

Maine Nutrition Council

Newsletter

Spring/Summer 2009

Board of Directors 2009-2010*

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*Terms begin at annual Board of Directors meeting held in April, May or June of each year. The current Board of Directors were selected at the annual meeting held on June 17, 2009.

Message from the Chair

This year's conference, *Good Nutrition in Tough Economic Times - Something's Gotta Give! What you can do*, was very successful and provocative. Appreciation is extended to the hard work of the conference planning committee, led by Kate Yerxa. The year of planning and coordinating was evident by the good attendance and positive feedback.

Another MNC year has drawn to a close. With that comes the transition to a new Board of Directors. As we make plans for this transition, I want to express my deep appreciation to Board members whose term of service expires this year: Abbie Barbour, Alan Majka and Audrey Morgan have served this organization well with their time and talents. Your contributions have been valued, and I am extremely grateful for your willingness to do the things asked of you during your tenure.

Congratulations to our newest Board members: Jennifer Walsh, Sarah Platt and Renee Page. We thank you for being willing to serve the Council for the next three years, and look forward to your contributions.

Congratulations are also in order for the scholarship recipients and the Katherine Musgrave Award winner, who were announced at the MNC Conference in March.

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Chair's Message continued:

More information about Christina Young (SMMC Dietetic Technician major), William Hamilton (UMO Nutrition major), Rosemarie Perry (SMMC Culinary Arts major) and Dr. Richard Cook (KOM Award recipient) is included in this newsletter. The MNC accepts donations to the scholarship fund from members and non-members alike. If you would like to contribute to the fund for next year's scholarship recipients, please send your tax-deductible donation to the MNC address. Be sure to indicate that you are donating to the scholarship fund.

Finally, I would like to thank you all for allowing me to serve as the MNC Chair for the past three years. I have had the opportunity to meet and work with many incredible people during this time. There is so much great work going on in the field of nutrition in our state. It is because of people like members of this organization that this work continues. I look forward to serving the MNC in other ways as we make the transition on the MNC Board.

Best wishes to all for a wonderful Maine summer!

Karen Gallagher, MS, RD
Chair, Maine Nutrition Council



Mark Winne at the Annual Conference

The goal of this year's annual conference was to examine the impact of our changing economy on nutrition and health in Maine. Through dynamic speakers and local practitioners, the day addressed the following objectives:

1. *Challenges:* Identifying the state of the American and Maine plate –where we are buying foods, what we are eating and what we can do to improve.
2. *Changes:* Responding to consumers' needs for nutrition education.
3. *Choices:* Improving health and nutrition through local solutions.

Save the Date:



October 20, 2009

MNC Quarterly Educational Event and Board of Directors Meeting
FMI: kyerxa@umext.maine.edu

January 7, 2010

MNC Quarterly Educational Event and Board of Directors Meeting
FMI: kyerxa@umext.maine.edu

March, 2010

MNC Annual Conference
Augusta Civic Center
FMI: kyerxa@umext.maine.edu

May 27, 2010

MNC Quarterly Educational Event and Annual Board of Directors Meeting
FMI: kyerxa@umext.maine.edu

**Good Nutrition in Tough Economic Times -
Something's Gotta Give!
What You Can Do
2009 Maine Nutrition Council
Annual Conference
March 31, 2009, Augusta Civic
Center**

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Annual Conference continued:

More than 150 people attended this year's conference. Amanda Archibald opened the day with her presentation, *Food Choice in America: Why Americans Eat What They Do*. Amanda's eye opening analysis of the economics of food gave insight into how we shape food choices. Amanda also led an interactive session *Putting Food in People's Mouths to Open Their Ears*, about how to use food as the medium for education. In order to better teach nutrition, Amanda feels nutrition professionals need to more connected to food. During this session, attendees gained a better understanding of nutrition through food tasting. Attendees commented that the session was an "intriguing approach" to nutrition education and that the "the interactive/hands on experience was very engaging!".

Local nutrition professionals from private practice, community nutrition, industry, and federal nutrition programming shared their insight on 'selling' nutrition in tough economic times during the first of two panels.

The day's second panel, *Food Supplement Challenge*, consisted of reporters from WCSH 6, WVII 7, and WABI 5 sharing their experience on a fixed food budget. For one week, they were asked to limit spending on food to \$40.00 per adult. This amount was calculated based upon the maximum Supplemental Assistance Nutrition Program (previously known as Food Stamps) benefit allowed. The purpose of this exercise was to share the experience of having a fixed food budget and examine how existing resources such as the Eat Well Program can help maximize food dollars. "Interesting to hear about their experiences. Created good discussion" and "Interesting and hard to do. I challenge the audience to try this also." were among the evaluation comments.

Mark Winne wrapped up the day with a powerful keynote *Closing the Gap – Resetting the Table in the Land of Plenty*. Mark reminded us that because the food system is so diverse and complex, it has many interconnected parts, none of which can be ignored for too long before the system falls out of balance. Mark challenged the audience to step outside our comfort zone and think bolder and more broadly in order to reform our food system. His presentation will soon be available on the Maine Nutrition Council website.

Thank you to the Maine Nutrition Council Planning Committee for another successful conference! Mary Ann Bennett, Kitty Broihier, Judy Campbell, Jan Chapman, Susanne D'Angelo, Joan Fedan, Katie Hoffmann, Gail Lombardi, Mary Owen, Sarah Platt, Alice Schlosser, and Kate Yerxa.

Thank you to our major sponsor, the Maine Nutrition

THANK YOU
2009
MNC Annual Conference Exhibitors

Abbott Nutrition
Cabot Creamery
Garellick Farms of Maine
Maine Dairy & Nutrition Council
Maine Dietetic Association
Maine Nutrition Council
Maine Nutrition Network
Maine School Foodservice Association
PFG NorthCenter
State of Maine WIC Program
UHF of New England – State Purchasing
University of Maine Cooperative Extension

Mission

The Maine Nutrition Council contributes to the health and well being of Maine's citizens through education, research and advocacy.

The Council uses its resources to:

- *Promote healthful nutrition practices*
- *Support education in the areas of food and nutrition*
- *Stimulate research in nutrition and physical activity*
- *Promote changes in public attitudes and policies*



Dr. Richard Cook receives K. O. Musgrave Award
from Dr. Musgrave

Katherine O. Musgrave Award

The purpose of the Katherine O. Musgrave Public Service Award is to recognize an individual, organization or institution for outstanding work in nutrition policy, education, or research. The 2009 award recipient was Richard A. Cook, Ph.D., Associate Professor of Food Science and Nutrition at the University of Maine.

Dr. Cook has been a professor of Nutrition since 1974. His patience with students is remarkable as they travel those difficult biochemical pathways. He has conducted research in nutritional assessment, developing tools that have been used in state agencies as well as nationally. He has worked closely with Cooperative Extension educators as well as the Maine Bureau of Health studying early childhood, adolescent, adult, and aging populations.

Dr. Cook has worked in the community for more than 35 years. His work has made the assessment of nutrition status of people possible in an efficient manner and his findings have been shared in the professional literature for national and international use as he has worked in Brazil, Jamaica, and the Philippines. He has developed a course in World Food that is sensitizing students each semester with problems of hunger, food distribution and an understanding of diverse cultures. Dr. Cook also serves the farmers of Maine on the Maine Milk Commission.

Maine Nutrition Council Scholarship Award Winners

The Maine Nutrition Council offers a \$500 scholarship annually to:

- *One full time sophomore or junior at the University of Maine enrolled in the Department of Food Science and Human Nutrition*
- *One full time student in the first or second year of a Maine Dietetic Technician Program*
- *One full time culinary arts student enrolled in an accredited Maine Culinary Arts Program.*

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**William D. Hamilton,
University of Maine Department of Food Science
and Human Nutrition**

William has taken on several leadership positions as an undergraduate student. He has held the positions of Alumni Relations, Secretary, and Service Vice-President for Alpha Delta, a Greek Service Organization at the university. He has helped to coordinate food drives at Bell's IGA in Orono, and has also served as the Project Chair for a "Food Run", which involves collecting excess food from the University dining facilities and delivering that food to the Bangor Area Homeless Shelter and to Manna Ministries in Bangor.

William is a member of the Honors College and of the Kappa Omicron Nu Honor Society. He has been a Student Supervisor at the Hilltop Dining Commons on campus. William's future plans include completing a Dietetic Internship to become a Registered Dietitian.



**Christina Young,
Southern Maine Community College**

Christina is enthusiastic about the subject of food and nutrition, and enjoys the process of feeding people to improve health. She received outstanding evaluations upon completing her long-term care and community field experience rotations, and is noted to have a "special ability" when it comes to caring for individuals. One of Christina's professors states that she is extremely organized, self-motivated, well-respected, and academically supports her classmates.

Christina is a non-traditional student who works three jobs, including one as the Administrative Assistant to the Chair of the Dietary Technology Department at SMCC. She has a great interest in sustainable agriculture and has hopes of collaborating with the Horticultural Program to grow a campus produce garden. Christina's future plans are to become gainfully employed in the Dietary Technology field and to then continue her education for a B.S. degree in Human Nutrition or Community Health.

*To The Maine Nutrition Council,
Thank you very much for awarding me with the scholarship for \$500! It will enable me to succeed in working toward my short term goal of graduating from SMCC next spring. I am so pleased I was able to attend the MNC conference as well because I was able to meet some excellent individuals from across the State of Maine who are 'working' passionately in the field of Nutrition! I can't wait to get started!
Sincerely,
Christina Young*

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Rosemarie J. Perry, Southern Maine Community College

Rosemarie has been involved in community nutrition, volunteering at the Brunswick Food Bank, Brunswick Food Pantry, and Brunswick Soup Kitchen while educating an elderly couple about shopping for special dietary needs and supporting a friend at Diabetes education classes. She is a non-traditional student who "has come to us" (SMCC) "full of energy, good will, and a roll-your-sleeves-up attitude that is very inspirational to our students". She has volunteered for fundraisers at school and spearheaded efforts to help raise money for 3 students to study abroad this summer. Rosemarie's plans include her own "Personal Chef" catering business and preparing a weeks' worth of food at a time for busy families.

Nutrition Legislation Passed in 2009

LD 319: An Act to Track the Prevalence of Childhood Obesity in Maine

Rep. Helen Rankin (D- Hiram) sponsored another initiative to aid in the fight against obesity. Rankin proposed that the Maine Center for Disease Control work with local schools to collect body mass index (BMI) data on Maine's children.

Rankin's bill keeps the BMI data confidential and would only be used to allow the state to get a better picture of where Maine's kids stand. Currently, some school districts collect this information voluntarily, but there is no central authority established to report to and current statistics are drawn from only self-reported data. Self-reported data can be problematic as most people cannot accurately state their height or weight. Rankin's bill set out a protocol for uniform measurement.

LD 1259: An Act to Increase Access to Nutrition Information

AUGUSTA- The Legislature gave final approval to a statewide menu labeling law on Thursday. The Legislation will require chain restaurants with 20 or more establishments and at least one in Maine to post calorie data on menus, menu boards and drive throughs. The policy has been supported as an effort to give consumers access to important nutrition information in order to help them make healthier decisions.

"Posting calories will help busy customers make better informed decisions when they order for themselves and for their children," said Speaker of the House Hannah Pingree, who introduced the legislation. "With skyrocketing rates of chronic diseases like type II diabetes, heart disease and certain cancers that are linked to our diets, it is important to make this information more easily accessible."

In the last twenty years the rate of obese and overweight Maine adults has doubled and the rates among Maine children have tripled. Due to the negative health effects associated with this, the American Heart Association now counts the obesity epidemic as the number one reason this generation may be the first in our nation's history to have a shorter life span than the previous one. It is estimated that the direct health costs of obesity in Maine amounted to \$357 million in 2003.

"Due to policy changes taken to address tobacco usage over the past twenty years, there has been a substantial decline in tobacco use," said Sen. Peter Mills, R- Somerset. "Was it the labeling of tobacco products, smoke free air policies, or other steps taken to change behaviors and curtail usage that made the difference? The truth is that we cannot point to one policy, but have to take them as a comprehensive approach that together made a positive impact. Increasing awareness of nutrition information is one piece of an overall strategy to improve people's health and reduce the negative health effects on our society."

The passage of the calorie posting policy in Maine mirrors efforts in other states and on the federal level. New York City, Seattle and Portland, Oregon have implemented calorie posting ordinances and diners at chain restaurants can currently see the amount of calories they are about to consume. California and Massachusetts

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Legislation continued:

have policies that will be phased in beginning in 2010 and the Connecticut and Oregon legislatures have also enacted similar policies this year. The United States Senate is currently considering requiring calorie posting as part of a federal health care reform package.

"Putting calorie information in an easily read and easily accessed format is common sense," said Rep. Anne Perry, the House Chair of the Health and Human Services Committee. "When you are eating out it may not always be apparent what the healthy options are. You may be surprised to find out that your tuna sandwich can have as many as twice the calories of a roast beef sandwich with mustard."

The law was enacted by the Maine House by a vote of 85 to 59 and in the Senate by a vote of 20 to 14. It has now been sent to the Governor for his signature.

The Maine law would require restaurants that are part of a chain that has 20 or more restaurants in the nation and at least one operating in Maine. It would require that calorie information for a menu item be placed in a clear and conspicuous manner on menus and menu boards, including drive through menus. The legislation will go into effect on February 1, 2011, after a similar policy go into effect in Massachusetts, giving restaurants extra time to comply.

The Legislation also makes exceptions for salad bars and buffets, exempts movie theaters, grocery stores and hotels and exempts specials and menu items that are offered for less than 90 days.

LD 1407: An Act to Assess the Physical Education Capacity of Elementary Schools in Maine and To Establish the Obesity and Chronic Disease Fund within the Department of Education

Food marketing standards part of funding bill

The Omnibus Appropriations bill signed into law this week includes a provision to address food marketing to children. The provision requires the U.S. Federal Trade Commission, along with the Food and Drug Administration, Centers for Disease Control and Prevention and Department of Agriculture to establish an Interagency working group on food marketed to children. The working group is directed to conduct a study and develop nutrition standards for food marketing targeting children who are 17 years old or younger or when such food represents a significant component of the diets of children. The working group must report back to Congress by July 15, 2010.

In 2007, ADA participated in a Federal Communications Commission task force on media and childhood obesity. The task force participants, which represented Congress, the Bush administration, consumer advocacy groups, the food and beverage industry, media companies, advertisers and experts from healthcare and academia, disbanded without reaching consensus on impact of media on childhood obesity or issuing recommendations on the role of media in addressing the rise in childhood obesity rates.

Exciting Changes Coming To WIC in 2009!

The Maine WIC Nutrition Program is planning for exciting changes to food benefits that will begin in October 2009. This is the first major change to WIC foods since the inception of the program in 1974. The changes are based on the 2005 report by the Institute of Medicine, *WIC Food Packages: Time for a Change*, and bring WIC food benefits in alignment with the *2005 Dietary Guidelines for Americans* as well as current feeding practice guidelines of the American Academy of Pediatrics. As a result, WIC food benefits will reinforce nutrition education, support breastfeeding and aid the prevention of chronic disease in the WIC population (pregnant, breastfeeding and postpartum women, and children from birth to 5 years).

WIC will continue to prescribe monthly food benefits for participants based upon a nutrition and health assessment. **Changes to the foods that are currently provided include:**

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WIC Changes Continued:

- **Milk**—all children over the age of 24 months and women will receive reduced fat, low fat or skim milk only unless otherwise prescribed by a health care provider. One year olds will continue to receive whole milk only.
- **Cheese**—a maximum of one pound per month will be provided for women or child participants unless otherwise prescribed by a health care provider.
- **Eggs**—amount issued will be reduced from two dozen to one dozen per month for women and children.
- **Juice**—amount issued will be reduced for children and women, and will be discontinued in benefits issued to infants.
- **Cereal**—at least ½ of the cereals offered on the WIC approved food list for women and children must be primarily whole grain products. All infants will continue to receive infant cereal beginning at 6 months of age.
- **Peanut butter and/or legumes**—reduced fat or regular peanut butter which meets the FDA standard of identity will be offered. Canned legumes in addition to dried beans, peas and lentils will be allowed.
- **Canned fish**—in addition to light tuna, which is currently provided, exclusively breastfeeding women will also be able to choose from either canned salmon or sardines.
- **Infant formula**—total amount provided each month will be dependant on feeding choice (partially breastfed or non-breastfed) and age of the baby.

New food items that will be offered include:

- **Fortified soy beverage and calcium-set tofu**—allowable milk substitute for children with a medical need or women who prefer these foods.
- **Whole grains**—participants will have a choice to purchase whole wheat bread, whole wheat or soft corn tortillas, brown rice or oatmeal.
- **Fruits and vegetables**—all children and women will receive a voucher each month which may be used to purchase fresh, frozen or canned fruits and vegetables at grocery stores or Farmer's Markets. In addition, all infants will receive baby food fruits and vegetables each month beginning at six months of age.
- **Infant meats**—exclusively breastfed babies will receive infant meats beginning at six months of age.

The U.S. Department of Agriculture interim rule detailing the changes may be found at the following website: <http://www.fns.usda.gov/wic/regspublished/foodpackages-interimrule.htm>

USDA will be accepting comments on the provisions of this interim rule until February 1, 2010.

Nationwide, more than 8 million people receive WIC benefits every month. In Maine, more than 26,000 individuals receive services from the program, which are provided by local programs in over 100 locations around the state. For more information, call the Maine WIC Nutrition Program at 1-800-437-9300, or go to www.wicforme.com.

The Maine Nutrition Network's Maine-ly Nutrition Take Time! School Program

The Maine Nutrition Network has combined its two school-based programs, Maine-ly Nutrition and Take Time! into one program. This new program requires teachers to integrate 25 hours of nutrition education into their curriculum during the school year as well as 10 to 20 minutes of daily physical activity during the school day.

To encourage participation, the program offers different levels of participation, depending on a school's readiness to make healthy changes. School-wide commitment is encouraged, but if schools are not yet ready to make that commitment, individual teachers can sign up for the program. School teams that include a Champion (the contact person), teachers, a school food service representative, and an administrator, are promoted. Team members can work with their Champion to establish and maintain a school-wide commitment to nutrition education and daily physical activity.

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Maine-ly Nutrition continued:

We encourage schools to include nutrition education and physical activity throughout the curriculum. Nutrition education can be taught as a separate unit, but we encourage teachers to integrate nutrition into core content areas. Innovative teaching methods such as learning about food customs in another culture during a social studies lesson, or figuring percentages on a nutrition facts label during a math lesson are presented during trainings and are illustrated in other resources provided to the schools. Research has shown that students retain nutrition information better when it is integrated through out the curriculum.

We also give teachers tools to integrate physical activity into core subject areas and nutrition lessons. For example, in math class rather than give a verbal answer to a math problem, the students can count up to the correct answer while doing jumping jacks or squats. Our program makes a distinction between physical activity time and physical education class. Physical activity time can be integrated during classroom lessons or at other times during the school day. It supplements but does not supplant physical education. It may also include recess as long as the recess activity is structured physical activity and involves all students.

Evaluations of the program indicate that teachers the majority of teachers report an increase in their own knowledge of nutrition and ability to incorporate nutrition education and physical activity into the classroom as a result of the program. Likewise, teachers report an increase in student knowledge and awareness of nutrition and physical activity. Some teachers have reported that they have fewer discipline problems and more focused students due to classroom based physical activity. Additionally, parents have anecdotally reported to teachers that they see a difference in their children's eating habits.

For more information about our program, please visit our website at: <http://www.maine-nutrition.org/Projects/MNTT.htm> To watch videos of the program in action, use this link: <http://www.maine-nutrition.org/Projects/MNTTVideos.htm>

For more information you may contact Alice Schlosser at aschlosser@usm.maine.edu or call her at 626-5299.

The Importance of Dairy Foods in Child Nutrition Programs

In 2009, Congress will have the opportunity to renew the Child Nutrition and WIC Reauthorization Act of 2004. Set to expire on September 30, 2009, this legislation allocates funds for federal child nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Summer Food Service Program (SFSP), and the Child and Adult Care Food Program (CACFP). Together, these programs provide nutritional assistance to more than 53 million American adults and children, offering particular advantages for low-income Americans. The primary objective of the federal child nutrition programs funded by the Child Nutrition and WIC Reauthorization Act is to assist the nation's children and underprivileged adults in meeting their basic nutritional needs in order to protect them from deficiencies that may negatively impact their current and long-term health. By emphasizing the consumption of nutrient-rich foods, such as low-fat and fat-free dairy foods, fruits, vegetables and whole grains – the Food Groups to Encourage - they also help ensure overall diet quality in a manner consistent with the 2005 Dietary Guidelines for Americans (DGA). Overall, the federal child nutrition programs that provide dairy as a regular dietary component are succeeding.

The DGA, numerous health organizations and the latest science support the continued role of dairy foods – namely white, flavored and lactose-free milk, cheese and yogurt – as a core component of child nutrition programs as well as WIC and CACFP.

By integrating the DGA recommendation to provide 3 servings of low-fat and fat-free dairy foods a day for children into the nutrition programs, participating children consume more nutrient-rich diets. Optimal nutrition and fitness leads to optimal academic performance. Increased participation in breakfast programs is associated with increased academic test scores among students, improved daily attendance, and better class

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Dairy Foods continued:

participation. In addition, physical activity has been linked to better academic performance. Milk is nutritionally unique, in that it is a good or excellent source of nine essential nutrients: calcium, potassium, phosphorous, protein, vitamins A, D and B12, riboflavin and niacin (niacin equivalents) and provides three of the five “nutrients of concern” children do not get enough of: calcium, magnesium and potassium. Dairy foods are by far the most significant source of calcium in the US food supply, and they provide nutrients in a package kids enjoy and schools can afford.

Offering white or flavored low-fat or fat-free milk is an excellent way to increase milk consumption among children and make their diets more nutritious. According to the DGA, adding a small amount of sugar to nutrient-rich foods such as reduced-fat milk products helps enhance their palatability and improves nutrient intake without adding excessive calories.

- Low-fat and reduced-fat cheeses are nutritious sources of calcium and high quality protein and make other foods more appealing to children.
- Poverty-related malnutrition in early life predisposes underprivileged children to type-2 diabetes, obesity and cardiovascular disease during adulthood. Dairy foods supply nutrients that may help reduce the risk of these chronic diseases.
- Unlike cow’s milk, milk substitute beverages are poor natural sources of calcium, so they must be fortified to be calcium-rich. The calcium in some calcium-fortified soy beverages may not be as well absorbed as the calcium in dairy milk. Soy beverages do not provide the same nutrient package as milk. Furthermore, kids of all ethnicities overwhelmingly choose dairy over soy beverages, because they prefer the taste.
- According to the DGA, if a person wants to consider milk substitute beverages because of lactose intolerance, the most reliable and easiest way to derive the health benefits associated with milk and milk product consumption is to choose alternatives within the milk food group, such as yogurt or lactose-free milk, or to consume the enzyme lactase prior to the consumption of milk products. The American Academy of Pediatrics (AAP) has stated that elimination of milk and other dairy products is not usually necessary and avoidance of dairy products may lead to inadequate calcium intake and consequent suboptimal bone mineralization. Natural, hard cheeses, which are low in lactose, including Cheddar and Swiss, are also nutritious calcium-rich options.
- The upcoming reauthorization of child nutrition programs can help to safeguard children’s health over the short- and long-term by ensuring their nutritional needs are met on a daily basis. And by encouraging the consumption of nutrient-rich foods, including dairy, these programs can continue to improve the overall quality of Americans’ diets, potentially reducing the economic and social burden of chronic disease.

Good by for now

After completing a three year term as the Public and Member Relations Committee, I’ve declined the offer to serve on the Maine Nutrition Council this year. In 2010 I plan to apply for tenure faculty status with University of Maine Cooperative Extension so I need to focus my energies on research and scholarship activities. I’ve thoroughly enjoyed creating the Maine Nutrition Council Newsletter twice a year, updating the website, and most of all, working with all of you. I hope to return to the MNC Board of Directors at some time in the future. Venus Gilley is the new Public and Member Relations Committee Chair. If you have anything you’d like to add to the newsletter or website, I’m sure Venus would like to hear from you. She may be reached at Venus.Gilley@umit.maine.edu.

Alan Majka, MS, RD, LD



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ADDRESS CORRECTION REQUESTED