

S U M M E R 2 0 1 9

The Northern Lights

The Northern Michigan Dietetic Association



Dear NMDA members,

I hope you all have enjoyed the summer in northern Michigan and are ready to take on the fall! Thank you to all of our returning members for renewing your NMDA membership, and welcome to all of our new members! We currently have a total of 35 members for the 2019-2020 membership period and will continue to welcome additional members. We appreciate your support of our local dietetic association and look forward to kicking off another great year with you!

To both our new and seasoned members: If you have any ideas, talent, or a small amount of time that you would like to share, we are always looking for new individuals to join our leadership team. If you are interested, please contact someone on the board. It takes a village to help NMDA thrive!

In this newsletter, you will find: important dates to remember, a recipe, our spotlighted member, and information on the upcoming Farms, Food & Health Conference and Culinary Medicine Training.

Best,

Julie Poole, MS, RDN/NMDA Secretary & Newsletter Editor

YOUR NMDA BOARD

Co-chairs: Lynette Maxey, RD, CDE (lmaxey2@mhc.net)
& Amy Britton, RD (abritton@mhc.net)

Treasurer: Kimberly Hornacek, RD (khornacek@mhc.net)

Secretary/Newsletter Editor: Julie Poole, MS, RDN
(julie.poole1@gmail.com)

Nominating Co-Chairs: Connie Farrier, RD (cfarrier@mhc.net)

Webmaster: Meghan Damman, RD (mdamman@mhc.net)

NMDA Website: www.upnorthrd.com

SAVE THE DATE

Michigan Academy Fall Conference: Friday, September 20th in Howell, MI

Michigan Academy Spring Conference: May 7th & 8th, 2020 in Traverse City, MI

SPOTLIGHTED MEMBER: Tina Miller, MS, RDN, FAND

Tina Miller, MS, RDN, FAND obtained her undergraduate degree at Madonna University and completed her internship at Harper Hospital-Detroit Medical Center. She later went on to get her Master's in Nutrition from Eastern Michigan University. Tina knew she wanted to be in a "helping" profession early on and also enjoyed doing aerobics. Nutrition seemed like a natural tie to fitness, and from there she found a profession and career that she loves! Tina has now been a registered dietitian for 31 years and has really enjoyed the versatility of the profession, the amazing people she has worked with, and the friendships she has made.

Upon the completion of her internship, Tina worked at the Detroit Medical Center in both Food Service Management and clinical areas. After about six years of working as a dietitian, she joined a fellow dietitian and mentor, Janet Lermينياux, to start a consulting practice working in a variety of settings from senior living to child development centers. They also worked as retail consultants for more than 10 years for Kroger of Michigan. Here, Tina found a passion for working in retail – where the consumer is faced with thousands of buying decisions that ultimately impact their health and wellness. Additionally, she feels fortunate to have had the opportunity to work full-time for a several years as an instructor at Eastern Michigan University, where she discovered a passion for teaching. She continues to teach a few classes a year even though it is not her full-time work. For nearly 15 years, Tina was employed by Meijer as a Supermarket Dietitian where she provided consumer education and communications, and of course, played in the supermarket! Most recently, in 2018, Tina joined the United Dairy Industry of Michigan where she works to promote and support Michigan Dairy Farmers by providing nutrition outreach and education for consumers and health professionals. Tina feels fortunate to have fallen into a profession that she has truly enjoyed and that has provided such vast experiences.

In Tina's spare time, she enjoys traveling and anything water related. Her sons are in their very early 20's and still live at home. When their crazy schedules allow, their favorite family activity is to spend a Sunday afternoon kayaking on the lake in their subdivision.

Were your tomato plants bountiful this summer? If so, here is a recipe that calls for those fresh summer tomatoes!

RECIPE CORNER: Gazpacho

Ingredients:

- 4 large fresh tomatoes, peeled and diced
- 1/2 English cucumber, peeled and finely diced
- 1/2 cup finely diced red bell pepper
- 1/4 cup minced green onion
- 1 large jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1 pinch dried oregano
- 1 pinch cayenne pepper, or to taste
- Freshly ground black pepper to taste
- 1 pint cherry tomatoes
- 1/4 cup extra-virgin olive oil
- 1 lime, juiced
- 1 tablespoon balsamic vinegar
- 1 teaspoon Worcestershire sauce
- Salt and ground black pepper to taste
- 2 tablespoons thinly sliced fresh basil

Directions:

1. Combine diced tomatoes, cucumber, bell pepper, green onion, jalapeno, and garlic in a large bowl. Stir in salt, cumin, oregano, cayenne pepper, and black pepper.
2. Place cherry tomatoes, olive oil, lime juice, balsamic vinegar, and Worcestershire sauce in a blender. Cover and puree until smooth. Pour pureed mixture through a strainer into the tomato-cucumber mixture; stir to combine.
3. Place 1/3 of the tomato mixture into the blender. Cover, turn blender on, and puree until smooth. Return pureed mixture to the remaining tomato-cucumber mixture. Stir to combine. Cover and chill in refrigerator for 2 hours.
4. Season cold soup with salt and black pepper to taste. Ladle into bowls and top with basil.

Source: <https://www.allrecipes.com/recipe/222331/chef-johns-gazpacho/>

Farms, Food, & Health Conference and Culinary Medicine Training

Groundwork's Food & Farming team has been working closely with our partners at Munson Healthcare, Great Lakes Culinary Institute, and Traverse Bay Area Intermediate School District to put together the first-ever joint Farms, Food and Health Conference and Culinary Medicine Training. Please join us this September 26–29, on the shores of Grand Traverse Bay, in beautiful Traverse City, Michigan, to share in our largest, most multifaceted, and most exciting conference yet! Early bird discount [registration](#) just opened!

This event brings together the cross-sector networking and interactive workshops and presentations of Farms, Food & Health with the hands-on culinary training of Culinary Medicine. By tying these two events together, as well as adding a large public keynote address, teacher training workshop, expo, and many more conference-related activities, this event will highlight innovative initiatives, engage a large, diverse audience and provide much-needed technical skill-building for healthcare providers and educators.

Visit farmsfoodhealth.org to learn more about the conference taking place September 26-29. You'll learn more about our:

Five (!) Keynote Speakers



Oran Hesterman, Ph.D., Founder and CEO, Fair Food Network

Geeta Maker-Clark, M.D., Clinical Assistant Professor and Coordinator of Integrative Medical Education, Pritzker School of Medicine, University of Chicago

Deanna Minich, Ph.D., Teaching Clinician, Certified Food & Spirit Practitioner Program and Food & Spirit, LLC

Drew Ramsey, M.D., Assistant Clinical Professor of Psychiatry, Columbia University College of Physicians and Surgeons

Steven Rivard, M.D., Co-Founder and Corporate Medical Director, Iroquois Valley Farmland REIT

Farms, Food and Health Conference Sessions including:

Retail Renegades: Re-examining the role of grocery in building community health

Adapting Graduate Medical Education: Curriculum to advance culinary literacy for physicians

Chefs in Schools: Bringing fresh and local to a cafeteria tray near you

Making Fresh Produce Affordable with Double Up: A Michigan case study

Building Healthy Habits for Life: Two models for engaging students in changing their food choices

Food System Field Trips, including:

Knife Skills Class

Sara Hardy Farmer's Market Tour with Continuing Medical Education (CME/CPE)

Father Fred Foundation Tour

Loma Farm Dinner with Planted Cuisine

Winery Tour with CME/CPE

Great Lakes Culinary Institute Tour

Cowell Cancer Center Tour

Oryana Community Cooperative Tour (CME/CPE)

Culinary Medicine Training:

There are three blocks of time for hands-on cooking and 4 blocks for nutrition education opportunities scheduled over the course of the day. These 90-minute sessions will give participants a chance to have small group and one-on-one experiences with GLCI Chef-Instructors and Registered Dietitians. Workshops will be repeated. Every participant will have the opportunity to have at least 2 kitchen sessions for experimenting with local ingredients, cooking techniques, world flavors, and spices. All kitchens will feature *PLANT-FORWARD* recipes and will highlight local vegetables, grains and sustainable protein sources. Continuing education credit application has been submitted.

Sessions Include:

Kitchen Session: Local Vegetables- Worlds of Flavor

Kitchen Session: Local and Ancient Grain Techniques

Kitchen Session: Sustainable Proteins on a budget

Culinary Nutrition Research Briefing

Submitted by Paula Martin, MS, RDN, LDN