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KENTUCKY ACADEMY
of Nutrition and Dietetics

Are you interested in boosting your leadership skills while serving KAND members? Apply before **February 25, 2022**, to be considered for one of the open positions below. You can also nominate a colleague!

- President-Elect
- Treasurer
- Delegate
- Membership Chair

Apply Today

Do you know a fantastic dietitian or student/intern? We're sure you do and KAND wants to recognize them! Please consider nominating a colleague or yourself for one of the awards listed below by **February 28, 2022**.

- Emerging Dietetic Leader Award
- Outstanding Dietetic Educator Award
- Outstanding Dietetics Student Award
- Outstanding Dietitian of the Year Award
- Recognized Dietetic Technician of the Year Award
- Recognized Young Dietitian of the Year Award

Learn More

Need money for school? Applications are being accepted until **February 28, 2022**, for the following student/intern scholarships offered by KAND:

- Iva Alexander Scholarship ($500)
- Lyn Fleming Scholarship ($500)

Apply Now

Are you looking to enhance your leadership skills and accelerate your career growth? The Academy's Leadership Institute is your solution!

You are invited to apply to this prestigious program, designed to help current and future leaders in nutrition, health and wellness develop skills vital for success and advancement. This immersive program will walk you through a multi-factorial approach to leadership that fosters and deepens professional relationships while helping advance and elevate the role of the RDN and NDTR. Through a combination of self-directed study, in-person training, networking opportunities, small group projects and virtual learning, you will gain hands-on experience in becoming a more effective leader.

Click here to read more about this exciting program today! Applications now being accepted until **January 28, 2022**.

Project Vote is back for the 2022 Academy Election!

Affiliates have been grouped by membership size into four categories. The affiliate with the highest percentage of voters in that category will receive a free registration to FNCE 2022.

We have three candidates representing the state - check out their bios here:

Mary Curnutte, MS, RD, LD

Amanda Goldman, MS, RD, LD, FAND

Yolanda Jackson, MS, RD, LD

The content below is made possible by the generous support of the Kentucky Beef Council.

KENTUCKY BEEF® COUNCIL

Every Bite Counts – Feeding Beef to Your Baby

Beef is an important complementary food for infants and toddlers during the first few years of life when rapid growth and development occur. Health authorities like the World Health Organization, the American Academy of Pediatrics, and the Dietary Guidelines for Americans recommend animal source foods, like beef, to ensure nutrient needs – such as iron and zinc – are met. Proper nutrition is critical during this time, particularly since by six months of age, iron stores are depleted, and breastmilk alone can no longer meet all the infant's nutrient requirements.

Beef offers new and different flavors and textures which not only supports oral and motor development, but also enhances discovery and learning, helping them to be more accepting of new and healthy foods as they grow and develop

There are many resources available at Beef In the Early Years, including:

- Make Every Bite Count Infographic
- Feeding Tips for Healthy Infant Growth Handout
- The Importance of Food Variety Video
- Eating Tips for Healthy Toddler Growth Handout
- Beef in the Early Years Recipes

Beef Nutrition Education Hub

Be sure to check out the Beef Nutrition Education Hub for complimentary CPEUs and other resources.

Questions?

Please contact Janine Faber, MEd, RDN, LD for further assistance.

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