

DECEMBER/JANUARY 2025-2026 | ISSUE XXXII

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



Academy of
Nutrition and Dietetics

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Academy of Nutrition and Dietetics

MESSAGE FROM STEPHANIE PARKER

2025-2026 Leadership Development Committee Chair
UAND Past President

Happy Holidays, UAND members!

Hope that you're able to spend some time with loved ones and recharge for the new year. I'm grateful for the chance to serve with the wonderful members of UAND's Leadership Development Committee. Our committee includes four student representatives (one from each university with a dietetics program), our State Professional Recruitment Coordinator who oversees the students (Kary Woodruff), our Nominating Member (Amanda Arnold), our Awards and Scholarships Coordinator (Alyssa Reidhead), and our Secretary (Casey Coombs). We're also lucky to have our President Elect, Natalie Dalley, join in on our meetings. Our committee focuses on increasing involvement within UAND through planning and executing activities throughout the year for members to network, socialize, and connect. We're also working to put the leadership team in a strong position for the next fiscal year.

The year kicked off with our Farmer's Market Activity in September and then a Utah-affiliate dinner at FNCE in Nashville in early October. It was fun to get together with fellow Utah RDNs and students over some delicious food—including both fresh salads and deep-fried beignets!

The 2nd Annual Southern Utah Conference at the end of October was a big success and our SUU student rep, Alayna Christensen, did a great job planning the networking activity and helping with the conference. USU student rep, Brooklyn Ward, launched the Holiday Recipe Swap activity going on right now... we hope you'll contribute a recipe and enjoy some new dishes from other Utah RDNs and dietetic students this holiday season!

The new year will bring some more fun opportunities to connect. BYU student rep, Lizzy Caine, is putting together a mentorship panel for dietetic students and U of U student rep, Leigh Shanor, will be helping the Advocacy Committee with Legislative Day in February. Our student reps have done a fantastic job diving into their roles and this is undoubtedly thanks to Kary Woodruff's fantastic leadership and direction for the students, even in her first year.

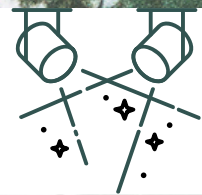
We all look forward to connecting at our upcoming annual meeting March 17-18, 2026 in Layton and we appreciate Alyssa Reidhead, who will again be spearheading our Awards and Scholarships. Be thinking of any colleagues you could nominate for these honors. Before we know it, it will be time to elect a new UAND Leadership Team. If you feel even the slightest desire to get involved with UAND in a big or small way, our nominating member, Amanda Arnold, would love to hear from you (uandnominatingcommittee@gmail.com). We couldn't function as a UAND Leadership Team without the organization of our secretary, Casey Coombs, and know that we'll continue to be in good hands when our current president, Jeremiah McGuire, passes the baton to Natalie Dalley for her upcoming term as UAND President. Hope to see many of you in the new year at our upcoming events!

Best,

Stephanie Parker

2025-2026 UAND Past President, Leadership Development Committee Chair

UAND MEMBER SPOTLIGHT



Casey Coombs MS, RDN

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

I currently work at Utah State University as a faculty member for the MPH-Nutrition program. I love working with current MPH students who bring diverse professional, personal and educational experiences to each course. I love that public health nutrition combines science, equity, and cultural understanding to address systemic barriers to nutrition and health. Working with students to help populations thrive by fostering sustainable, accessible, and inclusive nutrition solutions is deeply rewarding.

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

I have been so fortunate to have several meaningful positions since becoming an RDN that I really can't pick a specific moment. Some of my more recent favorite experiences include developing several MPH courses built on my public health experience and best practices, co-leading the Mediterranean Diet Study Abroad program at USU in 2023, being appointed the faculty director of the student food pantry at USU, and receiving the Early Career Teacher of the Year Award through my department.

How do you spend your free time?

I spend most of my free time with my husband and two young kids. We love camping, hiking, campfires, roadtrips and gardening. I also like to run and have recently rekindled my interest in sourdough bread making.

What is the best advice that you have ever received?

This isn't a piece of advice I received, but one of my favorite quotes that has greatly influenced me personally and professionally is, "Be the change you want to see in the world," by Mahatma Ghandi.

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

11 years

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

The best part of UAND has been the networking opportunities. I have met so many fantastic dietitians that I have learned so much from. Dietetics and public health are such a diverse field that I have also used this network to coordinate guest lectures for my courses and match my students with amazing preceptors for their capstone projects.

What is your favorite recipe or food tradition?

Some of my favorite food traditions are canning tomatoes and peaches with my daughter, making my grandmother's Thanksgiving stuffing, and finding meals that my whole family enjoy which is not easy with a 6 and 9 year old!

What is your favorite book or movie?

My favorite non-fiction book is probably *The Red Tent* by Anita Diamant. Non-fiction is *Mountains Beyond Mountains* by Tracy Kidder.

What advice do you have for young dietitians?

Stay curious and open to learning; nutrition is an ever-evolving field. No matter your area of focus, embrace cultural humility and consider the social determinants of health in your recommendations. Advocate for nutrition's role in prevention and public health as well as treatment.

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



ANNOUNCEMENTS AND MORE

UAND ANNUAL FOOD AND NUTRITION CONFERENCE



Date: Tuesday, March 17th and Wednesday, March 18th, 2026

Location: Davis Conference Center, 1651 N 700 W, Layton, 84041

Theme: Shaping the Future of Nutrition

More information coming soon, stay tuned!

UAND LEGISLATIVE DAY

Save The Date!

February 11th, 2026

7:00-8:30am

Utah State Capitol Rotunda
350 State St, Salt Lake City, 84103



ANNOUNCEMENTS AND MORE

UAND MEET-UP AT FNCE



We had
a great
time
getting
together
at FNCE in
Nashville!



ANNOUNCEMENTS AND MORE



Academy Updates/Announcements

National Honors & Awards - The Academy honors individuals who have advanced the nutrition and dietetics profession, exhibited leadership and shown devotion to serving others in both nutrition and dietetics, as well as allied fields.

Deadline for completing the Intent to Nominate* is 11:59 p.m. (Central time) on January 16, 2026.

*Completing the "Intent to Nominate" by the deadline is not mandatory, but extremely helpful for the Academy.

Deadline for the receipt of complete nominations is 11:59 p.m. (Central time) on March 3, 2026.

Nominate a deserving RD or view more information about awards [here](#)!

AND Job Board - eatrightCareers is a valuable resource where Academy members can search for professional openings in nutrition and dietetics and post your CV/resume for FREE. There is also a series of professional resources specifically designed to meet your career development and employment needs.

Search RD job openings or post your resume at this [link](#).

FNCE 2025 Collection - Discover our most popular and impactful sessions from this year's FNCE® all in one place. This curated collection features the highest-rated presentations, packed with expert insights and practical strategies.

7.5 CPEU provided, \$90.00 for AND members, \$205.00 for non-members

To see more details or buy this collection, visit this [link](#).



ANNOUNCEMENTS AND MORE



Volunteer with CDR



Open Positions - Committees

- Practice Competence Committee
- Research & Project Funding & Review Committee

Panels

- Advanced Practitioner Certification Panel
- Appeals Panel
- Competency Assurance Panel
- Exam Panel
- Specialist Certification Panel

Advisory Group

- Obesity Certificate Program Advisory Group

Subject-Matter Experts

- DTR Exam Development
- RD Exam Development
- RD-AP Exam Development
- Specialist Exam Development

REVIEW DESCRIPTIONS OF EACH
OF THE FOLLOWING
OPPORTUNITIES AND SUBMIT
YOUR INTEREST IN VOLUNTEERING
BY ACCESSING YOUR [MYCDR](#)
[PAGE](#) AND CLICKING ON
VOLUNTEER OPPORTUNITIES.



ANNOUNCEMENTS AND MORE



Participate in our holiday recipe swap!

Submit a screenshot of a recipe or a photo from a cookbook. You will be sent a digital recipe booklet of all recipe submissions.



ANNOUNCEMENTS AND MORE

RECIPE CORNER: SWEDISH PANCAKES

Credit: [Pinch of Yum](#)



Swedish Pancakes:

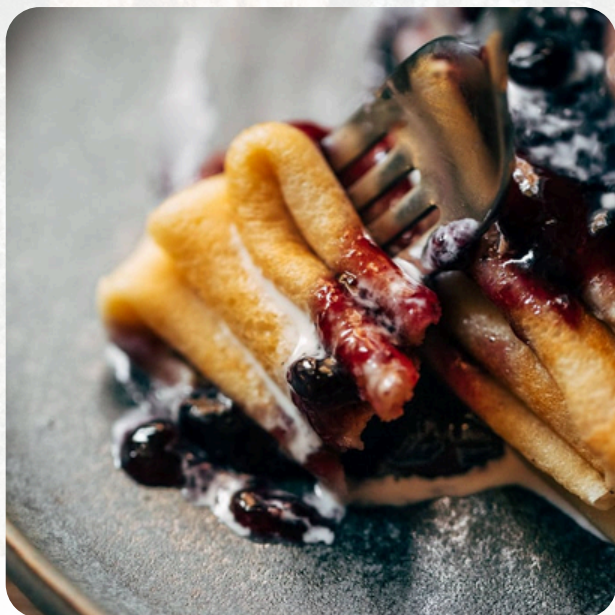
- 3 eggs
- 1 1/2 cups whole milk (+ 1/4 cup – see notes)
- 1 cup flour
- 3 tablespoons melted butter
- 1 tablespoon granulated sugar
- 1/2 teaspoon salt

Topping:

- Lingonberry or blueberry jam
- Plain yogurt
- Whipped cream

Recipe:

1. **Make Pancake Batter:** Blend the eggs and milk until doubled in size, about 30 seconds. Add flour, melted butter, sugar, and salt; blend for another 15-20 seconds until combined.
2. **Pour and Pan Tilt:** Preheat a nonstick or well seasoned cast iron pan over medium heat. Pour about 1/4 cup of pancake batter into the pan with one hand, and immediately tilt the pan with the other hand to spread the batter even wider.
3. **Cook:** Let it sit for about 1 minute or until the pancake is golden brown; use a spatula to pull the edges up and flip the pancake. Cook for another 15-30 seconds on the back side.



See full recipe [here](#)!



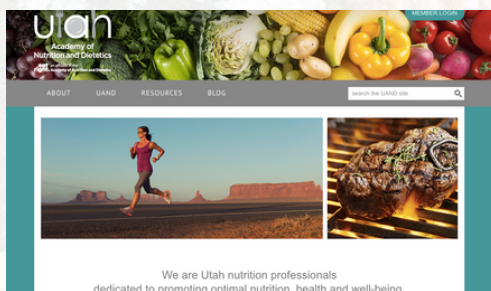
ANNOUNCEMENTS AND MORE

UPCOMING LEARNING OPPORTUNITIES

The New Jersey ASPEN Chapter & Oley Foundation are hosting a free webinar on December 12th at 10AM MT: **Bridging Lived Experience and Clinical Practice: A Collaborative Approach to Nutrition Support Transitions.**

Various DPGs are offering webinars on **remote food service management, pancreatic enzymes in oncology patients, culinary trends, plant-based eating for athletes, and supplementation after bariatric surgery.**

**CHECK OUT
OUR WEBSITE!**
eatrightutah.org



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your UAND
newsletter!**
