

Southwest Virginia ACADEMY OF NUTRITION & DIETETICS

NEWSLETTER – WINTER 2014



Save the Date: SVAND Spring Meeting



March 18, 2014 from 2:15-5 PM
The Village Center at Warm Hearth, Blacksburg, VA

Speaker: Susan Lessar, MS, RD, CNSC

Elevating your RD role as a Clinician; Using the Nutrition-Focused Clinical Assessment

Including: lecture, hands-on practicum and networking.

Presentation Objectives Include:

- A discussion of current trends in healthcare and use of evidenced based recommendations for prevention, identification and treatment of malnutrition.
- Moving beyond the medical record: hands-on skills practice regarding nutrition focused physical exam techniques.

CEU Credits: 2.0

\$20 nonmember \$10 member \$5 student/intern/DTR/retiree

Registration available shortly-save the date!

Board Meeting to Follow 5-6pm (open to all members)

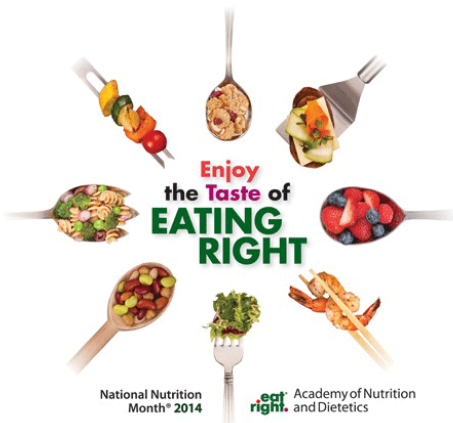
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March is National Nutrition Month !

"Enjoy the Taste of Eating Right" is the theme for National Nutrition Month® 2014. Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. While social, emotional and health factors also play a role, the foods people enjoy are likely the ones they eat most. This year's key messages for NNM will focus on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines recommendations.—Eatright.org.

How will you be promoting or celebrating National Nutrition Month at your place of employment? Be sure to share with us so we can highlight it in our next newsletter in April!

For free promotional resources, visit:
<http://www.eatright.org/nnm/promotionalresources/>



Note From the President



As the current president of our local dietetic association, I expected to “put my time in” and help our organization. I did not expect to gain anything, honestly, other than maybe a mention on my resume. That was shortsighted, and dead wrong.

Being a part of this board, with so much change this year, has been a really big deal! Opportunities for the board, and our members, are available in so many ways. Our Leadership group (led by VAND president Angie Hasemann) will kick off February 3rd. Our website is set to go ‘live’ by the time you read these words. Membership Ambassadors will be brainstorming new ways to reach our out-of-town dietitians.

Keep in mind that all of this is specifically for YOU and BY YOU. No other DPG, association or group is comprised solely of dietetic professionals in southwest Virginia. Are you a stay-at-home mom now? A manager, hiring others? A dietitian in long term care, driving half the day? All of you have a place and a purpose here.

I am continually surprised by the energy and time our current members (and Board!) dedicate to each other and to our profession.

As spring approaches, check out the new website. Review the Board Member page. Elections are in March for the new term, beginning June 1.

I cannot think of a better way to grow as a professional in 2014.

See you on the ballot!

Kimberly Lunsford, RD, CSG

Also don't forget!

March 12, 2014 is
Registered Dietitian
Nutritionist Day!





Virginia Tech Students Reach Out to the Community!



The Virginia Tech Student Dietetic Association reached out to the community last semester. Members participated in Micah's Backpack program, sponsored by St. Michael Lutheran Church, providing food for children in need of food on weekends and when school is not in session. They helped to spread the word of good nutrition on campus, by setting up nutrition booths offering information to students on "Cancer Fighting Foods" & "Healthy Eating for Finals." The club also had monthly themed potlucks for their members and volunteered together at the Hale-Y community Gardens. SNDA also has members that are collaborating with the Family Nutrition Program creating education tools to help promote the farmers markets and reach out to individuals who have not experienced them before. Members also created a club called "Friends of Farmers Market" providing students opportunities to get more connected with the Blacksburg Farmers Market. SNDA is planning another eventful semester of opportunities to their members.

Student Updates

Radford Students Learn & Serve Beyond the Classroom



The Radford University Dietetic Association had many great opportunities for our members last semester. Four dietitians came to speak to us offering volunteer opportunities in the surrounding community. Angie Hasemann, VAND President, came speak to us about finding our dream job within nutrition. She offered us great advice and insights into her journey through dietetics. We provided education on campus about health and nutrition. RUDA spent two days volunteering at Feeding America in Roanoke helping to sort and clean the donated food items. We also held open meetings to educate prospective students who were interested about the dietetics major. RUDA is currently preparing for National Nutrition Month and various volunteer opportunities we can partake in together for the spring semester.



Compiled by Elizabeth Kane, Radford University



February Fun Fact

1 square of dark chocolate (about 1 oz) contains 50-80 mg of heart healthy flavanols. Flavanol content varies based on the processing and % cocoa content, so aim to choose 70% cocoa or higher when your craving hits!





Hokie Highlights: VT Dietetic Interns Making an Impact

The Virginia Tech Dietetic Interns are currently in the community portion of the internship and are gaining experience in program planning. Check out some of the great things the interns are working on in their sites:

- Read Adrienne Clark's blog about completing a SNAP challenge for the Family Nutrition Program at <https://blogs.ext.vt.edu/eatsmart-movemore/>. Adrienne is a VT Intern who worked with VAND member Austin Brooks.
- Encourage your clients and friends to attend the 3rd Annual [Southwest Virginia Gluten Free Expo](#) on Saturday, April 12th from 10am-2pm! interns Brooke Warren and Kristen Pruett-Tatum are working with Carilion Clinic Dietitian, Tina Renick to plan the fair. For more info, visit the [website](#), like them on [Facebook](#) or follow them on [Twitter](#) @GFreeExpoVA.
- Intern Lauren Noel worked with Carilion Clinic dietitian Martha Ross to counsel children and adults with endocrine and GI disorders. Lauren also updated education materials on the FODMAP diet approach for IBS. For more info on the FODMAP diet, check out <http://shepherdworks.com.au/disease-information/low-fodmap-diet>.
- Check out intern Julie Patterson's "Frugal Finds" blog posts for the Martinsville Henry County Coalition on Health and Wellness at <http://www.healthycommunitymhc.org/blog/details/id/158/frugal-finds-1-8-14-and-organic-vs-non-o>. Julie also worked with Bassett Family Practice Federally Qualified Health Clinic to create and implement a hypertension education program.
- Intern Frances Conte worked with Meredith Ledlie Johnson, Project Associate with the Family Nutrition Program, to develop a walking program for Montgomery County adults that are SNAP or WIC eligible.
- Do your heart a favor and visit <http://www.heart.org> to find the latest heart-healthy headlines, educational materials, and information on the ways in which you can "Go Red" in your community! Intern Jessica Lind is working with the American Heart Association during the month of February, "Heart Month", to educate the community on heart-healthy lifestyle choices and raise awareness for heart disease.
- Intern Alex DeBow worked with VCE dietitian Sarah Burkett to teach a children's cooking class. Alex also helped write a grant proposal for a program teaching foster families healthy eating habits.

Thank you to all of our preceptors and host sites in January and February!

Compiled By Lauren Noel, VT Dietetic Intern



Member Updates

2013 brought many new blessings, including our newest addition, Kiera. Looking forward to a great year. Hope to see everyone at the SVAND spring meeting in March!

Tricia Foley, MS, RD

Past President, SVAND '12-'13

Pat Young, MS, RD from the Southwest District has been selected to serve on the Health and Human Resource Work Group for Governor Elect McAuliffe. The work group is drafting their final recommendations in the week prior to his inauguration. Pat is currently employed as Program Manager for a new initiative called [Healthy Roanoke Valley](#) and is the owner of [Community Works](#).



Recipe Feature: Golden Italian Seasoned Roasted Potatoes

By Kailey Proctor

Senior Dietetics Student, Virginia Tech

Ingredients:

- 2 Red Potatoes
- 1 Tbsp Olive Oil
- Garlic Powder, Sea Salt, Pepper, Basil, Oregano

Directions

- Preheat the oven to 375 °
- Dice the potatoes and place into medium sized bowl
- Season the potatoes with pepper, salt, garlic powder, basil and oregano
- Pour the olive oil over seasoned potatoes
- Mix the potatoes with the olive oil and seasoning with your hands until evenly coated
- Place onto nonstick cooking sheet and bake for 40 minutes, flipping the potatoes half way through



VAND Annual Meeting:

*"Moving Mountains,
Creating Change"*

April 6-8, 2014
Charlottesville, VA

VAND Lobby Day

"Speak Up, Nutrition Matters"

February 19, 2014
Richmond, VA

To register and for more information on both events, visit the VAND website at:

<http://www.eatrightvirginia.org/>

Save the Date!

Southwest VA Gluten Free Expo

April 12, 2014 at Tanglewood Mall
Roanoke, VA
10am-2pm

Visit: <http://gfreeexpova.wordpress.com/>
for more information!

AND Public Policy Workshop

April 30-March 1, 2014
Washington D.C.

More information available at:
<http://www.eatright.org/ppw/>

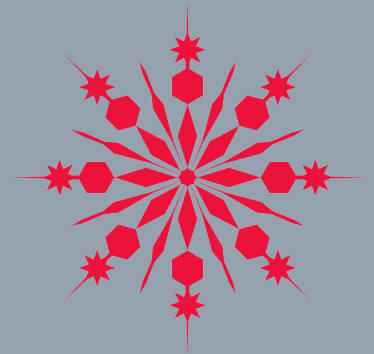


Contribute to our next newsletter!

Have an article, news event or member highlight you would like to share? Consider submitting an article for our next newsletter, due to be published in April.

Submissions can be submitted to:

Kristen Chang, MS, RD
Kchang@warmhearth.org



Don't forget to connect with us online!

Visit our website at www.svda.net

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“South West Virginia Academy of
Nutrition and Dietetics”

<https://www.facebook.com/SVDAFCBK>

“Follow” us on [Linkedin](#) now too

