

Delaware
Valley
Chapter
Society for
Nutrition
Education

DVCSNE *Update*



February 2011

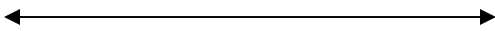
SAVE THE DATE!

Spring 2011 Professional Development Program

DVCSNE's Spring Program will be held at LaSalle University on Wednesday, March 30th. All the details are not available yet but we can tell you that it will include some yummy eats planned for us by LaSalle Executive Chef Royer Smith! You won't want to miss it!

Many more upcoming events & educational opportunities inside!

Observances



February - American Heart Month

www.americanheart.org

March - National Nutrition Month

www.eatright.org/nnm

March 9th - Registered Dietitian Day

April 4-10 - National Public Health Week

www.nphw.org

Check it out!

Webinars - Page 3

Conferences - Pages 4-6

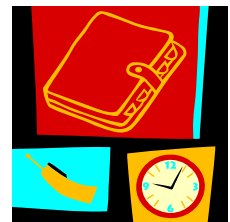
Walk Against Hunger

Brewer's Plate - Page 8

Reminder! Have you renewed your Membership???

Need a form? See page 9.

Have questions? Please contact Heidi Gorniok, Membership Chair at:
hgorniok@thefoodtrust.org.



Don't let this be the last communication you receive from DVCSNE!

Richard K. Bennett Lectureship for Peace and Social Justice - *PANEL DISCUSSION*

Monday, February 28, 2011
12:30 PM - 2:00 PM

FREE! No registration required

Science Center Auditorium
Montgomery County Community College, Blue Bell, PA
<http://www.mc3.edu/>

Free Parking on Campus!

Panelists:

Elizabeth Killough, Associate Director of Untours Foundation

Untours and its founder, Hal Taussig, received the Newman's Own/George Award for helping create jobs and rebuild neighborhoods. The travel-industry company creates personalized vacation packages for travelers who want in-depth, culturally enriching holidays, offering stays in apartments throughout the world. All of the profits are donated to the company's charitable foundation. Those monies are funneled into a low-interest lending program, where individuals and small businesses can apply for start-up funds.

Jay Gilbert, co-founder of B Corporation

A new type of corporation which uses the power of business to solve social and environmental problems. B Corporations are unlike traditional responsible businesses because they: meet comprehensive and transparent social and environmental performance standards; institutionalize stakeholder interests; and build collective voice through the power of a unifying brand.

Judy Wicks, White Dog Café

The White Dog Café was founded in 1983 by social activist Judy Wicks and, over the ensuing 25 years, has been transformed from a small coffee and muffin take-out shop into a full service, nationally recognized restaurant. The White Dog Cafe is a local favorite known for its unusual blend of award-winning contemporary American cuisine, civic engagement and environmental sustainability. Their mission – “serving our customers, serving our community, serving the earth, and serving each other - continues to resonate with our guests”.

2011 Submission Deadlines

DVCSNE Newsletter

<u>Submission Deadline</u>	<u>For Release</u>
March 14, 2011	Mid-April
September 12, 2011	Mid-October

DVCSNE UPDATE

<u>Submission Deadlines</u>
May 30, 2011
August 1, 2011
December 5, 2011

If you have any items for the newsletter - job postings, conferences, member news, etc. - just email our Editor - Kelly Morrison at: phillyrd@verizon.net

Upcoming Educational Opportunities

Health, Justice and Industrialized Meat Production



Today's predominant, industrialized farm animal production facilities raise huge numbers of livestock in small geographic areas, producing enormous concentrations of waste that pollutes air and water. As a result, these Confined Animal Feeding Operations (CAFOs) create a number of problems for the health of the environment and the people living in it, including increased respiratory symptoms, antibiotic resistance and decreased quality of life. Like other highly polluting industries, CAFOs are disproportionately located in low-income areas and communities of color. For more than a decade, Steve Wing and colleagues at the University of North Carolina have been studying the health effects of hog CAFOs in collaboration with community-based organizations in eastern North Carolina. He'll present their most recent findings, to appear in *Epidemiology* next month.



Tuesday, February 22, 2011

12 noon - 1 pm EST

To register go to: <https://www2.gotomeeting.com/register/150512835>

No CEUs offered.

SNE Webinars:



Health Literacy: Delivering Effective Messages and Understanding Cultural Differences

Health Communication is a key component of Healthy People 2020. Health literacy and effective communication skills play an integral role in achieving this goal. Nutrition educators need to be able to effectively communicate nutrition information to the public in a manner which is understandable & appropriate for a variety of cultures. The speakers will highlight



methods for delivering low tech, low literacy health and nutrition information to the public and best practices for communicating health messages through cultural barriers.

Date: Tuesday, February 22, 2011

Time: 2:00 PM - 3:30 PM EST

Cost: FREE for SNE members; \$25 for non-members

CEU: One (1) CEU credit

Space is limited! To register go to:

<https://www2.gotomeeting.com/register/809182859>

Going with the Grain: Solutions to Achieve 2010 Dietary Guidelines Fiber Recommendations

Fiber is one of four nutrients of concern highlighted in the newly released 2010 Dietary Guidelines for Americans. Understand the new dietary guidance for grains and fiber, learn about newer fibers and the role they can play in closing the fiber gap, and gain new tools to help educate consumers that small-step changes can have a big impact on fiber intakes. Practical examples will be shared via consumer-friendly messages and sample menus to help "meet consumers where they are" and demonstrate how small changes can add up to increased fiber intakes,

without significantly impacting daily intake of calories, sugars, total fat and sodium.

Date: Wednesday, March 2, 2011

Time: 2:00 PM - 3:00 PM EST

Cost: FREE for SNE members; \$25 for non-members

CEU: One (1) CEU credit

To register go to:

<https://www2.gotomeeting.com/register/976115650>

Upcoming Educational Opportunities

Agenda

- 8:30 - 9:00 am** Registration and Breakfast
- 9:00 - 9:15 am** Welcome and Introduction
- 9:15 - 9:45 am** Lynda Kugel and Marianne Bellesorte:
Moving from Scarcity to Self Sufficiency
- 9:45 - 10:15 am** Mary Powell, PhD, CRNP: *The Intersection of Nutrition and Health Literacy*
- 10:15 - 10:30 am** Break and Exhibits
- 10:30 - 11:30 am** Panel I—*The Effects of Food Insecurity Across the Lifespan*
- 11:30 - 12:30 pm** Networking Lunch and Exhibits
- 12:30 - 1:30 pm** Panel II: *Cultural and Ethnic Influence on Food Security*
- 1:30 - 1:45 pm** Break and Exhibits
- 1:45 - 3:45 pm** Amanda Archibald, RD: *Making Food Make Sense*
- 3:45 - 4:00 pm** Rev. Jay Harrison, Pastor
- 4:00 - 4:15 pm** Evaluations and Thank you

Continuing Education

This conference has been approved by the State Board of Social Workers, Marriage and Family Therapists, Professional Counselors for 6 hours of Continuing Education Credit. There is a small charge of \$15.00 to cover processing fees of continuing education credits, in addition to the conference registration fee. Please be sure to complete the continuing education section on the registration form.

Please bring a canned good and/or a can opener to donate to the Delco Interfaith Food Assistance Network.



Speakers

- Lynda Kugel**, Self Sufficiency Director, PathWays PA
- Marianne Bellesorte**, Director of Policy, PathWays PA
- Mary Powell, PhD, CRNP**, Associate Professor, Neumann University
- Amanda Archibald, RD**, Founder/Owner/Chief Innovation Officer, Field to Plate
- Rev Jay Harrison, Pastor**, True Vine Missionary Full Gospel Baptist Church

Panel Discussions

Panel I: The Effects of Food Insecurity Across the Lifespan

- Samantha Butts, MD, MSCE**, Assistant Professor of Obstetrics and Gynecology, Division of Infertility and Reproductive Endocrinology, University of Pennsylvania
- Christopher Stenberg, M.B.Ch.B, FAAP**, Chairman of Pediatrics, Crozer-Chester Medical Center
- Anne Ayella, MA**, Assistant Director for Community Relations, Nutritional Development Services
- Joyce Rasin, PhD, APHN-BC**, Professor and Coordinator for Community Engagement, Widener University

Panel II: Cultural and Ethnic Influence on Food Security

- Carolina Alshon**, Health Education Coordinator, Crozer-Keystone Health System Healthy Start
- Suketa Patel**, Asian/Indian Community
- Wan Ling Hung**, Senior Community Cancer Control Specialist, American Cancer Society
- Vera B. Tolbert, MS, PhD**, President, Coalition of African Communities

Exhibits

During breaks and lunch period, there will be exhibits provided by the following food related agencies:

- Comfort Keepers**
- Community Action Agency of Delaware County**
- Community YMCA of Eastern Delaware County**
- DCIU Head Start**
- Greater Philadelphia Coalition against Hunger**
- Nutritional Development Services**
- PathWays PA**
- Penn State Nutrition Links**
- Philabundance**
- Presbytery of Philadelphia**
- S.H.A.R.E.**
- Women, Infants, and Children (WIC) Program**

3rd Annual Conference on Hunger

The Challenge of Feeding Our Diverse Communities in Delaware County



Tuesday, March 1, 2011

Widener University
University Center
Webb Room
One University Place
Chester, PA 19013

For more information, visit
<http://delaware.extension.psu.edu>
or call 610-690-2655

Note:
Registration by mail only - complete and send this form →

For more info:

<http://delaware.extension.psu.edu/>

The Challenge of Feeding our Diverse Communities in Delaware County
March 1, 2011

Mail registration and with check payable to:
Delaware County Cooperative Extension, Attn: Fran Alloway,
20 Paper Mill Road, Springfield, PA 19064.

Name _____ Conference and CEU: \$55
Organization Name _____ Conference only: \$40
Organization Address _____ (includes breakfast & lunch)
Daytime Phone Number _____ E-mail Address _____
Registration Deadline February 14, 2011. Total amount paid: _____

Yes, I am interested in receiving 6 hours of continuing education credit from State Board of Social Workers, Marriage and Family Therapists, Professional Counselors.

Upcoming Educational Opportunities

DE 9.0 ADA Credits/ 9.5 DMA Credits
have been applied for.



SOCIETY for HEALTHCARE
FOODSERVICE ADMINISTRATORS
(SHFSA) SYMPOSIUM

Reinvent Your Department & Your Strategy for Healthcare Reform

March 3, 2011, Thursday
8:00 am – 5:30 pm



Located at:
1160 First Avenue
King of Prussia, PA 19406
(610)337-2000

9 CEUs have been applied for.

For more information or a full copy of the brochure [email](#) or call Pam Ferguson at (609) 605-1901.

Note: online registration not available - to register complete and send this form →



Registration Form (please print legibly)

Please complete the registration information and return it to:

Scott Greenley
6 Cragmere Road,
Wilmington, DE 19809

No confirmation
will be sent.
This form may be duplicated
for additional registrants.

NAME _____

TITLE _____

EMPLOYER _____

PHONE _____

EMPLOYER'S ADDRESS _____

CITY/STATE ZIP _____

EMAIL _____

Registration Due February 24, 2011

	Fee for Local SHFSA Members Only	Fee for All Others	Fee for Full-Time Students
Symposium	\$125	\$175	\$50

Make check payable to: (no credit cards)
Philadelphia South Jersey SHFSA
(Tax ID # 223202596)

Total Enclosed _____

Add \$10 for registration at the door
or for pre-registration after February 24, 2011.

Upcoming Educational Opportunities

78th Annual PADA Annual Meeting and Exhibition

Today's Nutrition Professional: Innovators of Change Leading Us To A Better Tomorrow

April 14 - 15, 2011
Crowne Plaza Valley Forge
260 Mall Blvd, King of Prussia, PA 19406



Benefits of Attending:

- 14 CEU's available (includes exhibits, poster sessions and Thursday workshops)
- Networking with colleagues
- An update of current nutrition information
- Meet with exhibitors
- Friday registration includes: Continental breakfast, box lunch, and Vegetarian dinner with raffle drawing and cash bar.

For more information & to register go to: www.eatrightpa.org/meetings/AME.htm

Don't miss - DVCSNE Member Jule Anne Henstenburg's presentation:
Food Policy and Public Health: Fact and Fantasy

Let's Keep Moving Toward Better Nutrition

April 26-27, 2011

PA Nutrition Education Network Annual Conference 2011



PA NEN Annual Conference 2011

April 26-27, 2011

Sheraton Harrisburg-Hershey Hotel
Harrisburg, PA

The conference will focus on improving school lunch programs, gardening programs, at risk urban populations and so much more! The goal of the PA NEN's 2011 Annual Conference is to provide nutrition professionals with knowledge, awareness and tools to help low income Pennsylvanians move toward better nutrition!

Keynote Speakers: Chef Ann Cooper
Mark Fenton

For more information or to register go to: <http://panen.org/annual-conference>



Other Opportunities

**NEW
PROGRAM!**

SPEND A YEAR GROWING SCHOOL GARDENS

FOODCORPS IS A NEW NATIONAL SERVICE PROGRAM SEEKING YOUNG LEADERS FOR A YEAR OF PAID PUBLIC SERVICE. VISIT WWW.FOODCORPS.ORG TO LEARN MORE AND APPLY.



IN AUGUST 2011 THE VERY FIRST CLASS OF FOODCORPS MEMBERS WILL HEAD OUT TO SCHOOLS AROUND THE COUNTRY TO:

- BUILD SCHOOL GARDENS
- TEACH CHILDREN ABOUT HEALTHY FOOD
- CHANGE WHAT'S FOR LUNCH

GROW FOR IT!
JOIN US

WWW.FOODCORPS.ORG



SAVE THE DATE!
2011 ANNUAL CONFERENCE



Other Upcoming Events

TICKETS ON SALE NOW

Brewer's Plate

WHERE CRAFT BEER & GOURMET FOOD UNITE

MARCH 13, 2011

PENN MUSEUM | PHILADELPHIA
VIP 4-8PM | General Admission 5-8PM

Join Fair Food and the area's most celebrated and sustainably-minded craft-breweries, restaurants, farmers, and artisanal producers – all independently owned and located within 150 miles of the city, for a one-of-a-kind tasting event!

The 2011 Brewer's Plate will boast more space, more tastings, expanded vegetarian offerings, upscale cocktails in a new Speakeasy, and an expansive tent – just for VIP ticket buyers, over the beautiful Warden Garden.

www.fairfoodphilly.org



Fair Food

The 7th Annual Fundraiser for **Fair Food**
Dedicated to bringing locally grown food to the marketplace and promoting a humane, sustainable agriculture system for Philadelphia.

Walk + Run Against Hunger 2011

Saturday, April 9, 2011

This annual fundraising event, coordinated by the Greater Philadelphia Coalition Against Hunger supports more than 100 food pantries, soup kitchens and hunger-relief agencies in Southeastern Pennsylvania and South Jersey. Together, they help hundreds of thousands of local families put food on their tables every day.

How the Walk+Run Helps:

Most food pantries and soup kitchens are small programs run by volunteers. For many of them, the Walk+Run is the main way they raise funds to buy food, kitchen equipment and other necessities to help people who come to them for help.

The Walk+Run also benefits the region's leading hunger-relief agencies, including the Coalition Against Hunger, The Food Trust, Philabundance & SHARE.

Hunger in Our Communities:

In the U.S., more than 1 in 5 children don't know where their next meal is coming from. In the five-county Philadelphia region, over half a million people struggle to buy groceries for their families.

For more information visit: www.hungerwalk.org

WALK+RUN
AGAINST HUNGER

A photograph showing a large crowd of people participating in a walk/run event. In the background, the Philadelphia skyline is visible, including the Independence Hall clock tower. A banner in the crowd says "POWER".

15
years fighting hunger

April 9th, 2011
Begins and ends in front of the Philadelphia Museum of Art

www.hungerwalk.org



2011 DVCSNE MEMBERSHIP APPLICATION/RENEWAL FORM

_____ New Member _____ Membership Renewal

Please print clearly!

Name/Credentials: _____

Occupation/Title: _____

Employer (if applicable): _____

Preferred Address (Home/Work- *circle one*): _____

City: _____ State: _____ Zip Code: _____

Phone: (____) _____ Email: _____

Specialty, Interest(s) or Area(s) of Expertise: _____

Are you a member of the (national) Society for Nutrition Education (SNE)? Yes ___ No ___

I would like to become a member of the following DVCSNE committees:

Education/Programs: _____ Membership: _____ Communications/Newsletter: _____

DUES:

Regular Member - \$25 \$ _____

Student or Intern - \$15 \$ _____ Name of College or Internship: _____

(OPTIONAL) Donation to
DVCSNE Grant/Scholarship Fund \$ 10.00 (suggested donation - or enter other amount)

Total Enclosed: \$ _____

Make checks payable to DVCSNE and return this form with payment by February 1, 2011 to:

Heidi Gomiok
2041 Spring Mill Rd
Conshohocken, PA 19428

Memberships are accepted year-round. However, only members who join by February 1, 2011 are eligible to appear in the DVCSNE membership directory, which will be published in March 2011.

Updated 12/10