

# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

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## NEWS FROM THE UAND MARKETING TEAM

We're trying something new!

Welcome to Fall! As the season begins to change so too are the priorities for the UAND Marketing Pillar. Our goal is to be in better communication with all of our members in order to more effectively share the latest news and happenings in nutrition and dietetics across the state.

Keep an eye out for a fresh newsletter every two months. We hope you enjoy this new way of hearing from us! If you have comments, suggestions, would like to contribute a blog, recipe, or promote an event, please contact our team by e-mailing [\*\*socialmedia@eatrightutah.org\*\*](mailto:socialmedia@eatrightutah.org)



# 2020 UAND AWARD OF MERIT

***The Award of Merit recognizes a dietitian who has demonstrated leadership and made significant contribution to the profession of dietetics through a variety of avenues. The 2020 recipient of the award exemplifies all this and more.***

***UAND is pleased to recognize Jean Zancanella.***

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Jean's many accomplishments cannot be adequately represented in a short biographical introduction. She is an Assistant Professor (Lecturer) and the Associate Director of the Coordinated Master's Program in Dietetics at the University of Utah.

In this role, she has directly influenced the careers of over 200 registered dietitian nutritionist in Utah. She has also contributed to the profession of dietetics through the dissemination of nutrition information in the form of presentations, invited lectures, authoring a textbook chapter on nutrition support, serving as a

content expert reviewer, a variety of public service and outreach efforts, and 24 years of teaching undergraduate and graduate nutrition courses at the University of Utah. She has received many awards including the Division of Nutrition Teacher of the Year (2006 and 2009). Jean has been actively involved in UAND for decades. She has served as the media representative (1992), treasurer (2007), secretary (2010), and the state policy representative (2013-2016).

When not fulfilling her professional goals, she can be found hiking in the foothills, enjoying her family or working in her garden.

Over her career, Jean has provided outstanding educational opportunities, advisement, and encouragement for her students, colleagues, the Academy, and our profession. For this, we are happy to present Jean Zancanella with the Award of Merit.

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## Congratulations Jean!

# MEMBER SPOTLIGHT

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Meet UAND member  
Melody Kienholz RD, CSR!

***How many years have you been a dietitian? How long have you been a member of UAND?***

RD for 8 years, UAND member for 2 years

***Where do you currently work and what do you love about it?***

Intermountain Dialysis Services; I love that I am constantly learning!

***How has UAND membership been of value to you and your career?***

Working in dialysis can be pretty autonomous and I was new to Utah - UAND has really helped me connect with other wonderful dietitians!

***What is the best advice that you have ever received?***

"Just ask, the worst that can happen is that you get a "no"."

***How do you spend your free time?***

Mountain biking, hiking, camping, and snowboarding with my awesome girls and husband!

***What is your favorite book (or movie)?***

Uff. Too many good ones to pick!

***What's your favorite moment of your career so far?***

My favorite moments have been when my patients get kidney transplants :)

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## MEMBER SPOTLIGHT QUESTIONNAIRE

Want to be featured? Complete your Member Spotlight Questionnaire [HERE](#)





# ANNOUNCEMENTS AND MORE

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## September is National Family Meals Month



Sara Browning is the Clinical Nutrition Manager for McKay Dee Hospital and was interviewed on KUTV about Family Meals.

Click on the icon or here to learn more

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## POWER OF PAYMENT

**eat right.** Academy of Nutrition and Dietetics

### New FREE Program for Academy Members!

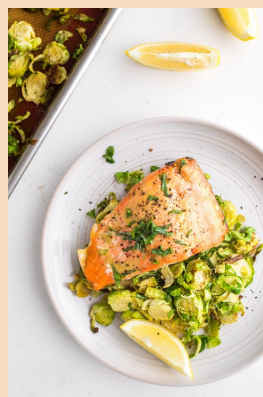
No matter where you work, understanding the basics of healthcare payment and reimbursement for the services you provide is an asset to every RDN.

Opt in for monthly emails with valuable information, resources, and learning activities regarding reimbursement, payment for telehealth, alternative payment models, and more! Learn more here.

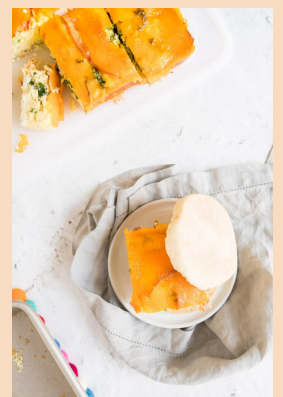
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## TAKE BETTER FOOD PHOTOS

with our food photography blog series



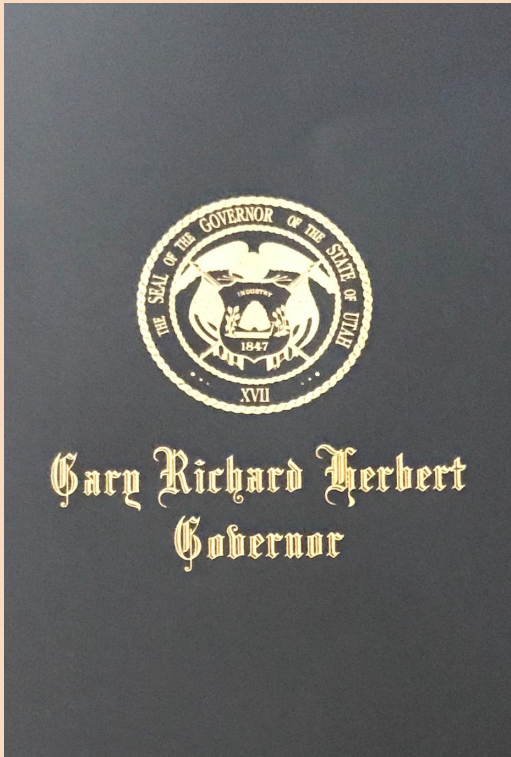
UAND Member and food photographer Rebecca Clyde shares her tips for taking mouthwateringly beautiful food photos.





# ANNOUNCEMENTS AND MORE

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## MALNUTRITION AWARENESS WEEK OCTOBER 5-9, 2020

Last year, Governor Herbert was the first governor in the country to officially declare Malnutrition Awareness Week in the state.

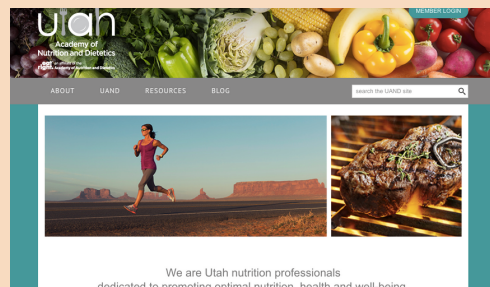
Currently, the UAND Advocacy Pillar is working again to have Malnutrition Awareness Week 2020 officially recognized in Utah! This will coincide with a national effort through the American Society for Parenteral and Enteral Nutrition (ASPEN).

Stay up to day and take part in the activities at [www.nutritioncare.org/maw/](http://www.nutritioncare.org/maw/)

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## CHECK OUT YOUR NEW WEBSITE!

[eatrightutah.org](http://eatrightutah.org)



How can we make the website work for you?  
Let us know by  
e-mailing  
socialmedia  
[@eatrightutah.org](mailto:@eatrightutah.org)

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## FOLLOW UAND ON SOCIAL MEDIA!

facebook

LinkedIn

Be the first to get updates  
and read your UAND  
newsletter!

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## **UPCOMING CONFERENCES**

**Get CEs, network, meet others and have fun!**

September 9-11, 2020

**WIC Association Nutrition Education & Breastfeeding Promotion  
Conference and Exhibits**

**[www.nwica.org](http://www.nwica.org)**

September 13-15, 2020

**Association of Correctional Food Service  
Affiliates Annual International Conference**

**[www.acfsa.org](http://www.acfsa.org)**

September 15-18, 2020

**International Confederation of Dietetic Associations  
International Congress of Dietetics**

**[www.icda2020.com](http://www.icda2020.com)**

October 1-3, 2020

**Living Teal Global Summit**

**[www.foodallergy.org](http://www.foodallergy.org)**

October 17-20, 2020

**Food and Nutrition Conference and Expo**

**[eatrightfnce.org](http://eatrightfnce.org)**

***Optimum nutrition is the medicine of tomorrow.***

***~Linus Pauling***





## FREE WEBINARS

Get CEs and feed your curiosity

On demand - watch on your own time

**Oldways Cultural Food Traditions**

A variety of cultural and whole grains focused webinars

[Click Here](#) to access Oldways webinars

On demand - watch on your own time

**siggis sessions - the power of protein**

Register, watch, and earn 1 CPEU

[Click Here](#) to access siggis sessions

On demand - watch on your own time

**Produce for Better Health**

A variety of produce focused webinars

[Click Here](#) to access PBH Webinars



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Nutrition and Dietetics**

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Academy of Nutrition and Dietetics