



# GNC NEWSLETTER

FALL ISSUE

2015

## GNC Executive Board

**Caroline Richardson**  
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*President-Elect*

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*Nominating Committee Chair*

**Ines Beltran**  
*Scholarship Chair*

**Terralon W. Chaney**  
*Nominating Committee*

**Brenda Maddox**  
*Nominating Committee*

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*Past President, Conference Chair  
& Newsletter Formatting & Editing*

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*Web Master*

**Rebecca Hardeman**  
*Executive Officer*

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*Newsletter Editor*

**Jessica Hill**  
*Professional Awards*

**Joelle Romanchik-Cerpovicz**  
*Student Presentations*



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## President's Message

### *Greetings,*

Football season is in full swing and the holidays are just around the corner. Keep food safety in mind during those fun-time tailgate parties and the holidays. Have you ever thought about where your food comes from, or about eating foods that are in season? Eating in-season means building meals around foods that have been harvested at their peak and adjusting your diet to meet the particular health challenges during the various seasons. Eating in season comes with many benefits such as saving money; eating fresher foods that tastes better; and getting more nutrients from your food.

Did you know that Georgia grows a variety of foods that are harvested locally and sold at farmer's markets, groceries and other venues? This is a good thing for most Georgians since they do not have to worry about foods that are grown half-way around the world. With foods now shipped from all over the world to our local stores, it is easy to forget that different foods grow in different seasons. Remember to visit your local farmer's markets during peak seasons where you will find foods that are grown — *close to home* — *right here in Georgia*.

To learn more about seasonally foods and other nutrition information, we invite you to attend the GNC Annual Conference set for **February 25 – 26, 2016**. Our theme is "*Emerging Issues and Changing Trends in Community Nutrition*." Be sure to take advance of the **early bird registration** which ends **October 31, 2015**. Invite colleagues and others who have an interest in nutrition to participate in the conference. There are many benefits for attending the conference such as receiving continuing education credits; as well as, learning about the latest researched-base information in nutrition.

We also hope that you will continue to encourage individuals from various professions to become members of GNC. Membership is not costly and the professional and personal benefits far exceeds the minimal cost.

*Remember: Together, we are serving our communities promoting and providing nutrition education!*

*Caroline Richardson*



# Cooking Matters Culinary Academy

by Caroline Richardson  
Warren County Extension Agent

The *Cooking Matters* program empowers families with various skills to stretch their food budgets so that they can have healthy meals at home. Cooking Matters serves families across the country through a hands-on, six-week cooking courses; with interactive grocery store tours; and mobile and educational tools. Participants learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. This is put into action as participants prepares a dish in class; as well as, receives ingredients to prepare the dish at home for their families.

The program was recently held in Warren County, with *Caroline Richardson* as the instructor. Participants learned new ways to prepare vegetables and how to incorporate more vegetables into their meals. Ingredients not usually found in the rural kitchen were introduced to the class. No one could name the mystery vegetable which turned out to be “jicama,” a root vegetable that can be eaten raw or cooked. Class participants prepared Fall Vegetable Salad using quinoa, a little known gain; Cranberry Walnut Coleslaw; Ratatouille; Asian Noodles with Peanut Butter Sauce; Baked Flaked Fish with Tartar Sauce; Sweet Potato Fries – baked with a spicy twist; and Turkey Chili with Vegetables.

Each of the Cooking Matters curricula uses the *Dietary Guidelines for Americans* and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management.

Evaluation results showed that the instructor’s efforts made a lasting impression and that the Cooking Matters graduates continues to practice improved eating habits, cooking techniques, and food resource management skills that they learned in class. Class participants stated that they would eat more vegetables and fruits, continue to use unit pricing of foods, and to utilize the Nutrition Facts labeling.

**FUNDING:** The Cooking Matters class was funded by the East Georgia Cancer Coalition.



**Cooking Matters graduating class:** *r-l*— Chranda Baker, Ophelia Berry, Pauline Wilson, Mildred Barksdale, Gloria Heath, Mable Dawson, Sunbeam Wilson, Caroline Richardson – Instructor. Backrow *r-l* — Paulette Walker, John Martin, Emma Sinkfield, Jimmie Moss, Roberta Shurley, Porsha Johnson, and Minnie M. Ruff.





## 2016 GNC Outreach Grant Awardees

**Judy Hibbs** of Clark County and **Cheryl Jones** of Hall County were awarded the 2016 Outreach Grant. **Judy** serves as the University of Georgia Extension SNAP-Ed Nutrition Coordinator. She plans to use the grant with the SNAP-Ed program, statewide in Georgia. **Cheryl** serves as a School Nutrition Program Director in Hall County. She plans to use the GNC grant to purchase gardening tools for the Hall County school's garden.

Find out more about these two projects at the 2016 Annual Georgia Nutrition Council Conference at Callaway Gardens.



## GNC Student Scholarships



The Georgia Nutrition Council provides two \$500.00 scholarships to 2 deserving students each year. These scholarships are named from members who wanted students to have an opportunity to further their educational goals.

**Rita Waters**, was a former University of Georgia Cooperative Extension Nutritionist, was a highly respected nutrition educator and was very interested in the health of our state's citizens. At the time of her death, she was involved in initiating a pilot project with the goal of improving the food habits of low-income families. She was also a strong advocate for the Georgia Nutrition Council. **Ms. Waters** died in 1970.

**Holly Beth Alley** dedicated her life to helping others lead healthier lives. She served in the Peace Corps, where she taught nutrition and health in Central and South America. Upon her return to the United States, she earned a Master's degree in Nutrition and was a nutrition specialist for the University of Georgia Cooperative Extension for 17 years. She was a voice for the culturally diverse audiences.

**Ms. Alley** was also active in her community and served on the board of Bulloch County Food Bank. She died in 1996.

These scholarship awards would not be possible without the contributions made by our donors who are dedicated to the fulfillment of GNC's Mission. We would like to thank all of the donors who have contributed to one or both of these scholarships.

*Donations are tax deductible!*

**See pages 4 — 7 for more information and applications for these two scholarships.**





# Rita Waters Scholarship



## How to Apply

### **Eligibility:**

Any Georgia citizen who is a Junior, Senior, or Graduate Student with a major interest in the area of Food, Nutrition, Dietetics, or Food Technology, and is currently enrolled in school is eligible to apply for this \$500 award. Any student who has previously been awarded the Rita Waters Scholarship is not eligible to win a second time. The scholarship recipient must attend the annual Georgia Nutrition Council meeting to accept the award. Questions of eligibility will be determined by the GNC Scholarship Committee.

### **Applicants should submit the following information:**

- ◆ Completed application form
- ◆ Two letters of recommendation, either from two faculty members or from one faculty member and the Dean of the applicant's school/college
- ◆ Copy of college transcripts
- ◆ A brief description (500 words) of self, family, interests and experience which led applicant to choose a career in Foods, Nutrition, or a related field. Include goals and plans for the future in the field of nutrition.

**Completed application must be postmarked by this date: February 1, 2016**

### **Criteria for selection:**

Scholastic rating  
Professional potential  
Leadership based on participation in college and community activities  
Contributions to field of food/nutrition revealed by college activities  
Accurate and complete application

### **Submit All Materials To:**

Georgia Nutrition Council  
Scholarship Chair  
Gwinnett County Extension  
750 South Perry St, Suite 400  
Lawrenceville, GA 30046

**Attention:** Ines Beltran

**Note:** The award will be presented at the Annual Georgia Nutrition Council meeting to be held in Pine Mountain, Georgia in February 2016.



**Georgia Nutrition Council**  
**Rita Waters Scholarship**  
Application Form

NAME: \_\_\_\_\_

ADDRESS (at College): \_\_\_\_\_

TELEPHONE: (        ) \_\_\_\_\_ EMAIL: \_\_\_\_\_

PARENT'S NAME & ADDRESS: \_\_\_\_\_

COLLEGE/UNIV PRESENTLY ATTENDING: \_\_\_\_\_

MAJOR: \_\_\_\_\_

CLASS: Soph. Jr. Sr. Grad. EXPECTED GRADUATION DATE: \_\_\_\_\_

STUDENT/PROFESSIONAL ORGANIZATION MEMBERSHIPS: \_\_\_\_\_

NOTE: To be eligible for this \$500 award, you must be enrolled in school at the time of announcement of the winner, February 2015. You cannot have previously been awarded this scholarship.

ATTACH THE FOLLOWING TO THE COMPLETED APPLICATION FORM:

- ◆ Completed application form
- ◆ Two letters of recommendation, either from two faculty members or from one faculty member and the Dean of the applicant's school/college
- ◆ Copy of college transcripts
- ◆ A brief (500 words) description of self, family, interests and experience which led applicant to choose a career in Foods, Nutrition, or a related field. Include goals and plans for the future in the field of nutrition.

- - - - -

I certify that the information provided by me is accurate to the best of my knowledge.

\_\_\_\_\_

SIGNATURE

\_\_\_\_\_

DATE



# Holly B. Alley Scholarship



## How to Apply

### **Eligibility**

The Holly B. Alley Scholarship is designed to recognize students who are committed to a career which would contribute to the health and well-being of individuals and communities. The recipient of this award will be a student who has demonstrated a desire to help others through his/her commitment to a field that would include nutrition education (nutrition, dietetics, family and consumer sciences, home economics education, health education, health promotion, public health).

Rising juniors, seniors, and graduate students are eligible to apply for this \$500 award if a minimum of two quarters or one semester remains in their program of study and they have not previously been awarded the Holly B. Alley Scholarship. Students must have demonstrated excellence and be in good academic standing at their college/university in Georgia. The scholarship recipient must attend the annual conference of the Georgia Nutrition Council to accept the award.

### **Applicants should submit the following information:**

- Completed application form
- Two letters of reference from faculty members or employers/supervisors
- Copy of college transcripts
- An essay of 500 words or less describing your professional goals and aspirations, the contributions you desire to make through your chosen field of study, along with the contributions you have already made to the community (in the U.S. or abroad) through volunteer activities, community service, and/or work with culturally diverse audiences.

**Completed application must be postmarked by this date: February 1, 2016**

### **Criteria for selection:**

Scholastic rating  
Professional potential  
Leadership based on participation in college and community activities  
Contributions to field of food/nutrition revealed by college activities  
Accurate and complete application

### **Submit All Materials To:**

Georgia Nutrition Council  
Scholarship Chair  
Gwinnett County Extension  
750 South Perry St, Suite 400  
Lawrenceville, GA 30046

**Attention:** Ines Beltran

**Note:** The award will be presented at the Annual Georgia Nutrition Council meeting to be held in Pine Mountain, Georgia in February 2016.

**Georgia Nutrition Council  
Holly B. Alley Scholarship  
Application Form**

NAME: \_\_\_\_\_

ADDRESS (at College): \_\_\_\_\_

TELEPHONE: (        ) \_\_\_\_\_ EMAIL \_\_\_\_\_

PARENT'S NAME & ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

COLLEGE/UNIV PRESENTLY ATTENDING: \_\_\_\_\_

MAJOR: \_\_\_\_\_

CLASS: Soph. \_\_ Jr. \_\_ Sr. \_\_ Grad. \_\_ EXPECTED GRADUATION DATE: \_\_\_\_\_

STUDENT/PROFESSIONAL ORGANIZATION MEMBERSHIPS: \_\_\_\_\_  
\_\_\_\_\_

NOTE: To be eligible for this \$500 award, you must be currently enrolled with a minimum of 2 Quarters or 1 semester left before graduation. You cannot have previously been awarded this scholarship.

ATTACH THE FOLLOWING TO THE COMPLETED APPLICATION FORM:

- ◆ Completed application form
- ◆ Two letters of reference from faculty members or employers/supervisors
- ◆ Copy of college transcripts
- ◆ An essay (maximum 500 words) describing your professional goals and aspirations, the contributions to the profession or community you plan to make through your chosen field of study, and the contributions you have already made to the community (in the U.S. or abroad) through volunteer activities, community service, and/or work with culturally diverse audiences.

- - - - -

I certify that the information provided by me is accurate to the best of my knowledge.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE



# Georgia Nutrition Council Updates

## 2016 Student Research Poster Presentation and Competition

The Georgia Nutrition Council (GNC) is happy to announce its annual Research Presentation and Competition. This year's presentations will be in poster format and will be presented at the 2016 Annual GNC Conference at Callaway Gardens in Pine Mountain, Georgia on Friday morning, February 26, 2016.

We encourage students to share their research at this state-level nutrition and food science conference. Monetary prizes will be awarded following a peer-reviewed process of judging the students' works at the conference. Additional information about the presentations and competition is available on the application form.

**Application on page 9 • Application deadline, Wednesday, January 13, 2016**

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*For more information contact:*

**Joelle Romanchik-Cerpovicz, PhD, RD, LD**      [jromchik@georgiasouthern.edu](mailto:jromchik@georgiasouthern.edu)  
GNC Student Research Awards Chair      Phone: 912-478-1420



## 2016 PROFESSIONAL AWARDS

Do you know of any deserving individuals who you would like to nominate for one of the following Awards?

Friend of GNC Award

or

GNC Service Award

Please submit all names to  
**Jessica Hill** prior to **February 1, 2016.**  
[jehill@dekalbcountyga.gov](mailto:jehill@dekalbcountyga.gov)

## 2016 GNC EXECUTIVE BOARD OPEN POSITIONS

Calling ALL Members!

*President-Elect*

*Secretary*

*Member-at-Large (Scholarships)*

*2 Nominating Committee Members*

If you know of members interested in serving in the above positions please contact

**Ines Beltran** prior to **February 1, 2016.**  
[inesb@uga.edu](mailto:inesb@uga.edu)

### GNC PURPOSE

The purpose of the Georgia Nutrition Council is to bring together professionals from all fields of nutrition in order to broaden their perspectives of nutrition and to unite their efforts in addressing nutrition problems in Georgia.



## Student Research Poster Presentation and Competition

Thursday, February 26, 2016

**Applications must be received by:**      ***Wednesday, January 13, 2016***

The Georgia Nutrition Council (GNC) invites current students (undergraduate, and intern or graduate-level) to showcase their research at its peer-reviewed annual student research presentation and competition on Friday, February 26th during the 2016 GNC Conference in Pine Mountain, GA.

Research for this presentation is expected to be at the stage of reporting results and should not have been presented elsewhere prior to this submission. Research will be presented in poster format and will be judged for monetary prizes based upon the following criteria:

- quality of the research concept, methodology, results, and conclusions relative to the level of degree/education sought
- quality of written abstract
- quality of poster display
- ability of the student to discuss the research during the presentation time.

*Students submitting abstracts must attach a letter of support from their research advisor.* Applicants will be notified if their abstract is accepted by Friday, January 16, 2016. Students presenting their research must be present at their posters during the poster session. Presenters must also be 2016 student members of the Georgia Nutrition Council and pay the one day student conference registration fee for February 26th.

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### **APPLICATION DEADLINE: Wednesday, January 13, 2016**

Please send application, abstract, and brief letter of support from research advisor as an electronic file (Word document) to:

Joelle Romanchik-Cerpovicz, PhD, RD, LD      jromchik@georgiasouthern.edu  
GNC Student Research Awards Chair      Phone: 912-478-1420

Student Name (Primary Author): \_\_\_\_\_

University/Institution: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Degree Sought:      \_\_\_ BS/BA    \_\_\_ Dietetic Internship    \_\_\_ MS/MA    \_\_\_ PhD/EdD

Co-Authors (include: \_\_\_\_\_

Name, Credentials,  
Title, Affiliation)

Classification of Research:      \_\_\_ Basic Nutrition or Food Science

      \_\_\_ Applied Nutrition or Food Science

**\*\*Please attach:**

- 250 word unstructured abstract and
- Letter of support from research advisor

# 2016 GNC Conference

Join us in  
**Pine Mountain, Georgia**  
**February 25 & 26, 2016**

Theme: *"Emerging Issues and Changing Trends in Community Nutrition"*

**1<sup>st</sup> Day Meeting • February 25th**

Mountain Creek Inn Conference Center 8:30am - 8:30pm

8:30am 3:00pm Registration Center Registration Desk  
8:30am 9:15am Continental Breakfast

**9:15am 10:45am Plenary Session**

Presiding: [Angela Hairston](#), GNC 2014 Past President & 2016 GNC Conference Coordinator

Welcome to Harris County  
Harris County Chamber of Commerce  
Hamilton, GA 31811

Conference Overview: [Angela Hairston](#)

Introduction of Keynote Speaker: [Caroline Richardson](#), GNC 2015 President

***Policies and Procedures for USDA Dietary Guidelines and What You Should Know about the 2015 Dietary Guidelines (1.15)***

[Dr. Anna Maria Siega-riz](#), Ph.D., RD  
Professor of Epidemiology and Nutrition and  
Associate Dean for Academic Affairs  
Gillings School of Global Public Health  
2105-A McGavran-Greenberg Hall, CB 7435  
Chapel Hill, NC

**11:00am 12:10pm Morning Workshop**

Introduction of Speakers: [Ines Beltran](#), GNC 2015 Student Scholarships

***Obesity Prevention in Georgia: What Changes in Policy and Systems are Impacting Nutrition and Physical Activity Behaviors and Obesity-related Health Outcomes?***

[Debra Kibbe](#), M.S.  
Senior Research Associate  
Georgia State University  
Atlanta, GA

***Maternal Nutrition, Weight Gain, Early Infant Feeding Practice and Lifetime Health***

[Alex Kojo Anderson](#), PhD, MPH, CPH  
Associate Professor of Nutrition  
Adjunct Associate Professor of Epidemiology & Biostatistics  
Department of Foods and Nutrition  
University of Georgia  
Athens, GA



# 2016 GNC Conference

## 1<sup>st</sup> Day Meeting • February 25th Cont'd

**12:15pm      1:00pm      L-U-N-C-H**  
*Luncheon Inspiration:* [Gail Adams](#), GNC 2015 Newsletter Chair

**1:05pm      2:15pm      Afternoon Workshops**  
*Introduction of Speakers:* [Terralon W. Chaney](#), GNC 2015 Member at Large Committee

### ***Freezer Meals for Busy Families***

[Susan Culpepper](#), B.S., Director, Family & Consumer Sciences Extension  
The University of Georgia  
Douglas County Extension  
Douglasville, GA

### ***Living with Diabetes: What can Nutrition Professionals do to Assist Consumers***

[Lisa Graham](#) RN, BSN, CDE  
President/Owner  
Diabetes Education Program  
Renew and Live, LLC  
Snellville, GA 30078

**2:40pm      3:45pm      Afternoon Workshop**  
*Introduction of Speaker:* [Brenda Maddox](#), GNC 2015 Member at Large Committee

### ***USDA Programs: How they have Changed and Impacted Children and Families***

[Lanna R. Kirk](#), M.S., Nutrition Regional Director  
Special Nutrition Program  
USDA, Food and Nutrition Service  
Southeast Regional Office

**3:45pm      6:30pm      Explore Callaway Gardens (on your own)**

**6:00pm      7:10pm      D-I-N-N-E-R**

**7:15pm      8:30pm      Evening Workshop**  
*Introduction of Speaker:* [Rhea Bentley](#), GNC 2015 Secretary, UGA Extension Interim County Coordinator & Agent

### ***Here's to Your Health (An evening of Nutrition Education and Physical Activity)***

[Connie Crawley](#), RD, LD, Retired  
Nutrition and Health Specialist  
University of Georgia  
Department of Foods and Nutrition  
Athens, GA



# 2016 GNC Conference

## 2<sup>nd</sup> Day Meeting • February 26th

Mountain Creek Inn Conference Center 8:30am - 1:30pm

8:30am 9:00am Continental Breakfast  
8:30am 10:30am Registration Center Registration Desk

8:30am 10:30am Silent Auction  
*Facilitator:* [Susan Moore](#), 2015 GNC Historian

9:00am 9:20am Opening Session for Posters and Exhibits  
*Presiding:* [Dr. Joelle Romanchik-Cerpovicz](#), 2015 GNC Student Posters

9:25am 10:25am Posters and Exhibits Questions and Answers Session

10:30am 10:50am GNC Outreach Grant Project  
*Introduction of Speaker:* [Barbara Collins](#), 2015 GNC President-Elect

[Dr. Judy Hibbs and Cheryl Jones](#), GNC Outreach Grant Speakers

11:05am 11:45am Morning Workshop  
*Introduction of Speaker:* [Edda Cotta Rivera](#), 2015 GNC Web Master

### ***Keeping Kids Safe: An Update on Food Allergies and Foodborne Illnesses***

[Dr. Judy Harrison](#), Professor/Specialist  
The University of Georgia Cooperative Extension  
Department of Foods and Nutrition  
Athens, GA

11:50am 12:15pm GNC Business Meeting  
*Presiding:* [Caroline Richardson](#), 2015 GNC President

12:20pm 1:00pm Awards L-U-N-C-H-E-O-N  
*Luncheon Inspiration -* [Rebecca Hardeman](#), GNC 2015 Executive Officer

1:05pm 1:20pm Awards Presentation  
*Presiding:* [Rebecca Mckemie](#), 2015 GNC Treasurer  
Student Researcher Awards – [Dr. Joelle Romanchik-Cerpovicz](#)  
Student Scholarship Awards – [Ines Beltran](#)  
Professional Awards – [Jessica Hill](#)  
Other Awards

1:20pm 1:30pm GNC 2016 Executive Board Installation Ceremony  
*Presiding:* [Caroline Richardson](#)

1:30pm Adjournment





P.O. Box 344 Scottdale, Georgia 30079

GeorgiaNutritionCouncil@gmail.com www.gagnc.org

# 2016 Georgia Nutrition Council Membership/Renewal

## Personal Information

Name

Home Address

City

State

Zip

Home Phone

Home Email

Employer

Title

Work Address

City

State

Zip

Work Phone

Work Email

## Membership Information

Please select membership and type:  
(Professional - \$25.00; Student/Retired - \$10.00)

Membership

Type

## Amount Included

Membership

Holley Alley Scholarship Contribution

Rita Waters Scholarship Contribution

General Fund Contribution

## Total

\_\_\_\_\_

\*In order to be included in the 2016 Membership Directory, dues must be received by December 31, 2015.

\*\* GNC's membership year is January 1 - December 31 of each year.

The purpose of the Georgia Nutrition Council is to bring together professionals from all fields of nutrition in order to broaden their perspectives of nutrition and unite their efforts in addressing nutrition problems in Georgia.

## Two (2) Ways to Pay:

(\*\*Choose One\*\*)

**Check/Money Order**

Please make checks and money orders payable to Georgia Nutrition Council.

**Pay Online with Credit/Debit Card**

By choosing this option, you agree to pay via email invoice with your credit or debit card. Amount of invoice will match total to the left. Invoice will be emailed to you.

### Mail Dues to:

Georgia Nutrition Council  
P.O. Box 344  
Scottdale, Georgia 30079

### Deadline:

December 31, 2015

### Questions? Contact:

Rebecca Hardeman  
GNC Executive Officer  
GeorgiaNutritionCouncil@gmail.com

Electronic receipts/  
confirmations will be sent  
weekly from October 1 through  
December 31.

R: \_\_\_\_\_

C: \_\_\_\_\_

D: \_\_\_\_\_

ED: \_\_\_\_\_