JUNE 2020 | ISSUE NO. 4

KAND Quarterly Newsletter

Goals for the Upcoming Year

Dear KAND Members,

For many of us the beginning of KAND's 2020 year is not as we expected. As we start our new year it has me reflecting on the last several months and what my goals as incoming president will be. My first goal is to continue working with the Medicaid Commissioner for Registered Dietitians/Nutritionists to ensure reimbursement for MNT in outpatient settings. Secondly, I plan to begin updating of our foundational documents, such as our Bylaws and Policy & Procedures, to reflect changes in technology and current best practices. The third and final goal is to address the lack of diversity in our profession. This process begins with KAND to set an example and promote change throughout the state. We need to hold ourselves accountable and know our profession's own history of racism and exclusion. This also means working within the Academy to become more diverse and inclusive ourselves. We are developing a diversity and inclusion task force to support BIPOC students, interns, and newly credentialed practitioners within Kentucky. Further information about the changes we are making will be communicated throughout the year.

Heather N Shrum RD, CSG, LD, KAND President

New Executive Director

Carrie Kiley, MBA is a full time Academy staff heading up the Affiliate Relations team who will be serving as our Executive Director along with the support of her team. She has been with the Academy for over eight years, and has been working in an operational support capacity for the past six years. She and her team work with 11 other affiliates to provide administrative services, and she will bring this knowledge of other states and the Academy to Kentucky to help our Board of Directors better serve you, our membership.

Carrie lives in Chicago, IL but is originally from Green Bay, WI. She has her undergraduate degree in communications, and earned her MBA in leadership and change management. Her experience ranges from Peace Corps volunteer to recruiter in the financial services industry to student marketing for a test prep company. In the end, she returned to the nonprofit world and has found her niche working with associations to help them run more efficiently and effectively. Welcome Carrie!

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Closing President Statement from Susan Wilson

Our 2019-2020 fiscal year is coming to a close. What a wild ride it's been this year. We have faced many challenges this year; individually, our respective communities, and as a nation. It can become too easy to focus on all the hardships, and there are plenty, but I do feel there have been some positives that have come out of all of this. Homemade cooking and baking became en vogue. What had become a lost art over the past few generations made a big comeback! I've seen many people posting photos on social media of the new recipes they are trying out. Family meals have become a thing again. This forced slowing down of our daily lives has brought families together again. We have learned how to have fun again at home with one another. Vegetable gardens are the thing now as well. And as grocery stores have become scant, more people are turning to their local farmers for products. We have found ways to stay connected through various group chat platforms and I think we have come to value our relationships more than ever.

This year brought many changes. KAND operated for the first time in almost two decades without an Executive Director. While it was a struggle, it brought us together more as a group. At the beginning of the term we had sent a survey to our membership asking how we as a board can better serve our members. We have done our best this year to meet many of those requests, some of which that was mentioned frequently were more communication, more transparency, and more educational opportunities. I want to thank Dr. Liz Combs with the help of Katie Burkich, and Emma Aguayo for relaunching our quarterly newsletter. Emily Dewitt has done fantastic job providing a weekly roundup of information through email and on our social media sites, and Andrea Doughty has revamped our website. These ladies have worked diligently to keep our members informed of various events, continuing education opportunities, and member recognition. We have launched a discussion forum on our website so that members can connect with one another. Another exciting development is that KAND has hired a new executive director, Carrie Kiley with the Academy. She and her team will bring a level of innovation and organization that I am truly excited about. They will help us deliver so many more benefits to our members going forward.

I'd like to say thank you for allowing me to serve as your president this past year. I'm so excited to welcome Heather Shrum as president for the 2020-2021 term. She already has so many wonderful ideas to continue to strengthen and improve our organization. We are heading in such a positive direction. We continue to welcome any and all feedback from our membership on how we can continue to better serve you and our communities.

Sincerely,
Susan Wilson, 2019-2020 Kentucky Academy of Nutrition and Dietetics President

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KAND's Annual Meeting Is Going Virtual!

As many of you are aware, we will not be having our normal ANCE conference for 2020. As associations of all sizes and membership types are struggling to find what their new normal, we hope to offer a 4-hour virtual conference for members in August.

Information will be announced in the near future.

Academy Opportunities

Free Webinars:

On the COVID-19 Front Lines
The Academy's free Front Line webinar series is made possible by support from the Foundation and its donors.

Learn More: Here

New Member Engagement Zone Question: Diversity, Equity, Inclusion

The Academy's Member Engagement Zone gives you the opportunity to provide valuable and qualitative feedback on vital issues facing the Academy and the direction of the Strategic Plan

Tell us your thoughts on what the Academy and the nutrition and dietetics profession need to do to improve diversity, equity and inclusion in the short term and long term. Help us create solutions.

Learn More: Here

Zucchini Rosemary Pizza

4 cups shredded zucchini, (about 4 medium zucchini)
½ cup mozzarella cheese
1 teaspoon oregano
1 egg
½ teaspoon salt
¼ teaspoon pepper
½ small red onion
2 small tomatoes
2 garlic cloves, minced
2 tablespoons olive oil
1 tablespoon fresh rosemary, minced (or 1 teaspoon dried rosemary)
¼ cup grated parmesan cheese

Preheat the oven to 450 degrees F. **Shred** the zucchini with a cheese grater. **Squeeze** out as much water as possible. In a large bowl, **measure** 4 cups of shredded zucchini. **Stir** in mozzarella cheese, oregano, egg, salt and pepper. Lightly **spray** a 12-inch pizza pan with cooking spray. **Spoon** mixture onto pan to form a ½ inch high crust. **Bake** 15 to 20 minutes, until mixture is set and slightly browned, being careful not to burn. **Chop** half of a red onion and the tomatoes into small diced pieces. In a small bowl, **mix** together the olive oil, minced garlic and fresh rosemary. **Spread** the mixed topping evenly over the baked crust. **Spoon** onion and tomatoes over the pizza. **Bake** an additional 10 minutes or until crust is crisp or becomes slightly brown. **Remove** from oven; **sprinkle** parmesan cheese over the top and **serve**.

Yield: 8 slices

Nutritional Analysis: 90 calories, 7 g fat, 2 g saturated fat, 35 mg cholesterol, 300 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 4 g protein.

Plate it up! Kentucky Proud

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Zucchini

SEASON: June through October

NUTRITION FACTS: Squash is low in calories, with the raw vegetable containing only 20 calories per cup. It contains vitamins A and C and is naturally free of fat, cholesterol and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested when 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches or less in diameter.

STORAGE: Harvest and place unwashed in plastic bags. Store squash in the crisper drawer of the refrigerator. Wash the squash just before preparation. The storage life of summer squash is brief; use within two to three days.

PREPARATION: Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

Source: www.fruitsandveggiesmatter.gov

ZUCCHINI
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
June 2015

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE EXTENSION SERVICE
UK UNIVERSITY OF KENTUCKY
College of Agriculture, Food and Environment

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Action Alert

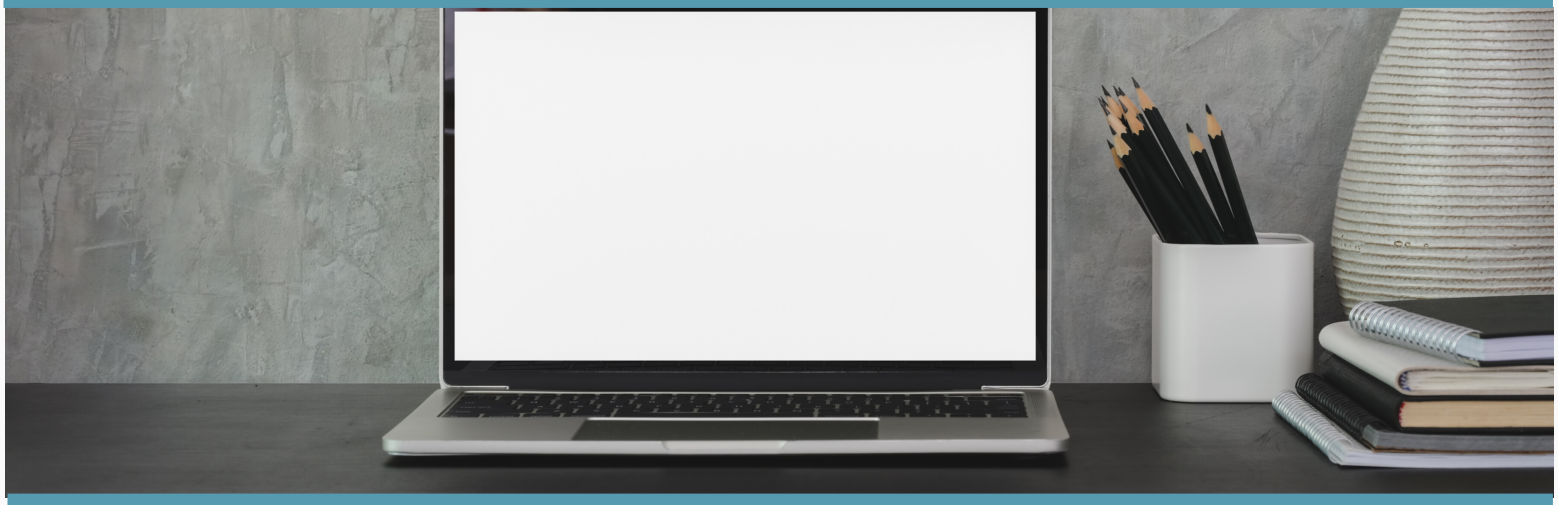
Take Action! Urge Congress to Expand Access to MNT in Medicare

Access to MNT is more important than ever now that evidence indicates many diet-related chronic conditions are leading to poor outcomes for COVID-19 patients. Expanded access to MNT is crucial for minorty populations that have long faced chronic disease health disparities due to socioeconomic inequalities and reduced access to health care, healthful foods and safe places to be active; these communities are being disproportionately impacted by COVID-19 as well.

After many months of work by the Academy of Nutrition and Dietetics, Reps. Engel (N.Y.) and King (N.Y.) have introduced the Medical Nutrition Therapy Act of 2020! Visit https://www.eatrightpro.org/advocacy/take-action/action-center to urge your members of Congress to support this bill!

Take 2 minutes to contact your legislators today!

Wishing you health and safety until we can meet again!



Questions or comments about the newsletter? Please contact the KAND Newsletter Editor, Liz Combs, at elmars2@uky.edu