts and input to help answer these questions. Please think about what is going on in your area of the state in regards to your role as an RD in health care reform. And, do you have questions regarding evidence based practice? Do you have success stories using evidence based practice?

I am very interested in hearing from you. Look for a VDA E-Blast in mid-September with a reminder to submit your ideas, thoughts, and answers to these questions to me prior to October 1st. For more information on these topics, visit www.eatright.org/HODBackgroundersFall2009.

Thanks for your help!
Sue Johansen, RD

New Cookbook-Cooking Close to Home
A Year of Seasonal Recipes
By VDA Member Diane Imrie, RD and Executive Chef Richard Jarmusz



Authors Diane Imrie and Richard Jarmusz have published a cookbook, called *Cooking Close to Home; A Year of Seasonal Recipes*. In this time of intense interest around local and sustainable food, this cookbook is a must-have bookshelf addition for anyone who is serious about shifting their cooking habits to using foods that are found seasonally, in the northeast. The need to change to a healthier, more environmentally-friendly style of cooking is becoming more obvious, and this cookbook will be a guide to do so.

Cooking Close to Home; A Year of Seasonal Recipes is a collection of over 150 original recipes as well as several recipes passed down from generations past. The recipes are organized by course and by season, and guide the reader through the harvest seasons and help those who enjoy cooking learn more about preparing and buying local foods. For anyone who is a member of a community supported agriculture program this book will serve as a seasonal guide to using the foods typically received in a share. The book includes appetizing food photographs and photos of farms, orchards, and farmers markets throughout the northeast. The recipes use ingredients that are available in Vermont and throughout the northeast in every season, as well as preserved ingredients. Throughout the book there are useful "Harvest Hints" that explain ingredients, how and where to purchase them and how best to store the harvest for the winter.

Both authors have a national reputation for implementing sustainable food in health care, and are perfectly poised to share their recipes to a broader audience. For more information on the authors please visit our website, www.cookingclosetohome.com

The book is available August 7th, 2009 for purchase at www.cookingclosetohome.com or directly from Amazon.com, for \$24.95 plus shipping.

We are available for interviews, and can be reached by phone or email as follows:

Diane Imrie at 802-233-0610, or email at diane@cookingclosetohome.com

Richard Jarmusz at 802-893-4138, or email at richard@cookingclosetohome.com