



Hot Bites Newsletter

Official Publication of the San Antonio Dietetic Association

February 2012

Welcome to the San Antonio Dietetic Association (SADA) newsletter! Hot Bites Newsletter is a communication vehicle intended to keep members of SADA informed about issues related to the practice of dietetics in our local district.

Message from the President

Now that the New Year has begun, SADA programs and events are underway. We started off January with a great update on Por Vida and CPPW grants by Caroline Roffidal-Blanco MS, RD, LD and Kathleen Shields CHES. SADA continues to support these local efforts and was excited to see the progress over the past 3 years! We have many more meetings and events planned through May so flip through the newsletter and check back on the website frequently for details on our upcoming meetings, Luncheon, RD Day and Seminar.

Our Annual Holiday Party and Scholarship Fundraiser was a success! Thanks to generous participation by those in attendance, we met our goal of \$1000 for student scholarships that will allow SADA to offer two additional student scholarships this year to be awarded by TANDF this spring. SADA Scholarships are for local students studying nutrition and dietetics. We also raised \$95 in TDAPAC contributions to support legislative efforts. Thanks to everyone who came out, joined the celebration and contributed to such great causes.

SADA Board elections will be held in March to determine officers for the 2012-2013 SADA year. We are still taking nominations through February 24th for President, Vice President, Secretary, Chair for Council on Professional Issues and Nominating Committee. Serving on the SADA Board provides great leadership experience and an even greater understanding of our professional organizations and everything they do for each of us. Nominations are greatly appreciated and are limited to SADA members. Flip through the SADA newsletter for position descriptions and responsibilities.

Legislation is a hot topic in dietetics right now. We were able to get the 25,000 signature needed to ask CMS to reconsider their ruling on not including dietician reimbursement in obesity treatment. More needs to be done and we ask every member to be active by contacting Saralyn, SADA Legislative Chair, to learn more about local legislative efforts. Details are on Page 9.

With ADA becoming the Academy, and TDA becoming TAND, SADA has a big decision to make about our association name. We appreciate the membership feedback on our survey which indicated a need to change our name to be in line with our national and state associations. The SADA Board is continuing to consider our options and will keep you posted as we come to a consensus. Additional input is welcome by contacting SADA at eatrightsa@gmail.com.

I am excited to finish up my term as SADA President. So far, this year has been the best yet with record breaking attendance and fundraising activities! I encourage you to share your energy and passion by volunteering for one of our committees or community outreach events or by serving on the SADA Board. I invite you to join us at our monthly meetings and network with colleagues that share your interests and excitement for our field.

Please join the 2011-2012 SADA Board in making this one of the best years yet!

Rayna Wooten, MS, RD, LD
SADA President 2010-2012

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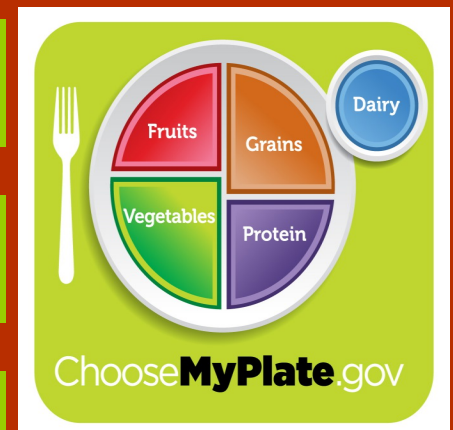
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**MARCH 2012
NATIONAL NUTRITION MONTH**

**WEDNESDAY, MARCH 14 HAS BEEN DESIGNATED
REGISTERED DIETITIAN DAY IN 2012.**



This year's national nutrition month's theme seems to focus on the new food guidance icon that was released June 2, 2011. The new icon illustrates the five food groups using a familiar mealtime visual, a place setting. It helps remind Americans to make better food choices and encourages them to make half of their plate fruits and vegetables.



Gardening Guidance

Increasing fruit and vegetable intake is a major theme in the new food guide icon and ties into this year's theme for National Nutrition Month. In this edition of the SADA newsletter we will review some basic tips to starting your own garden. These tips are great for personal use or to share with clients/patients to encourage them to increase their fruit and vegetable intake. Having a garden not only provides excellent flavored, readily available supply of produce but also saves money, provides enjoyable time outdoors, and a great family project.

Choose What to Grow

Picking what to grow depends on what your goal is for the garden. Are you the creative type who loves to cook with new foods or do you love your more common vegetables such as carrots, broccoli, etc.



Once you decide what you want to grow, take into account how much of each you will plant. When doing this it is important to take into account if the plant produces just once or throughout the season. For example vegetables that produce throughout the season are tomatoes, peppers, and squash while carrots, radish, and corn produce only once.

Determine Garden Size

For your first garden you don't want to get overwhelmed or create extra work. Only use the amount of space needed, if you have extra space in your garden it can become populated with weeds or diseases causing you extra work. If an in ground garden sounds a bit intimidating or you don't have access to a back yard, growing a garden on a porch or balcony in containers is perfectly acceptable.

Location

Most vegetables need at least 6-8 hrs of direct sun. Plants that do not receive adequate sunlight are prone to disease, insect attack, and lower yield. There are of course some vegetables that do not require full sun (such as lettuce and spinach) that you can use to fill shadier areas.



Water

Most vegetables require lots of water, especially during our hot San Antonio summers. With that said make sure you choose a location near a water source.

Cropping Styles

Row Cropping – Fruits and vegetables are planted in rows with walking paths. This style is not typically used for small gardens. The reason behind this is simply wasted space. Small gardens can easily be managed without walking paths.

Intensive Cropping –fruits and vegetables are planted in wide bands, ~1-4 feet across. This decreases the amount of soil wasted for walking paths. When planting your first round of fruits and vegetables avoid planting your vegetables too close to one another. This leaves extra space in the garden for a second round of planting later in the season. Some examples of vegetables planted more than once during the season: lettuce, radishes, and carrots.

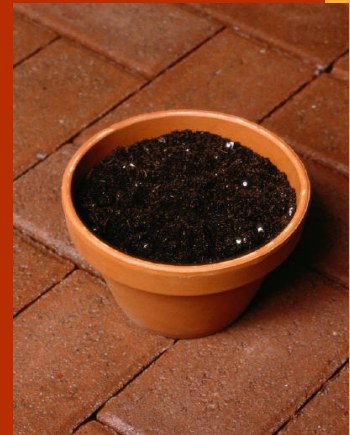


Good Soil

“Success starts in the soil”. Soil should be moist, well drained, and rich in organic matter . Testing your soil is an important step to ensure you have ideal soil for planting. Several important components of ideal soil are listed below and an easy method for checking your soil status.

Good Soil Continued

Drainage- soak the soil, wait 24 hrs, then dig up a handful of soil, and squeezing to check for water. If water streams out, add more compost or organic matter to improve your drainage. Another strategy to improve drainage is to raise your beds.



Sand Content- With that same ball of soil in your hand you can also check the soils sand content. If the soil does not form a ball after you have squeezed it the soil is probably too sandy. To make the soil less sandy add more organic matter.

Clay- Content- If the ball holds together even if poked fairly hard you have too much clay in your soil. This solution add organic matter.

Remember your ideal soil breaks into crumbs when you poke it (similar to a piece of cake).

Preparing your Beds

Before planting loosen your soil.

Next add compost and mix into the soil. Remember once the soil is mixed avoid stepping on your beds and re-compacting the soil.

After completing your mixing, water and let the bed rest several days



Before planting make sure your garden is fenced (with a mesh or something that allows sunlight to shine thru) in if you have any furry family members that may show interest in your new garden.

Veggie varieties

When evaluating varieties one big decision is determine if you will be planting seeds, purchasing vegetable plants, or starting your seeds early and transferring to your garden.

Once you decide the vegetables and fruits to plant in your garden do your research. Read the general information on planting to ensure your fruit and vegetable selection are a good choice for your garden set up and are planting at the appropriate time. A good rule of thumb for first time gardeners is to choose several varieties of the same vegetable and monitor which grows best.

Fueling your Plants

Most plants consistently need water. Rain water is of course best, however if mother nature is not cooperating they will require hand watering. Remember raised beds drain faster than in ground crops and require more frequent watering.

Watch for Weeds- Weeds compete with vegetables for water and nutrients so try to eliminate them as soon as possible. To minimize weeds it is helpful to hoe the top inch of soil, this discourages weeds from growing.



Fertilization- Compost or purchased vegetable fertilizer are important to help maximize your yield.

Harvesting

Harvesting differs for each plant. Some vegetables such as cucumbers can be picked when they are small or can be picked at their full size. Remember for lots of vegetables the more you pick the more they produce.

Information obtained from better homes and garden at <http://www.bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/?page=4>

**CONGRATULATIONS TO OUR 2012
TAND AWARD WINNERS**



**ROSALIND BENNER
OUTSTANDING NUTRITION EDUCATION AWARD**

**SUE CUNNINGHAM
OUTSTANDING DIETETIC EDUCATOR AWARD**

**JENNIFER SIDES
EMERGING DIETETIC LEADER AWARD**

**JAN TILLEY
MEDIA AWARD**

**THESE DIETITIANS WERE RECOGNIZED FOR THEIR HARD WORK AND
DEDICATION TO OUR PROFESSION.**

SADA IS VERY PROUD OF THESE OUTSTANDING LADIES.

Reminder:

**The Texas Association of Nutrition and Dietetics Food and
Nutrition Conference is in San Antonio this year!**

**Crowne Plaza Riverwalk
April 12-13 2012**

**See ways to help with fundraising and show off your crea-
tive side by participating in the creative basket contest or
donating items for the silent auction. For more information
see page 10 & 11**



ADA Name Change

Sylvia A. Escott-Stump, MA, RD, LDN
ADA President 2011-2012

Past-President Judith Rodriguez announced a year ago that ADA would be seeking a new name for our organization to better suit our forward-thinking mission and vision: a name that addresses prevention and wellness as well as therapy; a name that would resonate immediately with our members, the public, the media – literally everyone who hears it; and a name that reflects our science-based expertise.

Surveys revealed the majority of ADA members believe the organization should have a new name that more accurately reflects what its members do. After an extensive review, ADA's Board of Directors voted in August to adopt a new name. As of January 2012, we will be the.....

Academy of Nutrition and Dietetics

This is a name that immediately and fully complements our focus: the nutritional well-being of the American public. Academy of Nutrition and Dietetics promotes the strong science background and expertise of our members, primarily registered dietitians. Nutrition science underpins wellness, prevention and treatment.

Our award-winning website will remain www.eatright.org. The colorful Eat Right logo will stay a part of the organization's graphic identity. Eat Right is our most powerful message and it aligns strategically with the Academy of Nutrition and Dietetics.

Contact US!!!

Is something on your mind? Do you have an idea to help improve SADA? Do you want to become more active in SADA Leadership or association activities? If so, we want to hear from you!

[Www.eatrightsa.org](http://www.eatrightsa.org)

eatrightsa@gmail.com



Legislative Corner

Hello from your legislative chairs,

It is going to be a busy spring for the Legislative Agenda.

First, congratulations to all of us for reaching 25,000 signatures to have CMS reconsider its decision on excluding dietitians as billable providers. But, there is more to be done to help ensure dietitians can be reimbursed.

1) Write a letter to your Congress members:

<http://www.eatright.org/members/actioncenter.aspx>

2) Get involved in your healthcare community and other community groups

3) Become a Medicare Provider for Part B MNT series...we need to show we have providers who are able and eligible <http://www.cms.gov/cmsforms/downloads/cms855i.pdf>

4) Work with your DPGs and Affiliate Public Policy Panels (email Saralyn and she can give you more information)

5) Donate to the Academy Political Action Committee

6) VOTE! VOTE! VOTE!

Second, the Public Policy Workshop 2012 is scheduled April 5-7 in Washington D.C. This is a great opportunity to advocate for your profession no matter what area of dietetics you practice. And, amazing teachers are at this workshop giving guidance on meeting with and talking to your Legislators

Third, look for an upcoming super social event in April: Registered Dietitians: To be or not to be...the nutrition expert". We are working out the details and will be sending them your way

Fourth, come meet your legislator one Friday afternoon with Saralyn

Finally, sign up for weekly legislative emails that update you on current hot topics issues in our dietetics world. Contact Saralyn to be added to the email list.

Your friendly legislative chairs,

Saralyn Foster & Jessica York

(sfischel12@yahoo.com, jessikirk@hotmail.com)

Hot Bites Newsletter

February 2012



2012 ANNUAL CONFERENCE
TDA PAC SILENT AUCTION

Thank you for your support of the Texas Dietetic Association!

In order to facilitate a smooth and **profitable** auction,
please fill out the following and return to the TDA Headquarters.

Texas Dietetic Association or via fax at 972-351-8783

13490 T I Blvd, Ste 102
Dallas, TX 75243

A separate form needs to be completed for each donated item.

Item: _____

Approximate Value: \$ _____

Description (detailed): _____

Donated by: _____

Contact Name: _____

Address: _____

City, State Zip: _____

Email: _____

Phone: _____

Donated items for the Silent Auction during Exhibits are to be brought to
the Conference on Friday, April 13, 2012 before 10am.

Please bring your items to the Exhibit Hall between 7am and 10am.

No item will be accepted prior to this time,



Creative Basket Contest

Baskets will be displayed and auctioned at the 2012 FNCE Silent Auction. Proceeds will benefit TDAPAC.

- **All TDA members are encouraged to participate.**

Awards will be presented at the Silent Auction for the following baskets:

- 1. *Best Texas Theme***
- 2. *Most "Naturally Nutritious"***
- 3. *Best Use of Foods and Beverages***
- 4. *Best Movie Theme***
- 5. *Most Creative by an Individual***
- 6. *Most Creative by a Team***
- 7. *Overall Best of Show***
- 8. *Most Creative by a Student or Intern Group***
- 9. *New Category: Most Environmentally Friendly***

- **Contestants may apply individually or as a district. Anyone can donate an item – not just TDA members so feel free to ask for donations! It is a *GREAT* opportunity to show your creative side!!**

Please note: Your donation does not have to fit in a basket....get creative!

Support TDA PAC by showing your Texas Pride!

TDA Food and Nutrition Conference and Exhibition

April 12-14, 2012

Crowne Plaza Riverwalk

San Antonio, Texas

For more information please contact TDA

SADA 2012 OFFICER NOMINATIONS

It's that time of year again, to start selecting our leadership team for the 2012-2013 SADA year. Your nominations are critical to securing dedicated board members and maintaining the success of our local organization. If you are interested in serving on the SADA Board, or if you know someone that would be an exceptional candidate, let us know!

Once all nominations are in, SADA will provide its members with an email link to vote for their candidates of choice for each position. Voting will open on March 1st and go thru March 30th. Results of the election will be announced in April.

If any SADA member would like a paper ballot, please let SADA or the Nominating Chair know and one will be sent to you. Feel free to email Vijaya Botla, SADA Nominating Chair, at vjbotla@hotmail.com if you have questions about any position.

Nominations are due by **February 24, 2012**. Use the link to make your nominations: <http://www.surveymonkey.com/s/PDTTG5F> or email Vijaya with your nominations.

Nominations are needed for the following positions: President, Vice President, Secretary, Council on Professional Issues and Nominating Committee.

President

1. Active participation in SADA or other district dietetic association within the past seven (7) years
2. Served on the SADA board for at least one year, preferably
3. Experience in activities and leadership in the profession
4. Willing to commit 2 years for the performance of duties of the office. The second year of office, the President will serve as Immediate Past President.

Responsibilities

- A. Preside at all Association meetings and Executive Board meetings.
- B. Be a voting member of the Executive Board.
- C. Appoint Chairs of the non-voted board positions, Standing, and Special Committees.
- D. Fill all vacancies arising in any standing or special committee.
- E. Be an ex-officio member of all committees, except Nominating Committee.
- F. Be responsible for preparing the agenda for SADA Executive Board meetings and provide the location for board meetings at least 4 times a year.
- G. Write the President's Message for the newsletter and website, keeping the membership informed of district activities through meetings and announcements.
- H. Be the official contact person for TDA and ADA.
- I. Represent SADA or appoint a representative to attend meetings of allied organizations.

Vice President

1. Active participation in SADA or other district dietetic association within the past seven (7) years
2. Served on the SADA board for at least one year, preferably
3. Experience in activities and leadership in the profession
4. Willing to commit 1 year for the performance of duties of the office

Responsibilities

- A. Succeed to the office of President in case of a vacancy.
- B. Be a voting member of the Executive Board.
- C. Assist the President with special activities.
- D. Serve as Chair of the Program Committee, which duties include:
 - A. Coordinating program planning and/or obtain speakers for each program.
 - F. Obtaining sponsors for programs when needed.
 - G. Providing meeting and program announcements to the Newsletter Editor and Webmaster, and to the Secretary to email announcements.
 - H. Arranging for transportation, meals, and accommodations for speakers when necessary. Provide letter or gift of appreciation to speaker after the program.
 - I. Obtaining speakers' vitae, program title and learning objectives, and maintaining this information on file for purposes of requesting CE credit.

Secretary

1. Active participation in SADA or other district dietetic association within the past seven (7) years
2. Organized. Possesses good written and computer communication skills
3. Willing to commit 2 years for the performance of duties of the office

Responsibilities

- A. Be a voting member of the Executive Board.
- B. Keep minutes of the Executive Board meeting for the President and provide a copy to be reviewed at each subsequent board meeting.
- C. Distribute all email communications including notices of meetings, ballots, questionnaires, and additional information pertaining to the Association to SADA members.
- D. Help the Membership Chair to compile the Membership Directory to include names of all current members and provide one to all current members.
- E. Act as committee member of the Membership Committee and serve on the District Seminar Committee.
- F. Act as back up for the Membership Chair in picking up mail at least twice a month from the SADA P.O. Box.
- G. Maintain archive files and critical documents for the Association. (Copies of membership directory, newsletter, agendas and minutes for meetings)
- H. Works with Past President to help maintain the Historical data of SADA. (Records of past and current bylaws, standing rules, and strategic plan)

Chair Council on Professional Issues (COPI)

- 1. Holds membership in one (1) or more ADA practice groups
- 2. Ability to communicate well with all SADA members
- 3. Willing to commit 2 years for the performance of duties of the office

Responsibilities

- A. Be a voting member of the Executive Board.
- B. Assist the Vice President with program planning for continuing education.
- C. Coordinate with the Practice Group Chairs and District Seminar Coordinator in identifying and preparing continuing education opportunities beyond the Association Membership meetings.
- D. Assist the President in the planning and revision of the strategic plan and goals for the Association.
- E. Coordinate with the Public Relations Chair in maintaining the currency of the Speakers Bureau list.

Nominating Committee (3 positions available)

- 1. Active participation in SADA within the past seven (7) years
- 2. Served on the SADA board for at least one year (preferably)
- 3. Willing to commit 1 year for the performance of duties of the office
- 4. Consist of 3 members with the Chair being the candidate receiving the most votes

Responsibilities

- A. Be a voting member of the Executive Board.
- B. In the fall, solicit members from the Board and the SADA Membership through the Newsletter, the Website, and through email for nominations for consideration for the TDA Awards.
- C. Be responsible for overseeing packet completion of TDA Award Nominees in Fall
- D. Be responsible for presenting an Award from SADA for each nomination submitted to TDA. Presentation of the SADA Nominees will occur at the Association's Christmas Party.
- E. In the spring, solicit members from the Board and the SADA Membership to identify candidates to develop a ballot with at least two active members for each elected office.
- F. Provide the ballot and resume information to membership in March.

Send your nominations in now and check your email in March to vote!

In addition to our elected positions, SADA has many opportunities for involvement and participation in various committees. Contact us today to get involved.

Annual Christmas Party and Scholarship Fundraiser

Thank you everyone who participated in this years Christmas party, and a special thanks to our Christmas party chairs Amy and Becky for putting together another successful event. Here are the fundraising totals.

Raffle:	\$122.00
Silent Auction:	\$829.00
Doe Brazwell:	\$100.00
Total:	\$1051.00



The generosity of those that contributed allows SADA to offer two \$500 scholarships to local students, in addition to our Endowed Scholarship.

SADA Program Schedule

February 21: Fighting Hunger & Poor Nutrition with Education by Luz Myriam Neira, PhD
San Antonio Food Bank, 5200 Old Hwy 90 W, Training Room 1
Light refreshments provided

February 24: Nominations due for 2012-2013 SADA Board elections

March 1-30: 2012-2013 SADA Board Election, ballots will be emailed

March 7: SADA Annual Luncheon, Entrepreneurship with Jan Tilley, Linda Farr and Kerry Green.

St. Philip's College, Heritage Room
See invitation on next page

March 9: National Nutrition Month and RD Day Proclamations Signed by Mayor Castro

March 14: Registered Dietitian Day, SADA Social TBD

April 1-14: SADA Membership Survey, to be emailed

April 12-14: TDA FNCE in San Antonio

April: SADA Legislative Event: Registered Dietitians, To Be or Not To Be....The Nutrition Expert

May: SADA Annual Seminar, TBD

All details for SADA meetings and programs will be posted on the SADA website calendar, posted on our facebook page and emailed to you via evite. Be on the lookout for updates throughout the year. General meetings are free to SADA members and a small fee applies to non-members.



You are invited to our

ANNUAL SADA LUNCHEON

March 7, 2012 from 11:30am – 1:30pm

Networking and Registration: 11:30-12:00

Lunch and Program: 12:00-1:30

A three course meal will be prepared and served by
Culinary Arts and Restaurant Management students from St. Phillip's College.

St. Philip's College
1801 Martin Luther King Drive
Heritage Room, 1st Floor Campus Center Building

Presenting: "Entrepreneurship"

A panel discussion providing 2 CEUs featuring:

Linda Farr RD, LD

Jan Tilley MS, RD, LD

Kerry Green MS, RD, LD

R.S.V.P. required for attendance

Cost is \$10 for each SADA member and \$15 for each non-SADA member.

RSVP by Friday February 24th in order to attend.

To RSVP, clip and mail the reservation form below with a check made payable to SADA.

For questions, please contact Jennifer Sides at anniefairway@yahoo.com or 210-573-8758

CLIP AND SEND RESERVATION FORM

NAME OF ATTENDEE _____

TELEPHONE _____

SPECIAL ACCOMODATIONS _____

Enclose a check, *payable to SADA*, for each person attending. **Mail check and Reservation Form to St. Philip's College, Mary A. Kunz, 1801 Martin Luther King Drive, SA, TX 78203-2098.**

Reservations including check, must be received by February 2, 2011. Your check is your reservation. Telephone reservations are discouraged.

Annual SADA Luncheon

Directions and Parking

March 7, 2012 from 11:30am – 1:30pm

St. Phillip's College, 1801 Martin Luther King Drive
Heritage Room, 1st Floor Campus Center Building (CC on map below)
Building faces Mittman Street and is diagonally across from Campus Police (DPS).

Park in any lot and display this invitation in your window to avoid parking fees.

