

Charlotte Dietetic Association Newsletter

President's Pen

Jennifer Goodman, RDN, LDN



Spring 2020

Oh, what a crazy year it has been! Although the ending was not as we planned, I can only look back at the year and remember the great turnout and excellent programs we had. From our kickoff event at Sycamore with all the member meetings, volunteer events, mentoring events and journal clubs in between, to our regional meeting—the love of dietetics and promoting RDs has always been present. And what an ending to our year—our own regional meeting! The perfect unforeseen ending for our year. We started this journey on a wellness exploration through our passport, and although we not have been able to hit all the stops we had planned, we explored the essence of what it is to truly be a dietitian. I wish I could thank each and every member for your participation. You are what makes the Charlotte Dietetic Association so fun.

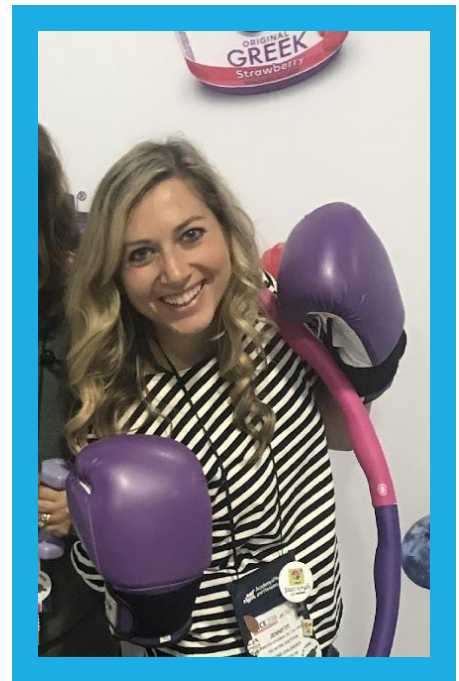
To my wonderful board, Natalie, Samantha, Lauren, RJ, Pat, Leslie, Alina, Ashley, Chandler, Tina Marie and Allison: I cannot express my gratitude towards all of you. It's been an absolute pleasure

to work with each one of you and see how all of your hard work has paid off. Charlotte is beyond lucky to have RDs like you.

And to Charlotte, I give you Samantha, your new president! She will lead us all to bigger and better things! It is a bittersweet feeling (but mostly sweet because as most of you know I am in the middle of wedding planning for a spring 2021 wedding ahhh) to be stepping down as president, but I am so excited for the year to come as working with you as past president. I wish you lots of luck on this new journey and will be here for any and all questions along the way.

To lots of warm sun, good food, and no more COVID-19,

Jennifer RD, LD, CNSC
Charlotte Dietetic Association President 2019-2020



Charlotte's Eatery

This year has been taken all of us for a loop but here at the CDA we are making sure to do our part to support our favorite local restaurants during these difficult times. Here are some of our favorites!

Samantha Scruggs's Recommendation:

Restaurant: Copper Modern Indian Cuisine

Address: 311 East Blvd, Charlotte, NC 28203

About: This restaurant has AMAZING Indian food. I love to go there and get pretty much everything on the menu - but of course, Saag Paneer is a favorite comfort food of mine. Here's the website:

<https://www.copperrestaurant.com/>

Patricia Pitt's Recommendation:

Restaurant: Mama's Caribbean Grill and Bar

Address: 1504 Central Ave, Charlotte, NC 28205 (704) 375-8414

About: Plaza Mid Wood classic. Great combo plates so you can get your fill on great vegetables and traditional meats such as ox tail and goat. The beef patties are AMAZING but you have to claim them quick cause they sell out fast.

Jennifer Goodman's Recommendation:

Restaurant: Let's Meat

Address: 1400 S Church Street Charlotte, NC 28203 (South End)

About: Traditional Korean BBQ restaurant (owned by Seoul Food) that is normally an all you can eat restaurant. During the quarantine, they've switch to doing \$10 meal deals that include all your favorite Korean BBQ sides. They also have family meals (\$25-\$40) where you can pretend you're the chef and cook it at home-- definitely recommend this! The bulgogi beef is a must.

Lauren Littman's Recommendation:**Restaurant:** Good Food on Montford**Address:** 1701 Montford Dr, Charlotte, NC 28209**About:** Good Food puts a fresh spin on global small plates. The menu changes seasonally, pulling inspiration from the produce sourced locally and their current culinary obsessions. Whether falafel, pork belly steam buns, or Korean beef, they believe in good food, good times, and no pretense.**Adjusted Hours and Curbside Takeout:** In light of the restrictions on dine-in services, we are offering takeout food Tuesday-Saturday 3:00pm -8:30pm until further notice. Orders may be placed by phone after 1:00pm and takeout times can be scheduled. Please visit the menu tab on this website to see our latest offerings. 704-525-0881**https://www.goodfoodonmontford.com/****Tina Marie Bloomer's Recommendation:****Restaurant:** Rosati's Authentic Chicago Style Pizza**Address:** 9925 Rea Rd STE 100, Waxhaw, NC 28173 (near Blakeney)**About:** Rosati's Italian food and pizza restaurant locations offer traditional Chicago-style deep dish, thin-crust and double-dough pizzas along with calzones, a variety of pastas, sandwiches, salads and desserts. Catering is also available.**Website:** <https://myrosatis.com/waxhaw/>**Phone:** 980-556-7600**Rj Lord's Recommendation:****Restaurant:** Futo Buta**Address:** 222 E Bland St, Charlotte, NC 28203**About:** One of the first ramen shops in North Carolina, Futo Buta showcases the unique union of Japanese cuisine in the South. My favorite will always be the Fire and Ice Ramen bowl. Online ordering, pick-up and doordash delivery are available.**Website:** <http://futobuta.com>**Phone:** 704-376-8400

Leslie Van Horn's Recommendation:**Restaurant:** Capische**Addresses:** 500 East Morehead St, Suite 100 (Dilworth); 6555 Morrison Blvd (South Park)**About:** Fast-casual Italian known for their pizza and handmade pastas. Their menu also offers a few sandwiches, salads, small plates, and desserts (including gelato and cannolis). You can't go wrong with the Margherita pizza with a small Italiano salad, but the San Lorenzo pizza and rigatoni dishes are popular here, too. They also have a family feast option that feeds 4-6 people and includes two pizzas or pastas with salad and puccia bread for \$40.**Chandler Kasay's Recommendation:****Restaurant:** YAFO**Addresses:**

Dilworth location 1231A East Blvd Charlotte, NC 28203

Plaza Midwood location 1331 Central Ave Suite 101 Charlotte, NC 28205

South Park location 720 Gov Morrison St. Charlotte, NC 28211

About: YAFO is available for online orders- you can build your own grain/hummus bowl or salad on their website and pick it up within just 10-15 minutes. I will forever add their brussel sprouts and cauliflower with tahini to my grain bowls (along with a million other toppings). Their Mac and cheese is also YUM.**Natalie Roberts's Recommendation:****Restaurant:** Barcelona**Address:** 101 West Worthington Avenue, Suite 110, Charlotte NC 28203 (South End)**About:** Barcelona Wine Bar & Restaurant is a tapas bar featuring fresh and seasonal specialties from Spain and the Mediterranean. The ambiance at Barcelona has a European feel, with upbeat music and late-night restaurant goes in a perfectly decorated space. Can't wait for Barcelona to reopen to enjoy their delicious food & drink, hopefully while the weather is nice to also enjoy their beautiful outdoor patio!

Welcome Our New CDA Board Members

President Elect:

Tracy Bonoffski, MS, RD, CEP, CSSD



Secretary:

Ellison Clark MS, RD, LDN



CDA Positions

Are you looking to serve on the CDA Board for 2020?

Positions open are the following:

- **Membership Chair**
- **Webmaster Chair**

Interested? Contact Jennifer Goodman or Samantha Scruggs

jennifergoodman610@gmail.com

samantha.scruggs.rd@gmail.com

Passport to Wellness Winner

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1. **Cierra Lester**
 2. **Mary Magee**

Legislative Updates

1. **Academy Urges Congress to Prioritize Federal Nutrition Program Funding**

The Academy requests the packaged to include the following provisions:

- Invest in SNAP;
- Extend the Pandemic-Electronic Benefits Transfer through the summer;
- Invest in recovery efforts for school nutrition and child care programs;
- Invest in school kitchen equipment grants;
- Increase benefits for fruit and vegetable purchases through WIC;
- Provide personal protective equipment for community food providers;
- Allow for flexibilities in SNAP-Ed for the COVID-19 response; and
- Invest in The Emergency Food Assistance Program (TEFAP)

2. **RDN Medicare Providers Eligible for Emergency Relief Funds**

- To assist RDN Medicare providers whose revenues have been negatively impacted by the COVID-19 public health emergency, RDNs who billed Medicare in 2019 will automatically receive a one-time payment equal to approximately 6.2% of their total Medicare fee-for service payments in 2019. These payments are grants, not loans and will not need to be repaid.

3. **USDA Approves Program to Feed Kids in North Carolina and Massachusetts During COVID-19 Pandemic**

- In April, the U.S. Department of Agriculture announced that North Carolina and Massachusetts will be able to operate Pandemic EBT, a supplemental food purchasing benefit to current SNAP participants and as a new EBT benefit to other eligible households to offset the cost of meals that would have otherwise been consumed at school.

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