

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE PRESIDENT

The beginning of the year is an opportunity for renewal and refreshment. As we begin 2021, many things feel the same as the COVID-19 pandemic continues to impact the way we live. The Utah Academy of Nutrition and Dietetics (UAND) has continued to serve members and seek new ways to engage with membership. We're all much more familiar with Zoom meetings and participating in virtual conferences. Masks, face shields, and goggles are part of our daily attire in hospitals and clinics. Schools have creatively adjusted menus to accommodate grab and go lunches. While we all miss in-person gatherings, these virtual settings have provided us with opportunities to reach more members with technology.

Here are a few things UAND members can look forward to in 2021:

The UAND board is excited to gather virtually and provide continuing education credits with our annual meeting. Many UAND members rely on the annual meeting to help them earn continuing education and we were saddened not to be able to offer that in 2020. Keep an eye out for meeting details and registration information from the Education Pillar very soon.

wishing you a peaceful 2021

A MESSAGE FROM THE PRESIDENT

The Membership Pillar is also working on a series of webinars and cooking demos on cuisine from around the world. We are excited for this opportunity to learn more about food cultures around the world while also doing our part to learn and recognize opportunities for more diversity in the dietetics profession.

The end of January marks the beginning of the legislative session. For the past few years, UAND has planned a Legislative Day at the state capitol to meet our legislators and teach them about dietitians. This year the Advocacy Pillar is finalizing plans for a socially distanced legislative day by preparing small packages of dried cherries and information about the work dietitians do across the state. They will also be sending out information on how you can interact with your local legislators on issues that are important to you.



We hope that you can join us for some or all of these events and share the information with your colleagues who aren't yet UAND members.

Sincerely,
Nikki Kendrick
UAND President 2020-2021



NATIONAL NUTRITION MONTH MARCH 2021

This year's National Nutrition Month theme is "Personalize Your Plate" with the description, "there is no one-size-fits-all approach to nutrition and health, as we're all unique with different bodies, goals, backgrounds and tastes."

The Academy of Nutrition and Dietetics suggests sharing information with clients and patients on preparing simple family meals, adding flavor to dishes, cooking meatless recipes, and using canned and frozen produce to personalize your plate!

In addition to this monthlong nutrition focused celebration, Registered Dietitian Nutritionist Day is on Wednesday, March 10!

Spread the word about National Nutrition Month® and visit eatright.org/national-nutrition-month for updates.



MEMBER SPOTLIGHT



Meet UAND member
Valerie Mey MS, RDN, CSOWM,
CD!

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

Dietitian—4 Years and UAND—6 Years

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

University of Utah, Outpatient Nutrition Manager. I love engaging with a variety of populations and areas of medical nutrition therapy to help people live a healthier life.

I love hearing patients realize how small steps related to healthy lifestyle habits can make a huge difference in feeling better. I really enjoy that I am constantly learning from patients, co-workers and new research. Also, I am fortunate that I work with a very supportive team and organization.

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

Engaging with dietitians in various expertise and experience to help learn, develop my skills and feel supportive in the Utah Nutrition community!

What is the best advice that you have ever received?

Some stories don't have a clear beginning, middle and end. Life is about not knowing, having to change, taking a moment and making the best of it, without knowing what's going to happen next. Delicious Ambiguity. Also, Everything happens for a reason and always go after what makes you happy, never settle for anything less.

How do you spend your free time?

Being active by running, mountain biking, hiking, golfing or taking various fitness classes, spending time with friends, family and my crazy chocolate lab (Augie Dog), dancing, baking, binge watching the latest Netflix or Hulu shows and enjoying delicious cups of coffee.

MEMBER SPOTLIGHT QUESTIONNAIRE

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

MEMBER SPOTLIGHT, CONTINTUED

What is your favorite book (or movie)?

Twilight Book Series for Fiction and
The Subtle Art of Not Giving a F***: A
Counterintuitive Approach to Living a Good
Life

What advice do you have for young dietitians?

Explore different areas of medical nutrition and be willing to learn from others. Engage with patients and always listen to what they have to say.



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

My favorite moment(s) is when a patient comes to me after one to several sessions and has more energy, feels better and achieving their goals based on healthy lifestyle habits and not a diet. The pure joy they have on their face and the thank you reinforces I am doing what I love.

What is your favorite recipe or food tradition?

Making muffins with my mom! My mom and I published a gluten free, dairy free, and less sugar muffin cookbook.

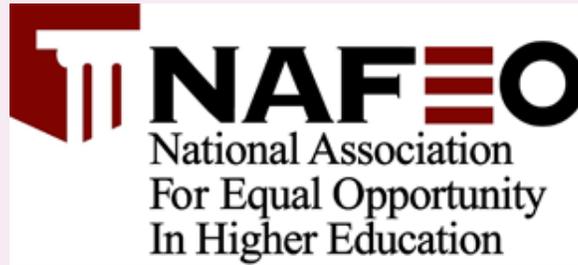


MEMBER SPOTLIGHT QUESTIONNAIRE

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ANNOUNCEMENTS AND MORE



TAKE ACTION to Support Diversity in Nutrition and Dietetics in Allied Health Professions

The Academy has partnered with the National Association for Equal Opportunity in Higher Education to encourage Congress to provide \$300 million in funding for minority serving institutions that would support allied health professions programs including nutrition and dietetics. In addition, we are requesting \$10 million for nutrition and dietetics career outreach.

This initiative would allow for increased numbers of minority health professionals to provide culturally competent nutrition counseling in communities of color. Additionally, the initiative seeks to increase the numbers of young people of color choosing allied health careers.

Now is the time to take action.

DIVERSIFY YOUR FEED



One way to improve cultural competence is to expand your social media feed. Here are a few accounts we recommend following on Instagram:

@diversifydietetics
@your.latina.nutritionist
@amuslimdietitian
@indian.nutritionist
@black.nutritionist
@bodypositive_dietitian
@therosienutritionist



ANNOUNCEMENTS AND MORE

\$500 UAND STUDENT SCHOLARSHIP OPPORTUNITY

Application Deadline: February 26, 2021

In 2021, UAND will award four \$500 scholarships to current students. The criteria, forms, and submission may be found on the UAND website [HERE](#).

Applicants must be either:

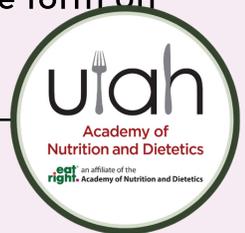
- A junior in a 4-year Coordinated Program
- A Senior in a Didactic Program planning to complete an Internship Program the following year
- A first-year student in a Coordinated Master's Program

The application must include the following and be submitted via the UAND website:

- Completed online application
- Two letters of support, one letter from employment supervisor and one letter from a university faculty member.
- Official transcript or signature of faculty advisor verifying GPA (signature form on website).

Questions? Contact Christina Aguilar at Christina.s.Aguilar1@gmail.com

CALL FOR UAND AWARD NOMINATIONS



Nominations due by February 26th, 2021

We invite you to take a little time to recognize the outstanding contributions of our professionals. You may nominate yourself, your peers, or any other deserving individual. Awards are presented at the UAND Annual Meeting.

Nominations should include:

- A letter of nomination
- Resume
- Completed nominee/student award data sheet

Available awards:

- **Award of Merit**
- **Recognized Young Dietitian of the Year**
- **Dietitian of the Year**
- **Emerging Dietetic Leader**
- **UAND Award of Recognition**
- **Outstanding Dietetic Student**

See the awards description, process, and submit nominations [HERE](#).

Questions? Contact Christina Aguilar at Christina.s.Aguilar1@gmail.com



ANNOUNCEMENTS AND MORE

UTAH LEGISLATURE IS NOW IN SESSION!

JANUARY 19, 2021 - MARCH 5, 2021

Keep your eyes peeled for more info on how to participate in our legislative day!

UAND ELECTIONS ARE ON THE HORIZON

COMING APRIL 2021

Looking for a way to make your mark on dietetics state-wide? Know someone who would make a big difference?

Join the UAND Board!

Elections are coming up and the following positions will be on the ballot. We are always looking for talented individuals to join the team.

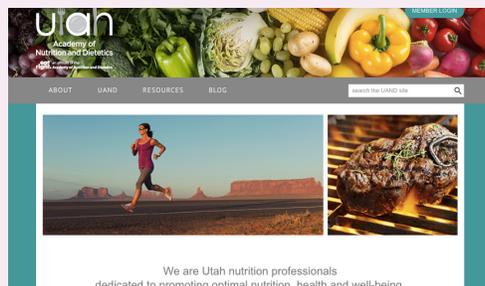
Questions? Contact Barbara Larsen at blarsen@metrotitle.com

CLICK A POSITION TO LEARN MORE

- [President-Elect](#)
- [Treasurer-Elect](#)
- [State Policy Representative](#)
- [Annual Meeting Chair](#)
- [Networking Director](#)
- [Nominating Committee Member](#)
- [Social Media Chair](#)

CHECK OUT YOUR NEW WEBSITE!

eatrightutah.org



How can we make the website work for you? Let us know by e-mailing socialmedia@eatrightutah.org

FOLLOW UAND ON SOCIAL MEDIA!



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



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

COVID Can't Stop Us: How to Deliver Live Virtual Cooking Classes and Demos on Zoom

Presented by Liz Weiss, MS, RDN

Earn 1 CEU Free

Sponsored by North American Meat Institute

Today's Dietitian

Offers many Free CE's

Register for an Account to Access

Dairy World Tour 2021

Six live episodes and six accompanying product boxes. Each episode will explore a country's culture and cuisine. Each product box will be filled with Idaho and Utah dairy foods, recipes and some surprises!

Presented by Dairy West

Click Here to register

Utah

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Nutrition and Dietetics**

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