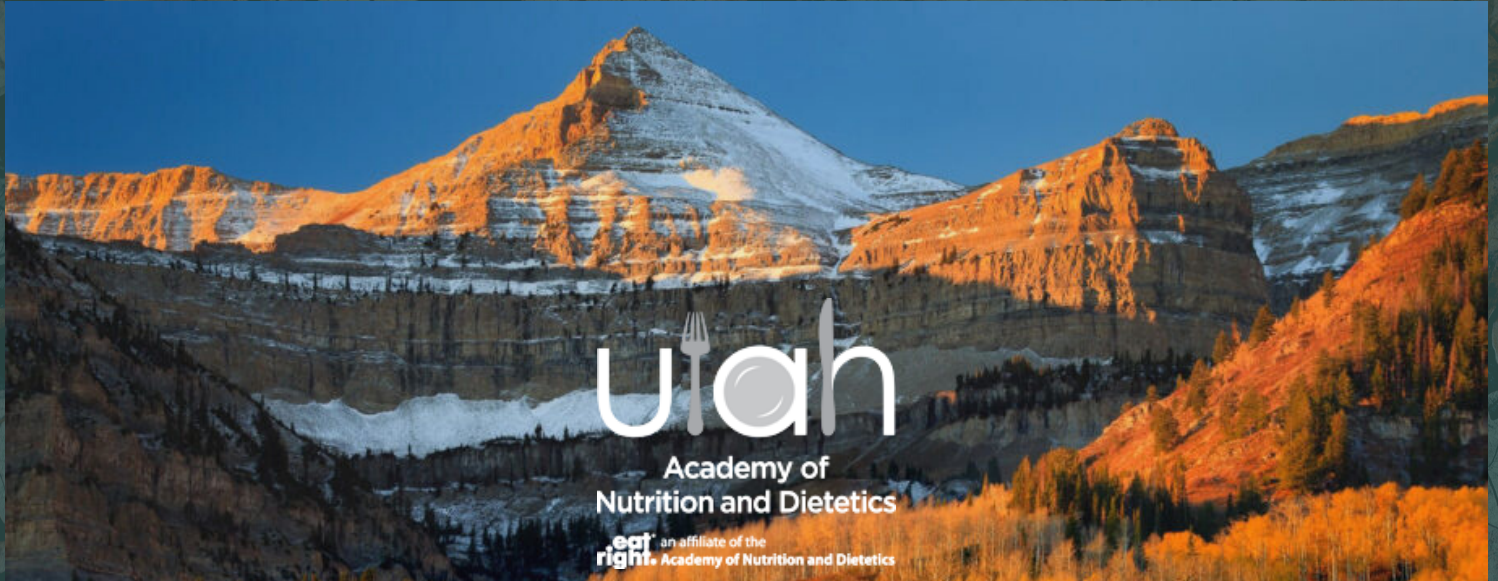


# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

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## A MESSAGE FROM THE OPERATIONS PILLAR

By Maria Givler, M.Ed., RDN – Clinical Assistant Professor

You don't have to spend too much time observing the news to recognize the number of people affected by disparity and calamity in the world. The statistics regarding natural disasters alone are staggering. The Center for Research on the Epidemiology of Disasters state that natural disasters affect 218 million people and claim 68,000 lives per year. For many, the question is, "what can I do to help?" One option for Members of the Academy of Nutrition and Dietetics is to donate to the Academy's Foundation.

Help the Academy Foundation reach it's \$1 Million goal to give out scholarships to students! Even \$1 goes a long way. Donate Today!

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# A MESSAGE FROM THE OPERATIONS PILLAR

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Academy of Nutrition  
and Dietetics  
**Foundation**

**The Academy of Nutrition and Dietetics Foundation serves as the philanthropic arm of the Academy of Nutrition and Dietetics.**

The Academy's Foundation does not receive or utilize any portion of member dues and functions solely on member donations. The Foundation's mission is "to empower current and future food and nutrition practitioners to optimize global health."

I find the core principles of the Academy's foundation to be inspiring:

- Application of the Inclusion, Diversity, Equity, and Access lens to all grant making and fundraising activities.
- Integration of research, professional development, and practice to stimulate innovation and discovery.
- Collaborations to solve the greatest food and nutrition challenges now and in the future.
- A system-wide impact across the food, well-being, and health care sectors.
- Elimination of all forms of malnutrition globally.
- Expansion of workforce capacity, capability and the contribution of food and nutrition practitioners.
- Accountability through transparency and fiduciary responsibility.

# A MESSAGE FROM THE OPERATIONS PILLAR

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and Dietetics  
**Foundation**

**The Academy of Nutrition and Dietetics Foundation serves as the philanthropic arm of the Academy of Nutrition and Dietetics.**

If you are interested in donating, there are several ways to do so.

- [Click here to use the Academy of Nutrition and Dietetics Foundation Donate Page](#) Once on the donate page, click the donate button to designate which program you prefer to contribute to. There are several options—choose one or a few that resonate with issues that are meaningful to you.
- If you are not an Academy member and wish to donate to the Foundation, you may fill out the 2020 Academy Foundation Contribution form on the website and mail it in or donate online on the [Charity Navigator page](#).
- Do you shop using Amazon? Use Amazon Smile. Amazon will donate .5 percent of your purchase to the Academy's Foundation if you use this link: [smile.amazon.com](https://smile.amazon.com),

Efforts, including small steps that might seem insignificant, can add up and truly make a difference.

# 2022 AWARD OF RECOGNITION

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## Dairy West



The Award of Recognition is given to recognize and thank those individuals or companies who contribute unselfishly to the dietetics profession in Utah. They are not RD's or members of AND, but have demonstrated service to, or promoted the dietetics profession, via scientific knowledge, technical skills, legislative action or career opportunities. This year we want to recognize the contribution of Dairy West.

Dairy West supports the dairy farmers of Idaho and Utah through marketing, education, and community outreach. Dairy West seeks to deliver impactful information and experiences that can help secure a brighter future for us all.

Dairy West has actively participated in the education of dietitians for many years. Their commitment to science and education leads naturally to a mission to help students through focused internships and dietetics rotations. Dairy West sponsors farm tours, sustainability internships, and continuing education programs. Through their mission to connect consumers to local food sources they have helped dietetics education focus more on the food production system which we all depend on. Dairy West provides student support for Weber State University, Utah State University, Southern Utah University, University of Utah, and Brigham Young University. Most dietitians and dietetics students in our state have been connected to Dairy West in some way during their career.



# UAND MEMBER SPOTLIGHT

## Meet

**Brittany Poulson**  
**MDA, RDN, CD, CDCES**



***How many years have you been a dietitian?***

***How long have you been a member of UAND?***

I became a registered dietitian in 2011. I have been member of UAND since 2009.

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

Networking with others in UAND has been able to help me grow as a dietitian, create new friendships, and push me to develop my talents as a dietitian.

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

My favorite book is The Count of Monte Cristo

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

My favorite food tradition is my dad making omelettes Christmas morning for everyone!

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

I work part-time at the Tooele WIC office. I love working with clients and teaching them about nutrition during these special and important stages in their lives. I also am an entrepreneur and run my own nutrition communications and consulting business. I love writing about nutrition, creating new recipes, and being able to share my passion for food and nutrition with others via the world wide web!

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

Having written 2 published cookbooks!

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

I have 4 kids ages 9 years to 1 year, so most of my time is spent with my family. I love hanging out with them and watching my kids play sports. I also love to run, hike, garden, and watch movies!

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

Just do it. Don't be afraid to go out and live your dream. There will always be obstacles along the way, but stepping out into the unknown can reveal some of the greatest opportunities and experiences!

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

It's okay to change which area of dietetics you want to practice in. You don't have to be locked down to any one specialty forever. If your passion changes, follow that passion!

## MEMBER SPOTLIGHT QUESTIONNAIRE

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



## ANNOUNCEMENTS AND MORE

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### WE NEED YOU FOR UAND'S 2022 ANNUAL MEETING!

Get involved in a committee or help the day of the event!

To get involved in the Annual UAND Conference  
email [lazerwhit@gmail.com](mailto:lazerwhit@gmail.com)



### CALL FOR SPEAKERS

We are excited to announce the speaker application is now  
available for next year's Annual Meeting!

The meeting will be held March 3-4, 2023 at the Viridian  
Conference Center in West Jordan.

Please **submit proposals** by Friday, December 16 for  
consideration.

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### SOUTHERN UTAH NETWORKING EVENT

**When:** Tuesday, October 25th, 6pm

**Where:** Harmons Santa Clara Cooking School (upstairs)

**What:** Dietitians, mix and mingle, plus journal club

Please RSVP to [melanietaylor@harmonsgrocery.com](mailto:melanietaylor@harmonsgrocery.com) so  
we can get a headcount.

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## ANNOUNCEMENTS AND MORE

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### SAVE THE DATE - FALL VIRTUAL NETWORKING EVENT

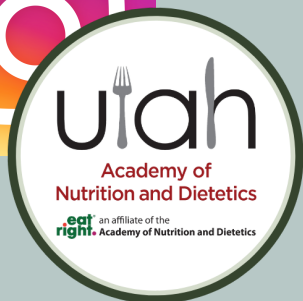
Get excited for our upcoming Fall Virtual Networking Event!

Harmons Virtual Cooking Class  
When: Monday, November 7th, 2022  
Time: 6:30-8:00pm

Zoom link and recipes/list of ingredients will be provided by Harmons. Folks can join and cook along, or join simply to socialize (there will be interactive elements in addition to the cooking).

There is no cost to members to participate. We will send more information as the details come together.  
Hope to see you there!

**SPECIAL ONE-TIME OFFER! NON-MEMBERS CAN ALSO JOIN  
THE NETWORKING EVENT FOR FREE**



Have you noticed? UAND's Instagram is back!  
Follow [@eatrightutah](https://www.instagram.com/eatrightutah) to stay up to date!

Instagram

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## ANNOUNCEMENTS AND MORE

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### CHECK OUT THESE UTAH DIETITIANS IN THE NEWS

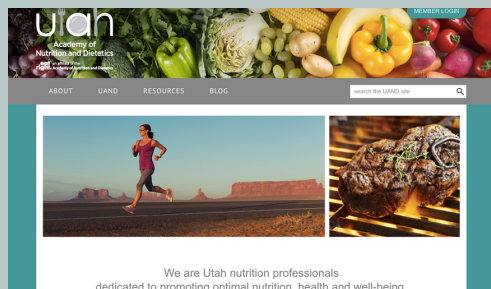


**Brittany Poulson** spoke with Fox 13 News Utah about healthy back to school breakfasts and snacks.

**McKenzie Rockwood** spoke with Fox 13 News Utah about the meal prep classes and & pressure cooker meal offered through Citrus Pear.

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**CHECK OUT OUR  
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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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

**Webinar: Kindness is Contagious: Redefining  
Your Dining Experience**

**Becky Dorner & Associates - 1 Free CEU offered**

October 20, 2022 from 2-3 PM ET

Read more & Register [HERE](#)

**Webinar: Plus it Up! Nutrient Dense Food and Menu Solutions to  
Meet Health and Nutrition Needs**

**General Mills Foodservice - 1 Free CEU offered**

October 25, 2022 from 1-2 PM CDT

Read more & Register [HERE](#)

**Webinar: Nutritional Considerations In Palliative Care**

**Skelly Skills - 1 Free CEU offered**

October 25th from 1-2 PM ET

Read more & Register [HERE](#)

**Webinar: Facilitating Healthier & More Sustainable Food Choices**

**European Food Information Council**

November 3, 2022 from 7-9am MT

Read more & Register [HERE](#)



Academy of  
Nutrition and Dietetics

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Academy of Nutrition and Dietetics