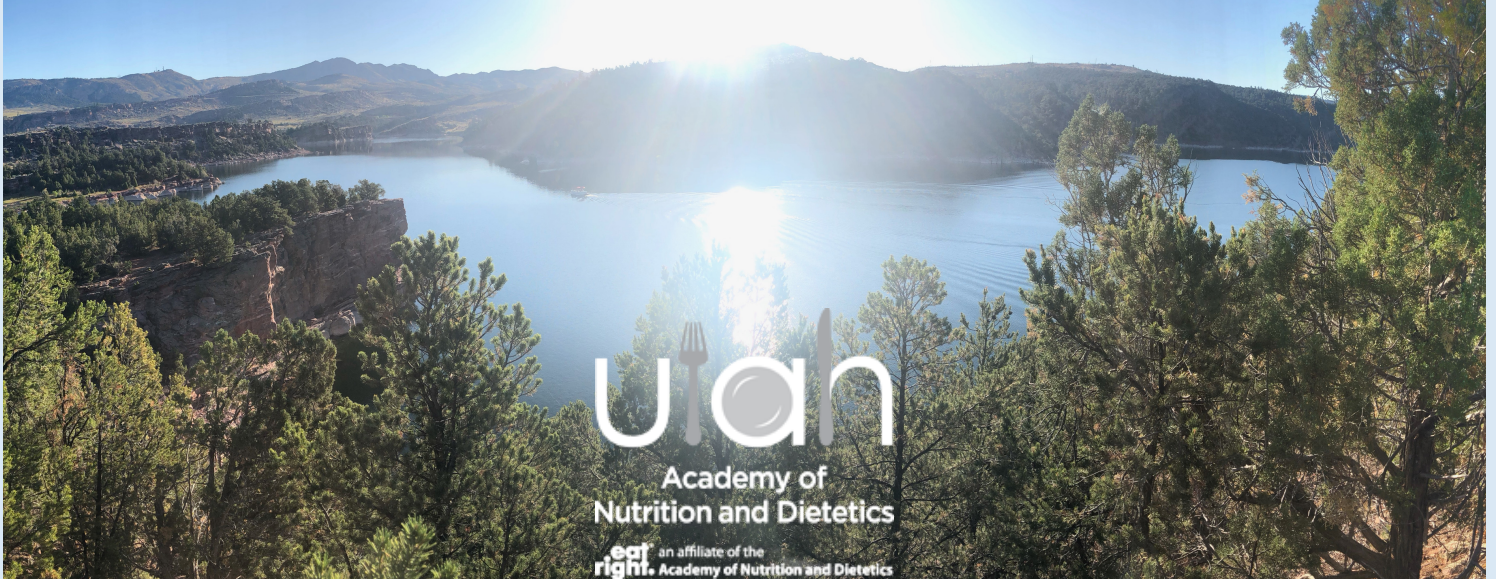


# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

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## A MESSAGE FROM THE MEMBERSHIP PILLAR

**By Rebecca Clyde, Membership Chair**

What a wild ride it's been over the past year. As I look back at all the changes, unexpected challenges, and distance that the pandemic has created, I'm also grateful for the opportunities to recognize opportunities for growth. I hope we have all found times where others have lifted us up through our challenges and that we've been able to lift others too. It's been trying for everyone, just in completely different ways.

As the membership pillar looked to adapt and change with the times, we have been and are working to bring Utah dietitians, students, and diet techs together. To better serve each other and also the communities and populations we work with.



welcome spring



# A MESSAGE FROM THE MEMBERSHIP PILLAR

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We see those ways as opportunities to gather together (virtually now, hopefully in person soon!) and learn from and with each other. UAND is a great space to meet people in our field and build friendships with nutrition professionals in our chosen specialty as well as in other specialties. It also provides opportunities for us to expand our skills through continuing education webinars and journal clubs.

We had great hopes and excitement to gather throughout the state to talk about nutrition topics in regional journal clubs. That plan quickly changed as it was no longer safe for us to gather in person. But since last year, Suzanne Lewis has been running a virtual journal club. Every couple months we've been able to join together virtually and talk about various nutrition topics.

Over the past couple months we've been discussing food insecurity and ways to increase accessibility to nourishing food. Attendees have found insightful scholarly articles for us to discuss. Our meetings have been enlightening, fun, and thought provoking. I honestly didn't know I'd enjoy talking about scholarly articles so much!

In addition to the journal clubs that have been going on, I'm really excited to share a bit more info on the **Global Foods Webinar** series that Nikki mentioned in the last newsletter! Rekha Chirayath, our diversity liaison, and I have been working hard to bring you this fun and super enlightening series. **Starting in early May**, we'll be hosting a 4 part series on cultural foods from the 4 largest marginalized cultural groups in Utah. We're finding speakers from each group to talk about their cultural foods and traditions, and they'll also do a fun cooking demo. This series will be **free for all UAND members**. We're really excited to provide nutrition professionals in our state with this opportunity to learn and get continuing education credits.

Stay tuned for more info and to sign up!

If you're interested in volunteering for UAND, have questions about the journal club, Global Foods Webinar series, or anything else related to membership, please email me at **[rebecca@nourishnutritionco.com](mailto:rebecca@nourishnutritionco.com)** and I can get you more info!



# MEMBER SPOTLIGHT

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Meet UAND member  
Mateja R. Savoie-Roskos!

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

I was the first author on a journal article that won the 2020 Best GEM Award through the Journal of Nutrition Education and Behavior for research on the SNAP-Ed program in Utah.

***What is your favorite recipe or food tradition?***

I love growing and preserving my own food!

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

10 years as a dietitian; been a member of UAND since 2011

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

Utah State University. I love mentoring and educating future dietitians and public health professionals!

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

Being a member of UAND has provided me numerous networking, leadership, and volunteer opportunities!

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

Push yourself outside of your comfort zone.

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

I enjoy gardening, hiking, camping, cross country skiing, snowshoeing, canoeing, and spending time with my husband, daughter and 2 Vizsla pups.

***What advice do you have for young dietitians?***

Take chances on yourself. Push yourself outside of your comfort zone. Be open to constantly learning.

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## MEMBER SPOTLIGHT QUESTIONNAIRE

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



## ANNOUNCEMENTS AND MORE

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Registration, agenda, and more can be found [here](#).



### ANNUAL CONFERENCE

**APRIL 8 -10**

Join us for an engaging and dynamic experience as we build an inclusive community of nutrition experts at the Nutrition and Dietetics 2021 Virtual Conference and Exhibition! We have partnered with Texas Academy of Nutrition and Dietetics for a virtual meeting. Earn more than 25 CEUs and hear from engaging speakers on a variety of hot topics. There is still time to register!

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### VOTE FOR UAND OFFICIALS APRIL 5 - 18

We have wonderful candidates on our ballot this year! Polls will be open through April 18. [Click this link](#) to bring up the voting page. It is also found on our main website page under the "UAND" tab.

Here are a few notes to remember:

- 1) Review the candidates and then vote.
- 2) Voting must be done by midnight on 4/18.
- 3) Results will be announced once the candidates have been notified.

Thanks for your participation in electing UAND Board members!



Click image to be taken to voting page.

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# ANNOUNCEMENTS AND MORE

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## LEGISLATIVE DAY 2021

UAND celebrated a virtual Legislative Day in Utah's Capitol Hill during National Nutrition Month. The focus was on Personalize Your Plate and increased connections between dietitians and legislators. UAND's members from the advocacy pillar organized and sent a care package to each legislator, containing dry cherries (our state fruit), protein powder packet sponsored by Hormel Health Labs, and a handout written by Jobaida Khanom.

The handout expressed to legislators that Registered Dietitians are an integral part of their respective fields as they provide services in hospitals, out-patient care settings, communities, and in public health policies. UAND supports the HB 194 bill.



Thanks to Sarah Hodson for getting our UAND logo onto the HB 194 handout. Thanks also to Lindsay Hirst, our amazing intern and UAND Student Representative for the University of Utah, for putting together the packets and helping Melody Kienholz organize this event. Thanks to Pauline Williams and her interns from BYU for the shipping label for each legislator. And a special thanks to Anjee Barber for providing the Healthy Shot Protein packages and smoothie recipes.

**[CLICK HERE TO SEE THE HANDOUT PROVIDED TO OUR LEGISLATORS!](#)**

**[AND CLICK HERE FOR THE HB194 HANDOUT!](#)**

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# ANNOUNCEMENTS AND MORE

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## TELL CONGRESS TO PRIORITIZE NUTRITION FUNDING

### ACADEMY ACTION ALERT



[Click Icon to Take Action](#)

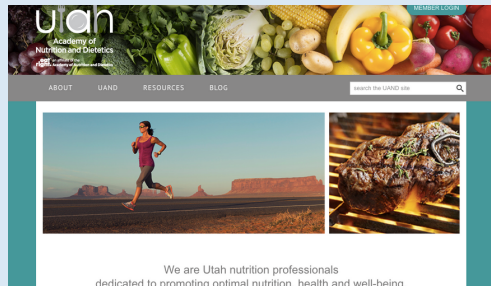
To achieve its vision, the Academy works with policymakers to promote health and reduce the burden of chronic disease through nutrition services and interventions.

The Academy advocates for funding for federal programs that help people live a healthy life during the annual appropriations process. These funds support nutrition research, food access, and dietetics education. Your voice matters! Members of Congress want to hear how these programs impact their constituents. Take action today and urge your legislators to prioritize nutrition in the 2022 appropriations process.

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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 LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

April 8-10, 2021

**Annual Conference in partnership with  
Texas Academy of Nutrition and Dietetics  
2021 Virtual Conference & Exhibition**

**<https://eatrighttexas.org/ace/>**

June/August/October/December 2021

**Dairy World Tour**

**Explore the culture and cuisine of Greece, Brazil, India, and France.**

**Sponsored by Dairy West**

**[Click Here](#) to learn more**



**Academy of  
Nutrition and Dietetics**

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Academy of Nutrition and Dietetics