President's Message
ROSEMARY L. O’DEA, MA, RD

Each year during the holiday season I try to step back and count my blessings. One blessing I want to add this year is being extremely grateful for all of the hard-working board members of NJDA. There are approximately forty of whom are serving on the board this year. Many board members work behind the scenes, with little formal recognition, however, NJDA could not function without them. I know, as president, I could not do the job I do without their support and guidance.

NJDA continues to be hard-at-work for our members. During the fall Regions 1, 2 and 3 all conducted successful meetings throughout the state. Thanks, in particular, go to the hard-working Regional chairs: Region 1-Jane Ryan, Region 2- Nicole Schaldone and Kathleen Lombard and in Region 3-Emily Johnston and Lizz Nozzier. Summaries of each of these meetings can be found on our Facebook page as well as in this newsletter. Our plan is to conduct Regional meetings again in the winter and early spring to reach out to as many members as possible. Please consider attending one of these as you will gain the opportunity to network locally, while gaining professional knowledge (and credit!) as well.

Mark your calendars for May 4, 2012!! Our annual meeting this year will be held at the Hilton in East Brunswick. The hotel location has changed and is easily accessible from the NJ Turnpike. This year’s annual meeting co-chairs, Amy Kaminski and Pat Utke have been working hard since the summer planning a great meeting for all of us. This coming year will be our 80th anniversary and Amy and Pat have wonderful ideas in the works for a successful meeting. Please plan on attending and celebrating with us.

Look for membership surveys from our membership committee of Sandra Genczi and Laura Bennett. Plans are to send these out to our members to assess membership needs and to enhance benefits. I strongly encourage you to complete one of these. We want to service our members the best way possible.

As we move into 2012 NJDA has many initiatives that the board continues to work on for our members. As you know by now ADA will officially be known as the Academy of Nutrition and Dietetics on January 1, 2012. This change was announced on September 24 by ADA President Sylvia Escott-Stump, MA, RD, LDN at the Opening Session of the Food & Nutrition Conference and Expo in San Diego, California.

Members, staff and the board of directors at ADA spent more than a year carefully considering the name change and wanted to have a name that best reflects the science-based expertise of ADA.

The eatright.org site will remain the same: www.eatright.org and the colorful Eat Right logo will stay a part of the Academy’s graphic identity.

So, what does this name change mean for NJDA, an affiliate of ADA? At our recent board meeting in November the board decided to keep our name the same for the time being though we officially will be known as “The New Jersey Dietetic Association, an affiliate of the Academy of Nutrition and Dietetics” in January. However, we will be placing a question on the NJDA’s election of officers’ ballot to be sent to members in March as to what our name in the future should be. The two names that will be presented are the above name and The New Jersey Academy of Nutrition and Dietetics, an affiliate of the Academy of Nutrition and Dietetics. All members will have the ability to decide on what our future organizational title will be.

It is for me both an honor and privilege to be able to represent each one of you this year. I hope everyone had a wonderful holiday season and a very happy, healthy New Year. Remember, that I do encourage members at any time to contact me with comments, questions and concerns at: Rosemaryodea@comcast.net

Respectfully yours,
Rosemary—NJDA President
Delegate’s Corner
MARY-PAT MACIOLEK, MBA, RD – NJDAdelegate@yahoo.com

The House of Delegates met in San Diego, September 23-24, for the 86th meeting of the House. For the second year, the HOD hosted the HOUSE warming event where nearly 200 members had the opportunity to network with delegates throughout the country, as well as delegates from around the globe. New Delegates also participated in an orientation to a House Meeting while Table Facilitators learned about the intricacies of each dialogue session. Two mega issues were discussed at the meeting: Licensure and Interdisciplinary Teams.

Friday morning’s dialogue session was focused on the mega issue of licensure. This dialogue session began with testimonies from two delegates, Cindy Wolfram (Texas) and Lucille Beseler (Florida), regarding their state’s experience with licensure. The importance of licensure to the future of dietetics was explored. Meeting participants identified benefits, internal barriers and external threats to licensure. Existing or potential resources for addressing each piece was discussed. Key messages that could resonate with members, consumers, and legislators to communicate excitement, energy, value, and the desire to be engaged were crafted for use by ADA’s Strategic Communications Team and Policy Initiatives & Advocacy Team. The dialogue concluded with each meeting participant determining strategies they will undertake to support the efforts of their state in establishing, strengthening and/or maintaining licensure.

Based on the dialogue, a series of guiding principles were identified (the list provided is not all inclusive):

- Benefits of RD licensure include protection of the public, acknowledgment of the value by the

continued on page 4
Promoting Fruit and Veggie Consumption and Improved School Wellness in Nine New Jersey Schools – School Gardens Will Be Planted

Submitted by: Karen Ensle, EdD, RD, FADA, CFCS, Marketing Committee, “Grow Healthy” Project

Rutgers Cooperative Extension’s Department of Family and Community Health Sciences and the New Jersey Department of Agriculture have chosen nine schools to receive $7,500 mini-grants for programs to help students eat more fruits and vegetables, learn about good nutrition and staying physically fit while promoting locally grown produce.

“Children are more likely to eat foods they’ve had a part in growing, so with this funding, the schools will plant vegetable gardens and get a hands-on lesson on where our food comes from,” said New Jersey Secretary of Agriculture Douglas H. Fisher. “The aim of the grants is to help students make healthier choices when reaching for a snack, instill an appreciation for produce grown here in the Garden State and promote healthier lifestyles.”

Dr. Kathleen Morgan, Chair, Department of Family and Community Health Sciences of Rutgers Cooperative Extension along with colleagues Karen Ensle, EdD, RD, FADA, CFCS; Luanne Hughes, MS, RD, Sherri Cirignano RD, MPH; Michelle Brill, MPH; Sandra Greci, MS, RD; CDE; Daryl Minch, M.Ed., CFCS; Sharese Porter, MPH; Marilou Rochford, MA; and Joanne Kinsey, MS; have welcomed three part-time regional coordinators: Corey Wu-Jung, MS, RD, (North); Carley Fisher-Maltese, (Central); LeeAnne Savoca, MS, RD (South); to work with the FCHS faculty to facilitate the grant project in these nine schools.

The project called “Grow Healthy” New Jersey Garden-Based School Wellness Team Nutrition Grant Program had over 84 schools apply to be chosen and after a rigorous review, nine schools, one in each county, were selected in the following counties: Atlantic, Cape May, Gloucester, Burlington, Mercer, Hunterdon, Warren, Somerset and Union based on their commitment and potential to provide their students, staff, families and broader school communities with the best possible opportunities to improve their health through improved nutrition and physical activity.

Recipients of the mini-grants were: Aura School in Elk Township, Cape May City Elementary School, Chesterfield Township Elementary School, Ethel McKnight Elementary School in East Windsor, Francis A. Desmares Elementary School in the Flemington Raritan Regional School District, Knowlton Township Elementary School, Mount Prospect Elementary School in Basking Ridge, Queen City Academy Charter School in Plainfield and Uptown School Complex in Atlantic City.

The nine pilot schools must use their mini-grants to promote fruit and vegetable consumption through fun, interactive lessons and activities, which link the classroom education to the foods served in the cafeteria, including food tastings, promotion of locally grown produce and strategies to engage families and the community. A school garden will be planted in each of the nine schools during the Spring of 2012. Schools are required to grow at least three different vegetables that will be harvested and sampled by students. Volunteers have been trained as “Wellness Champions” to assist in teaching lessons to the youth, assist in developing and managing the school gardens and helping with other parts of the project. A “Grow Healthy” 5-week pedometer program will be initiated in 2012 in all nine schools with grades 4-6 to promote fitness. In addition, a second, state-wide training of school food service managers will be conducted in three locations in August, 2012 to promote menu changes that follow the 2010 U.S. Dietary Guidelines for Americans.

The nine mini-grants are part of a two-year, $340,250 Team Nutrition Training Grant from the United States Department of Agriculture to train foodservice professionals to increase fruit and vegetable consumption and promote locally grown produce in school meals. School foodservice will be trained on how to make their meals more appealing, “kid-friendly,” along with how to initiate school gardens and more Farm to School programs. New Jersey’s Department of Agriculture is working with Rutgers Cooperative Extension’s Department of Family and Community Health Sciences Department (FCHS) to facilitate the project.

continued on page 5
Delegate’s Corner

consumer for the license including the services provided by the RD/DTR, opportunity for more referrals, job security and applicability to all areas of dietetics practice beyond Medical Nutrition Therapy.

- Barriers of RD licensure include lack of funding for state licensure boards, lack of recognition of RD license by other health care providers, CDR credentialed practitioner apathy, lack of consumer and CDR credentialed practitioner knowledge about value of RD license, and inability to rapidly mobilize members.

- Resources needed include multi-tiered national CDR credentialed practitioner education campaign, outcomes and cost-effectiveness data, web site focused on RD licensure, national database of harm to the public, and an educational toolkit (i.e., fact sheets, process for reporting harm to licensure boards, messaging focused on various audience).

Since the dialogue, the resulting motion was passed by the House. ADA’s Policy Initiatives & Advocacy Team will be requested to develop a detailed plan of action for addressing Motion #1: Licensure. Several pieces for the plan are specified in the motion, including messaging to be crafted jointly by ADA’s Strategic Communications Team and ADA’s Policy Initiatives & Advocacy Team. All information collected during the Fall 2011 HOD Meeting will be provided to the ADA’s Policy Initiatives & Advocacy Team.

The mega issue of interdisciplinary teams occurred Saturday morning. The video, “Teamwork” (http://www.youtube.com/watch?v=oz8RfUGQZo&feature=related) was shown to meeting participants. Forces critical to or having the biggest impact on moving RDs/DTRs towards interdisciplinary teams were talked about. Barriers and corresponding opportunities that exist for creating and being effective interdisciplinary team members/leaders were identified. These items will be categorized as to those: already being done; fitting with the 2011 Future Connections Summit purpose, outcomes and pilot initiatives were presented by Trisha Fuhrman, Nora Nyland and Elise Smith. Jane Allendorf provided an overview of Individualized Supervised Practice Pathways (ISPPs) so that participants could become aware of the key features of ISPPs and of the procedures for answering questions. As a result of a motion passed in the Fall 2008, Kathryn Camp, gave a status update of nutritional genomics in regards to the profession of dietetics. Barbara Ivens and Katie Brown continued to keep the HOD informed of ADA Foundation activities. ADA Treasurer, Mary Russell, reviewed the current status of ADA’s finances. And lastly, diversity tools available to ADA members were reviewed by Cheryl Bittle with a summary by Annette Besnilian, Diversity Promotion Grant Recipient, of her diversity program model.

All materials related to Fall 2011 House of Delegates Meeting, including slides from various Association related updates and outcome materials, are located online for members: www.eatright.org/hod > Fall 2011 Meeting > Meeting Materials.

- Opportunities that exist include utilizing technology, interdisciplinary team role modeling, utilizing preceptors to teach skills for participating in teams, mentoring of new RDs/DTRs to work in teams, and building on current relationships that exist.

- Opportunities to create include involving local RD/DTR teams in community events, collecting data on effectiveness of interdisciplinary teams, developing interdisciplinary team resumes to promote value, offering educational activities for RDs/DTRs and other team members, and identifying key messages about the value of interdisciplinary teams.

Since the dialogue, the resulting motion was passed by the House. ADA’s Professional Development Team will be requested to develop an action plan for addressing skill development related to interdisciplinary teams based on the HOD dialogue session outcomes. RDs/DTRs are encouraged to initiate participation on interdisciplinary teams to enhance services provided to customers and to promote and demonstrate the value of these teams. All information collected during the Fall 2011 HOD Meeting will be provided to the ADA’s Professional Development Team.

Many updates are provided to HOD meeting attendees. Trisha Fuhrman reviewed progress to date on achieving the goals of the House. During the President’s Breakfast, Sylvia Escott-Stump, ADA President, spoke to House and affiliate leaders. Cindy Wolfram reviewed the activities of the ADA Political Action Committee. The Future Connections Summit purpose, outcomes and pilot initiatives were presented by Trisha Fuhrman, Nora Nyland and Elise Smith. Jane Allendorf provided an overview of Individualized Supervised Practice Pathways (ISPPs) so that participants could become aware of the key features of ISPPs and of the procedures for answering questions. As a result of a motion passed in the Fall 2008, Kathryn Camp, gave a status update of nutritional genomics in regards to the profession of dietetics. Barbara Ivens and Katie Brown continued to keep the HOD informed of ADA Foundation activities. ADA Treasurer, Mary Russell, reviewed the current status of ADA’s finances. And lastly, diversity tools available to ADA members were reviewed by Cheryl Bittle with a summary by Annette Besnilian, Diversity Promotion Grant Recipient, of her diversity program model.

All materials related to Fall 2011 House of Delegates Meeting, including slides from various Association related updates and outcome materials, are located online for members: www.eatright.org/hod > Fall 2011 Meeting > Meeting Materials.
Another component of the grant program, New Jersey schools will be encouraged to take the HealthierU.S. School Challenge, www.fns.usda.gov/tn/healthierus/index.html, a voluntary initiative established to recognize schools participating in the National School Lunch Program that have created healthier school environments through the promotion of nutrition and physical activity. The FCHS Department will also work with schools and parents to review and improve their School Wellness Policy.

Rutgers’ FCHS Department has been engaged in a four-year initiative, “Get Moving Get Healthy New Jersey,” partnering with the 4-H Youth Development Department of Rutgers Cooperative Extension. The initiative is targeted at improving the nutrition and physical activity of New Jersey residents.

FCHS received the esteemed 2010 ADA Nutrition Education Award as a model program in Boston, Massachusetts at the national meeting; and recently received the 2011 NIFA/USDA Partnership Award for Innovative Program Models on October 6, 2011 in Washington, D.C. This prestigious award from the United States Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) represents the last five years of educational outreach encouraging improved eating behaviors and increased physical activity in the 21 counties of New Jersey through multidisciplinary health promotion programs under the umbrella of “Get Moving, Get Healthy, NJ.

For more information on the State School Nutrition Policy, visit

For more information on the Fresh Fruit and Vegetable Program, visit

For more information on the New Jersey Farm to School Program, visit

To find out about Rutgers Get Moving Get Healthy New Jersey program, visit
- www.getmovinggethealthynj.rutgers.edu/.

To find out more about Family and Community Health Sciences, visit
- www.njaes.rutgers.edu/fchs
On November 16, 2011, NJDA Region 3 hosted “Cheers to Your Health,” a beer tasting event. The CEU event was held at The Lounge at Halcyon Seafood Brasserie in Montclair, New Jersey.

Eight different beers were included in the tasting and each was paired with an hors d’oeuvres to either complement the beer. Karl Mende, brew master and beer writer, explained the basics of brewing, nutritional benefits, and how to pair beer with food. Did you know all beer is made of three basic components, hops, water and malted barley? Yeast is used for fermentation and the alcohol content can vary from 3 to 7 percent. Ale and lager are the two types of beer fermented with saccharomyces cerevisiae yeast and saccharomyces carlsbergensis yeast respectively. The variety of hops, as well as the length of fermentation, contributes to the unique characteristics of the various styles of ale and lager.

“Cheers to Your Health” was a sold out event enjoyed by all in attendance.

Region 3 Co-Chairs, Emily Johnston, Elizabeth Nossier seen here with beer expert, brewer and beer importer, Karl Mende.