



Central Pennsylvania Dietetic  
Association Annual Fall Membership  
Meeting

***Food and Nutrition Guidelines,  
Policies, and Regulations:  
An Update and Call to Action***

Thursday, October 28, 2010  
Giant Foods Community Center  
3301 Trindle Road  
Camp Hill, PA 17011

**Directions**

Coming from the north towards Harrisburg:  
Follow US-11S/US-15S toward Harrisburg. Merge onto US-22E toward Harrisburg; US-22E becomes PA-230W. Turn left onto Paxton St. Turn right onto S 13<sup>th</sup> St. Merge onto I-83S toward York. Keep left to take PA-581W via exit 41A toward Camp Hill. Merge onto US-11N/US-15N via exit 5A toward Camp Hill. Turn left onto Trindle Rd. 3301 Trindle Rd will be on the left.

From Lancaster:  
Take I-283W toward Harrisburg. Merge onto I-283N toward I-81/I-83 toward Harrisburg. Follows signs for I-83S via exit 3A on the left toward Harrisburg. Keep left to take PA-581W via exit 41A toward Camp Hill. Merge onto US-11N/US-15N via exit 5A toward Camp Hill. Turn left onto Trindle Rd. 3301 Trindle Rd will be on the left.

From Reading:  
Take US-222S toward Lancaster/Lebanon. Take exit for I-76/PA Turnpike. Take exit 242 (Harrisburg/New Cumberland) and merge onto I-83N. Keep left to take PA-581W via exit 41A toward Camp Hill. Merge onto US-11N/US-15N via exit 5A toward Camp Hill. Turn left onto Trindle Rd. 3301 Trindle Rd will be on the left.

**Registration**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Special Dietary

Concerns: \_\_\_\_\_

Please check \_\_\_\_\_ RD  
all that apply: \_\_\_\_\_ DTR  
\_\_\_\_\_ Student (\$15)  
\_\_\_\_\_ CPDA Member 2010-2011 (\$40)  
\_\_\_\_\_ Not a CPDA Member (\$65)  
\_\_\_\_\_ Other

\*Cost includes materials, refreshments, and lunch.

\*Approval from the Commission on Dietetic Registration (CDR)  
for 5.0 CPE credits is pending.

\*Seating is limited to 70.

\*Registration deadline: **October 21**

\*CPDA Membership registration is available at [eatrightcpda.org](http://eatrightcpda.org).

Please mail registration form  
and check payable to  
"CPDA" to:

**Jan Kristensen MS, RD, LDN  
Professional Development Chair  
510 Cassell Road  
Elizabethtown, PA 17022**

# Central Pennsylvania Dietetic Association Annual Fall Membership Meeting

## ***Food and Nutrition Guidelines, Policies, and Regulations: An Update and Call to Action***

Thursday, October 28, 2010

Giant Foods Store, Community Center, 3301 Trindle Road, Camp Hill, PA 17011

- 7:45 to 8:30 am Registration/Continental Breakfast
- 8:30 to 8:45 am Welcome and Opening Remarks
- 8:45 to 10:15 am **“2010 Dietary Guidelines for Americans: Insights into the Science-Based Process”**  
*Shelly Nickols-Richardson, PhD, RD*  
*Associate Professor, Dept. of Nutritional Sciences, Pennsylvania State University*  
LNC 4030, 9020, 1080 - CPE Level 1
- State the purpose of the Dietary Guidelines for Americans
  - Describe the science-based process by which the Dietary Guidelines Advisory Committee completes its work
  - Identify two potential key messages for dietary guidance in the United States
- 10:15 to 10:30 am **Networking Activity**
- 10:30 to 11:30 am **“School Nutrition Policy: What’s Current and on the Horizon”**  
*Kelly Renard, SNS*  
*Director of Child Nutrition Services, Carlisle Area School District*  
LNC 8110, 7100, 8000 - CPE Level 1
- State current school nutrition regulations and policies in Pennsylvania
  - Discuss possible upcoming changes to school nutrition regulations and policies
  - Identify ways that nutrition professionals can advocate healthy foods and nutrition in schools
- 11:30 to 11:45 am **CPDA Announcements and Raffle**
- 11:45 am to 12:45 pm **Lunch**
- 12:45 to 2:15 pm **“Food Safety 102”**  
*Melissa Vaccaro, MS, CHO*  
*Food Sanitarian Program Specialist, PA Department of Agriculture*  
LNC 8040, 1080, 4040 - CPE Level 2
- Discuss the PA Department of Agriculture’s role in food safety
  - State new interpretations of the food code
  - Explain the public health reasons for the food code
- 2:15 to 2:30 pm **Break**
- 2:30 to 3:30 pm **“The Legislative Process: Where Do We Fit In?”**  
*Susan Veldheer, RD, LDN*  
*Clinical Dietitian – Bariatrics, Penn State Milton S. Hershey Medical Center*  
*PADA PA State Legislative Representative*  
LNC 1000, 1070, 1080 - CPE Level 2
- Explain the process of making and implementing laws
  - Discuss the Federal and State regulatory process
  - Identify and take action steps to influence current legislative and regulatory issues in PA
- 3:30 to 3:45 pm **Thank you, closing remarks, & evaluations**

***Thanks to Giant Foods for use of the Community Center!***