A Message from our President
Chesney Blue, RDN
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Dear NJDA Members,

Happy holidays to you and your family! I know the holiday season has us juggling holiday parties along with work, school, family responsibilities and vacations. It also brings lots of cheer, laughs, togetherness and memories. But don't forget about NJDA!

We have a lot going on for the next half of the year from applying to The Academy's diversity grant program to sending out a new member survey early next year! We are looking forward to hearing your thoughts on how we can better serve you while incorporating our new strategic plan to further the goals of dietetic professionals and the public’s health.

On a public policy note, our licensure efforts have ramped up in the NJ legislature. We have made tremendous progress with the help of the NJDA Public Policy Committee and our Ambassadors. We have secured more bill Sponsors than ever and we are in an excellent position for success. This has not been an easy journey as we have had to address many of the concerns raised by legislative staff and legislators along the way, due to opposition raised by other special interests. We do expect further legislative action in the immediate future.

In the meantime, we would like to hear your thoughts on our current licensure bill and efforts. Please send all comments, questions and concerns to NJDA’s Consumer Protection Coordinator, Rosemary O’Dea at rosemaryodea@comcast.net

Healthy Eating Strategies Fuel Newark Students
Feature Article Sponsored by American Dairy Association and Dairy Council, Inc.

To be healthy, students need access to proper nutrition. Children who regularly eat a healthy breakfast are
less likely to be obese and, subsequently, less likely to suffer from diabetes, hypertension and other consequences of being overweight. They also perform better academically and have fewer behavioral difficulties in school than those who do not eat breakfast.

New Jersey schools are feeding breakfast to about 211,000 children of low-income families each day, giving them the morning meal that children need to concentrate and learn. But, according to Advocates for Children of New Jersey, an alarming 300,000 children are still missing out on that all-important morning meal at school. To help turn those numbers around, a $247,000 grant from American Association of School Administrators is being used to expand school breakfast service throughout Newark Public Schools with Breakfast After the Bell programs, like Grab n’ Go breakfast kiosks and Breakfast in the Classroom. Switching to serving “breakfast after the bell,” rather than before school, significantly boosts participation, fueling students for their day.

To entice more students to spend time eating breakfast, on September 30, 2015 the Arts High School in Newark, New Jersey unveiled the high school’s newly restyled cafeteria. The invigorating new space now feels more like a café setting. The cafeteria makeover, funded by a grant from American Dairy Association and New York Jets’ Fuel Up to Play 60 school wellness program, included a new color scheme, new furniture and new signage promoting healthy menu choices.

![A ribbon cutting ceremony Newark's Arts High School newly restyled cafeteria. Back left: Ricardo Pedro (School Principal), Brad Haggerty (Assistant Superintendent), Chris Cerf (Newark Superintendent), Tonya Riggins (School Nutrition Director), Tony Richardson (former New York Jets player).](image)

Traditionally, New Jersey schools have served breakfast before school - when children have not yet arrived. To overcome this barrier and increase school breakfast participation, more schools are implementing Breakfast After the Bell. This new approach changes the way breakfast is served - making it available to all children during the first few minutes of the school day. And the strategy appears to be working. The latest Annual New Jersey School Breakfast Report shows a 55% rise in school breakfast participation.

To find out more about Breakfast After the Bell Programs, visit the American Dairy Association and...
Congratulations Scholarship Winners!! We Are Proud You!

Katelyn Collins
NJDA Scholarship

“I am currently enrolled in a dietetic internship at NewYork-Presbyterian Hospital in New York City. Thanks to the NJDA scholarship, I have less of a financial burden and more time to focus on my internship. Once I become an RD, my goal is to attain a position in the food or supplement industry and use my nutrition expertise to help develop evidence-based nutrition communications and aid in product development. I am very thankful to the NJDA for helping to bring me one step closer to reaching my goals!”

Raquel Duran
NJDA Minority Scholarship

“Being a recipient of the Academy of Nutrition and Dietetics Foundation Scholarship has meant the world to me. I am honored and extremely grateful. Being a non-traditional student has caused many financial challenges. However, receiving this scholarship has offset many of my internship expenses and allowed me to concentrate on my studies. I am now one step closer to becoming a Registered Dietitian thanks to the gracious giving of others.”

Samantha Romeo
Colgate Scholarship

“Receiving the Colgate Palmolive Fellowship to Support Dissertation Research in Nutrition & Oral Health/Dental Education scholarship was an incredible honor. I'd like to express how appreciative I am of the organizations that generously invest in students' education, lessening the great financial burden from tuition and associated costs. It's an exceptionally rewarding feeling to be recognized by the Foundation for the hard work and dedication I put towards my future career in the field of nutrition and dietetics.”

NJDA Scholarship Awardees Noted at FNCE

Years ago, NJDA made a commitment to support two scholarships for students from New Jersey who are in ACEND accredited programs. In 2014, the NJDA Board decided to make a one-time $50,000 donation from our reserve funds to support these two NJ student scholarships in perpetuity. Since this item was an annually budgeted item, our annual operating expenses are reduced and in the future, savings will be realized while the awardees will still receive scholarships.
At FNCE, the names of special scholarships are publicized on a large display. In addition to the NJDA sponsored scholarships through the Foundation, Samantha Romeo, CSE undergraduate student received the Colgate Palmolive Scholarship.

Save the Date!

84th Annual Meeting of the NJDA - Friday, May 6th, 2016
Ocean Place Resort & Spa, 1 Ocean Blvd, Long Branch, NJ 07740.
Details and registration to follow.

NJDA Board Debate: Flavored Milk in Schools

The Board of Directors were asked to endorse the Dairy Council's promotion of flavored milk in schools and was presented with four flyers that would include the NJDA logo if the motion passed. Voting members had a debate regarding the pros and cons of flavored milk and the endorsement.

Select comments included in the argument in favor of supporting flavored milk in schools:

- Milk is a well-accepted source of calcium, a gap nutrient for children and teenagers.
- Research demonstrates chocolate milk drinkers have a better overall nutrition profile.
- Research suggests that marketing food products to children by strategic placement has a more positive impact on food choices that elimination of food choices.
- Amount of added sugar in chocolate milk is minimal compared to other sugar laden beverages and is more nutritionally dense, therefore a better choice food.
- Support for the campaign by other reputable associations, such as the Academy of Pediatrics, the Academy of Nutrition and Dietetics, and the School Nutrition Association.

Select comments included in the argument against supporting flavored milk in schools:

- While RDs should not be “food police”, it’s our responsibility as food and nutrition experts to help the public make informed and healthful meal choices. It's well known that eating habits are formed during childhood, and it's our job to ensure that children are given every opportunity to make healthy decisions.
- While it is important to teach children that “all foods fit” with moderation, serving students flavored milk at lunch alone can add up to 30g (7.5 tsp) of added sugars to their diet weekly.
- Many students in this country are food insecure, and depend on the food served at school for breakfast, lunch, and dinner as their sole source of nutrition. Knowing this, the NJDA must be certain that current school nutrition regulations, which include the use of flavored milk, are truly what's best for these children.
- School nutrition regulations still have a long way to go, and supporting the use of flavored milk does not put the NJDA in a position to help move school nutrition regulations, or the health of America's children, forward.

The outcome: 7 to 2, (with 1 abstention) in favor of NJDA to support flavored milk in schools.
South Jersey Dietitians Rock Milkstaches for the #GiveAGallon Milk Challenge!

Please help the American Dairy Association and Dairy Council (ADADC) fight hunger and put milk on the table for families in need this holiday season and beyond. The #GiveAGallon Milk Challenge is to raise hunger awareness and encourage milk donations. Every time a photo is posted of a person, group or pet wearing a white mustache with #GiveAGallon, they will donate $1 to Feeding America until $25,000 is donated.

Click here for more info on the #GiveAGallon Milk Challenge.

Pictured are Virtua Dietitians (from left): Lindsay Smolinski, Denise Lenihan, Nancy Startare, Donna Wixted and April Schetler (front).

NJDA Well Represented at FNCE
Kathleen Carozza, MA, RD
NJDA President-Elect
President-elect@newjerseydieteticassociation.com

NJDA members were drawn to FNCE for the continuing education sessions, pre-FNCE meetings and DPG activities as well as the culture and activities in Nashville. Although getting to Nashville proved challenging with the threat of Hurricane Joaquin, several members enjoyed a meet and greet on Saturday evening. Once we all arrived, it was clear NJDA was well represented!

Members of NJDA presented approximately 18 posters over the three days of poster sessions. Researchers included faculty and students from Montclair State University, Rutgers and Clinical staff from St Peter's University Medical Center. They presented on topics ranging from RDs interest and involvement in research, patient satisfaction, implications of Hurricane Irene to home delivered meals to the needs of breast-feeding mothers on campus.
Pictured (from left) Rachel Fowler, Kristen Sadowski, Linda Hudak of St. Peter's University Hospital

Jennifer Martin-Biggers of Rutgers

Are you a NJ nutrition professional with something to share?
Email your NJDA eNews co-editors, Cris Carlin and April Schetler, for more info!