

MESSAGE FROM THE PRESIDENT

February 2, 2011

Dear ONC Members,

As I write this update we are in the midst of a major winter storm and I know we are all waiting for spring—hoping it will be here sooner rather than later.

In my practice, I am eagerly waiting for the 2010 Dietary Guidelines. As I am writing this, they were released January 31st. Now we have the task of implementing any of the changes. I hope you all can join us for our March meeting when Heather McCormick will be updating us on the new guidelines from process to implementation. I'm also excited to get an update on SB 210 by Ginger Parsons RD/LD and Misty Davis, MS, RD,LD "Understanding and Implementing Senate Bill 210". These new regulations will impact my work and my family.

Last year many of the attendees at our biennial conference requested topics for future meetings. Leading the requests we received were for presentations on cooking demonstrations. In my professional experience I have seen an increase in requests for cooking demonstrations. We all know from experience that if you serve food they will come! So even if we don't do full cooking demonstrations, incorporating food into our presentations does add to our effectiveness in getting our messages across. Our May meeting will deliver the "How to" and "Promotion of" Cooking Demonstrations. Mark your calendars now for May 6th when we will go to the International Culinary School at The Art Institute of Ohio – Cincinnati.

I appreciate all the hard work the board has been doing to keep Ohio Nutrition Council moving forward. I especially want to extend my gratitude to Linda Taylor for coming out of retirement to temporarily fill the position of treasurer. We continue to search for someone to take over the role. Linda would like to help make the transition smooth to the next treasurer for the group, so if anyone can step up and help us out, please contact Linda or me as soon as possible.

Here's to a quick end to winter! Hope to see you all March 4th.

Laura Poland RD/LD

ONC President, 2010-2011



ONC Membership Meetings

Friday, March 4th

Friday, May 6th

ONC Board Meetings

Thursday, April 21st 1pm to 3pm, conference call

Thursday, July 21st – Summer Board Meeting

How are you planning to celebrate National Nutrition Month this March? Send an email to sarah@theritebite.com and share your efforts to promote healthy eating, and this year's ADA theme for the month "Eat Right With Color". Your email may be included in the next ONC Newsletter.

National Nutrition Month® 2011



Don't forget the fourth annual Registered Dietitian Day is March 9th. Be sure to tell your RD colleagues how much you appreciate all they do to promote healthy eating and nutrition.

STATE SCIENCE DAY

SATURDAY MAY 7, 2011

ONC and the Ohio Dietetic Association co-sponsor the Human Nutrition awards at the State Science Day every year.

This event is organized by the Ohio Academy of Science for students in grades 7 – 12. It is held at the St. John Arena on The Ohio State University’s campus.

Monetary awards are given to outstanding projects based on originality and creativity that demonstrate understanding of human nutrition and its relationship to good health. Awards are given in each grade category (7-8, 9-10, and 11-12).

If you are interested in being a volunteer judge for the Human Nutrition projects at this year’s State Science Day, please contact Heather McCormick at 614-580-3991 or hmccorm@lifecarealliance.org.

2010 – 2011 ONC BOARD and COMMITTEES

- President:** Laura Poland RD, LD
- President-elect:** Julie Kennel PhD, RD, LD, CSSD
- Secretary:** Janelle Brunswick RD, LD
- Executive Secretary:** Kendra Conrad
- Interim Treasurer:** Linda Taylor RD, LD

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- Finance/Scholarship:** Louise Conway MS, RD Ret.
- Publicity/Awards:** Joanne Treuhaft MS, RD,LD
- Strategic Planning:** Ginger Parsons RD, LD
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- Nutrition Education:** Heather McCormick MS, RD, LD

OHIO NUTRITION COUNCIL ON THE WEB



<http://ohionutritioncouncil.org> & [facebook](https://www.facebook.com/ohionutritioncouncil)



For up-to-date information on all of our upcoming meetings, membership renewal as well as some great resources...visit our Ohio Nutrition Council web-site often. Also, don’t forget to “Like” us on Facebook to stay current on the latest ONC Updates

Legislative Committee Update

Pat McKnight, Legislation Chair –
Mcknightp@aol.com

Federal level

There were recent successes from the last Congress that affect nutrition --- the Child Nutrition Act reauthorization and the Food Safety bill.

For this new Congressional session, we know of three issues that are of interest to nutrition professionals.

The Older Americans Act is due for reauthorization. This Act has several nutrition components – Meals on Wheels and the Congregate Meal Program are major issues for us.

The Farm Bill is also due for reauthorization and this is where the Senior Farmers Market is funded.

The Medical Foods bill has been reintroduced. This legislation would provide insurance coverage for the expensive formulas for children with inborn errors of metabolism and other special health care needs.

State level

At this writing we do not yet know what is ahead in nutrition-related legislation in the 129th General Assembly. We do know that there are more than 40 new legislators, many of whom likely have little knowledge about nutrition and the issues that concern nutrition professionals. We definitely have work to do!

School Based Health Centers -- One of the issues under Health Care Reform is School Based Health Centers. There are 20 of these currently in Ohio and several others in the planning stage. These centers are required to have a registered dietitian and there is significant federal agency support for this component. If you know of a dietitian who is working with a School Based Health Center in your area, please let me know. We need to identify these RDs.

Implementation of SB 210 This bill passed the General Assembly last spring and will be implemented in schools for this next school year. One of the components of the bill is the requirement for the school district, if they do not have a dietitian on staff, to have consultation from a licensed dietitian regarding the new beverage and foods standards for the complementary foods sold in the schools. The Ohio Dietetic Association along with the School Nutrition Association is providing training for dietitians who are interested in serving as consultants. These training sessions are being held by the District Dietetic Associations statewide. See ODA website for details.



**2011 Annual Conference
DIETETICS ROCKS
90 YEARS YOUNG**
Intercontinental Hotel, Cleveland, Ohio
April 7-8, 2011
Register now www.eatrightohio.org

Legislative Committee Update—continued
Note: For the reimbursable meal component, that is under USDA, not the State but the recently passed Child Nutrition Reauthorization has paved the way for changes in the meals More on this soon...

ODA will hold its annual Public Policy Day on Wednesday, March 16th in Columbus. Registration information is on the ODA website. Because we have so many new legislators, this is an important year to have many attendees, ODA reduced the fee for to \$30.00 for ODA members and students. I encourage ONC members who are ODA members to attend. We NEED you !!

Treasurer's Report

Ohio Nutrition Council Accounts
as of 1/28/11 Submitted by Linda Taylor, Treasurer:



ASSETS	
Cash and Bank Accounts	
CD 41432251	11,145.11
Union Savings Checking	11,750.94
TOTAL Cash and Bank Accounts	22,896.05
TOTAL ASSETS	22,896.05
LIABILITIES & EQUITY	
LIABILITIES	0
EQUITY	22,896.05
TOTAL LIABILITIES & EQUITY	22,896.05

MEMBER EVENTS

**MARK YOUR
CALENDARS!**

ONC Meetings - Spring 2011

March 4th, 10am-2pm

Location: Franklin County Board of MRDD

Topics: Dietary Guidelines from Process to Policy & Understanding,
Implementing Senate Bill 210

May 6th, 10am-2pm

Location: The International Culinary School at The Art Institute of
Ohio—Cincinnati

Topics: How to conduct cooking demos by RD's to clients,
Tour of the Culinary School

Upcoming ONC Board Meetings

Thursday, April 21st

1pm to 3pm

Conference Call



Thursday, July 21st
Summer Board Meeting

ONC Newsletter Editor: Sarah Earhart MS, RD, LD, CDE
Coordinator/Publisher: Dietary Solutions
171 Green Meadows Drive South Lewis Center, OH 43035

OHIO NUTRITION COUNCIL

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