

Spring 2020 PDA Newsletter



We hope you are all doing well in the upstate area! As we have been adapting to a more virtual way of life and social interaction, the PDA is working hard to keep everyone connected through social media. As you know, we have a facebook page and now have an **Instagram** account!! Please be sure to follow PDA, handle is @piedmontdieteticassociation

2019-2020 Board Members

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, RD, LD
Legislative Chair, Amanda Ancona, RD, LD
Social Media/ PR Chair, Cate Milne, RD, LD

We would love your feedback about PDA and how to continuously improve our services to you and our surrounding community! Thank you for your input! Click the link below:

https://wcu.az1.qualtrics.com/jfe/form/SV_5j16OP8oebsy3Fr



Congratulations to our PDA 2019-2020 Award Winners!

Outstanding Dietetics Educator: Lacey Durrance, MS, RD
Recognized Young Dietitian of the Year: Kerri Stewart, RD, LD
Outstanding Dietitian of the Year: Brittany Jones, MS, RD, LD

The PDA has spent the spring adapting to current events and making plans for another epic year!



In February, we had a great turn out at our Plant-Based Diets for the Prevention and Management of Diabetes CEU event hosted by Dr. Gault. This emerging nutrition topic was well accepted by our members and we are striving to learn more!

In March, we *wined* down at Wine House to celebrate RD Day. This was a great way for members to just relax and appreciate each other for their work in the field.

SAVE the DATE!! Our end-of year-social will be virtual this year and will allow members to stay in their pajamas while having some fun playing games and winning prizes! PDA members can join us on May 28th at 6:30 pm. Visit our PDA Facebook page for details.

We have had many of our members volunteer to help aid in the food crisis and help members of the community stay afloat during uncertain times. Trevor, a Clemson University nutrition student and student liaison of PDA, has banded together with his fellow peers to create a website that allows the purchase of gift cards to mom and pop shops affected by the COVID-19 pandemic. SaveMAPS started as a way to help local businesses in Clemson, SC and has expanded across the state and along the East Coast. They are focused on helping communities heal and come back stronger than before. <https://www.savemaps.io/>



Due to the quarantine, many of us have been cooking more meals at home. To continue adding a variety of colors and nutrients to your meals, check out these delicious recipes below!

EASY SAUTEED RAINBOW CHARD

Prep Time: 10 mins Cook Time: 10 mins Total Time: 20 mins

Ingredients:

- 1 bunch of rainbow chard more if your serving more than 4 people
- 1 tbsp olive oil
- 1/2 lemon juiced
- 1 tsp smoked paprika
- 1/4 tsp cayenne pepper optional, see note
- Salt and pepper to taste



Instructions:

- Wash well and pat dry. Cut the ends of the stems off.
- Heat the oil in a large skillet and add the stems. Cook for approximately 4 minutes and then add the leaves until wilted. Squeeze the lemon over the chard and add salt and pepper to taste. Stir to combine.
- Chop into bite sized pieces.
- Heat the oil on medium-high heat and evenly spread throughout the pan.
- When the oil is hot, add the chard and toss evenly in the pan.
- Squeeze the lemon juice over the chard and stir.
- Add the spices and stir well.
- Cook for approximately 10 minutes, or until the stems are fork tender and the leaves are slightly wilted.

Carrot and Ginger Soup (can also be enjoyed chilled!)

Ingredients:

- 1 tablespoon olive oil
- 1 1/2 cup red onion, diced
- 4 tablespoons fresh ginger, peeled & minced
- 4 cloves garlic, minced
- 6 cups water + vegetable bouillon
- 2 13 ounce cans coconut milk
- 32 ounces baby carrots, chopped
- 3 teaspoons curry powder
- 2 teaspoons chili powder
- 1 1/2 teaspoons black pepper, ground
- 1 teaspoon Himalayan salt

Directions:

In a medium pot, heat olive oil and add in onions, garlic and ginger. Cook until onions are semi-translucent. Add in water, vegetable bouillon, curry powder, chili powder, black pepper and salt. Bring to a boil. Add in carrots and let simmer until carrots are soft. Turn off heat, pour in coconut milk and stir until thoroughly combined. Let cool a bit and then pour contents into blender and blend until creamy smooth. Enjoy!!

