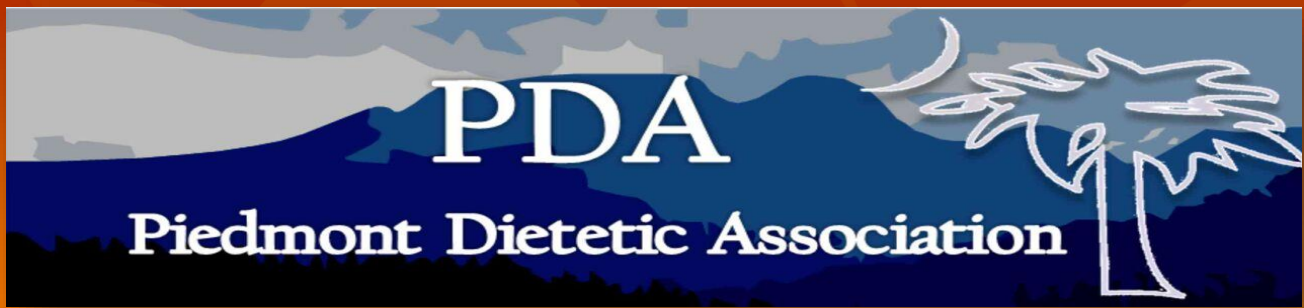


FALL 2019 NEWSLETTER



Calling New Members

It's been a great start to the 2019-2020 year!

Thank you to all that have signed up to become members.

If you haven't had the opportunity to sign up to become a member of PDA, here is your chance now! Membership incentives include access to free/discounted CEs, job postings, and social/volunteer events. This year, members will also receive a PDA water bottle! Simply click on the membership form link below and register on-line now!



2019-2020 Board Members

President, Joanna Smyers, MS, RD, LD

President- Elect, Destin Faria, RD, LD

Past President, Rachel Hoffman, RD, LD, CSG

Secretary, April Moore, MS, RD, LD

Treasurer, Jalak Patel, MS, RD, LD

Nominating Chair, Patti Francis, MS RD LD

Education Chair, Hannah Wigington

Legislative Chair, Amanda Ancona,

Social Media/ PR Chair, Cate Milne,

PDA Membership Form



<https://forms.gle/rkxCQsBfLnk5Bto87>



Scholarship Application Information

Julia Brunson Award

Year-Round Applications Accepted

This award provides financial assistance to dietitians, who are current members of SCAND, for continuing education or academic credit. Preference will be given to board members of SCAND or SCAND members who have demonstrated either past leadership or future leadership potential. Awards will be allotted as follows, pending availability of funds: one award for attending FNCE, one award for attending the PPW, and one award for attending the SCAND Annual Meeting.

Burris Cromer Award

Applications due: January 31st

This award provides financial assistance to one or more dietetic students who are members of the AND and SCAND by November 1st of the application year and are enrolled in an accredited DPD or DI program in South Carolina. They must be completing requirements this academic year. Additionally, student recipients must demonstrate academic achievement, leadership, and professional potential. The individual award will be based on the number of qualified applicants. Each award given will be a minimum of \$300.

For more information about applications, please contact Nominations Chair, Patti Francis, at pcallah@g.clemson.edu. If you have any questions, feel free to contact Patti Francis at the above email. We look forward to seeing our nominations this year!



Upcoming PDA Events

Holiday Social: Eat, Drink and Be Merry!

Thursday, December 5th, 2019

Festivities begin at 6:30pm

Location: Iron Hill Brewery & Restaurant
741 Haywood Rd, Greenville 29607

Join us for an evening of fun and fellowship during this holiday season and bring a friend and/or family member. The more, the merrier! Also, 20% of all food proceeds will be donated to the PDA as part of our fundraiser!

Mark your calendar for these upcoming events and CEUs in 2020:

January 14th, 2020 (Tuesday) – CE event - SC Farm Bureau event w/ panel of local farmers – time/location TBD

February 6th, 2020 (Thursday) – CE Event – CDE to present and discuss Whole Food, plant-based diet – more details to follow

Spring Mentorship 2020 event/dinner in February/March – details following

National Nutrition Month, March 2020 – details following

RD MEET UP: PJ's and Pinot

Join us for a book club gathering on the second Thursday of every month where we discuss nutrition-related articles, books, and position papers that can be claimed for 1.0 CEU credits.

Our next gathering will be December 12th, at 6:30 pm and will continue monthly.
RSVP to Destin Faria at destinfaria.rd@gmail.com.

Don't forget your PJ's (or cozy wear) and Pinot (or any wine you wish)!



SAVE THE DATE

SCAND Annual Meeting
April 3, 2020 | Columbia, SC

For more info: <https://www.eatrightsc.org/annual-meeting>

New Recipes to Traditional Holiday Favorites!

With the holidays right around the corner, give these recipes a try!

Ingredients – Mini Pecan Pies

- 1½ cups old-fashioned rolled oats
- ½ cup all-purpose flour
- ½ cup packed light brown sugar, divided
- 1 teaspoon salt, divided
- 8 tablespoons (1 stick) cold unsalted butter, cut into small pieces
- 2 large eggs
- ¼ cup pure maple syrup
- 1 cup pecan halves, toasted and finely chopped
- 1 teaspoon vanilla extract

Directions

- Preheat oven to 350°F. Coat 24 mini-muffin cups with cooking spray.
- Combine oats, flour, ¼ cup brown sugar, and ½ tsp. salt in a food processor. Process until the oats are finely ground. Scatter butter pieces on top and process just until a dough comes together.
- Divide the dough among the prepared mini-muffin cups, using about 1½ Tbsp. dough for each. Press the dough into the bottom and up the sides of each cup.
- Bake the crusts until the edges are set and light golden, about 15 minutes. Use the back of a spoon to press the crusts back down and up the sides (they will have puffed slightly during baking).
- Whisk eggs, maple syrup, pecans, vanilla, and the remaining ¼ cup brown sugar and ½ tsp. salt in a medium bowl. Divide the filling among the crusts, using about ½ Tbsp. filling for each.
- Bake the mini pies until the filling is set, 10 to 12 minutes. Let cool in the pan for 15 minutes. Use an offset spatula to release the edges and transfer to a wire rack to cool completely.



INGREDIENTS – Kale Salad

3 Tbsp. olive oil, divided
1 shallot, peeled and thinly sliced
3 cloves garlic, coarsely chopped
1 cup dried cranberries
2 Tbsp. red wine vinegar
2 teaspoons honey
juice and zest of half a lemon
1/8 tsp. salt
1/8 tsp. black pepper
1 bunch kale, very thinly sliced
1/4 cup sliced almonds
(optional) 1/4 cup crumbled blue cheese or goat cheese

INSTRUCTIONS

1. Heat 2 Tbsp. oil in a large saute pan over medium-high heat. Add shallot and saute for at least 5 minutes or until tender. Add garlic and saute for 1 minute. Then add cranberries, red wine vinegar, honey and lemon juice and zest, and stir to combine. Season with salt and pepper.
2. In a large bowl, toss the kale with olive oil and an extra pinch of salt, and massage kale with your fingers for 1 minute until tender. Add in the cranberry/shallot mixture and almonds, and toss to combine. Serve topped with crumbled cheese if desired.

Kate Farms – CEU event at GMH

We had a great turnout for the Kate Farms CEU event to listen and learn more about Tube Feeding and Intestinal Health: Functional Medicine Perspective. Barrett Butler discussed the importance of higher quality ingredients in tube feeding formulas and how these translate into positive clinical outcomes from a functional medicine perspective. Dinner was provided by Zoe's Kitchen which was delicious!



Cooking for a Cause @ Ronald McDonald House

Thank you to all our members that volunteered their time to cook for the families at Ronald McDonald House. Your love and support make such a positive impact in our local community. Thank you for helping make these families feel as close to being home as possible.



Fall Mentorship Dinner at Sushi 356 in Clemson

It was a great evening of meeting and mingling with fellow RDs and students and interns. It was like speed dating, but mentoring and answering questions about DICAS, internships, the RD exam, oh my! Mark your calendars for the Spring mentorship event coming in February/March, more details to follow!

