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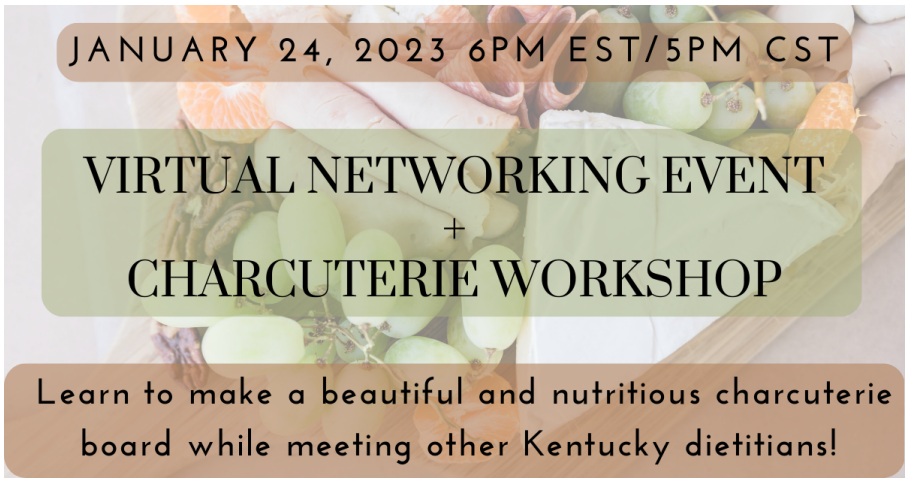
KENTUCKY ACADEMY
of Nutrition and Dietetics

Virtual Networking Event & Charcuterie Workshop



Greetings KAND Members!

It is difficult to believe we are already in the middle of January! If you missed the news about our Virtual Networking Event in the hustle and bustle of the holidays, you are not alone! We are still accepting RSVP sign ups for event on Tuesday night, January 24th at 5pm CST/ 6pm EST! You won't want to miss the chance to learn how to make the very best charcuterie board from University of Kentucky Cooperative Extension Agent and fellow dietitian, Karli Giles, from the comfort of your own home or office. Make plans now to join us on Tuesday for networking, learning, and fun!

Signing up is easy using this link: https://forms.gle/qNE916e6oPTvcXC16

We are so looking forward to "seeing" you on Tuesday!

Best,
Kelly Burgess, RD, LD, MS
KAND Membership Chair

Register

Call for Abstracts for 2023 ANCE

Hello KAND Members,

I am reaching out on behalf of the Annual Conference Planning Committee to inform you that the call for abstracts is now open for our 2023 Annual Nutrition Conference & Expo (ANCE). The one-day event will be held in Lexington, Kentucky, on Thursday, March 23, 2023. We will have a dedicated poster session where practitioners, faculty, and students/interns are encouraged to share their work and network with dietitians from across the state. To further enhance our poster sessions, we have three areas of interest for presentations this year:

- **Original research:** clinical or community-based research, population-based or epidemiological studies, outcomes research
- **Case studies:** in-depth analysis of complex nutrition-related issues, real world guidance for effective evidence-based care
- **Evidence-based projects/program reports:** evidence-based programs or program evaluations, or best practices in dietetics practice settings

Poster abstracts for all three categories can be submitted here for consideration by Friday, February 17, 2023.

Should you have any questions, please contact me directly at emily.dewitt@uky.edu.

Best,

KAND Awards & Scholarships

It's that time of the year! Do you know any fantastic dietitians that should be recognized? We know that you do. Please take a few moments to nominate one or more of your colleagues for an award this year. The following is a list of available awards:

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

Nominations can be submitted via the Kentucky Academy of Nutrition and Dietetics Website at https://kyeatright.org/awards/

Packets for each of these awards need to include the corresponding data sheet and the following supporting documentation:

- Resume or Curriculum Vitae
- Reference Letter (minimum of one; maximum of three letters)
- Identify your participation in the academy at the district, affiliate or national levels.
- Documentation that reflects your concern for the promotion of optimal health and nutritional status of the general population.
- Documentation that reflects your leadership roles in the Dietetics association or employment. Such as involvement with legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc.

Please note that the exception to items listed above is for the Outstanding Dietetic Student Award which has specific required documentation listed on the data sheet.

Scholarship applications are also being accepted at this time. The following is a list of available scholarships:

Applications can be submitted via the Kentucky Academy of Nutrition and Dietetics Website at https://kyeatright.org/scholarships/

It is important to note that all award nominations and scholarship applications are due by February 28th, 2023. Please go to the Kentucky Academy of Nutrition and Dietetics website for further information or contact Amanda Goldman at amanda.goldman@gfs.com or Krystal Dishon at krystal.dishon@gmail.com with questions.

Awards

Scholarships

Save the Date: Legislative Day Event

Save the Date for our annual Legislative Day Event Wednesday February 15, 2023 at the KY State Capitol

(KDN).

KDN will be hosting a virtual Legislative Day prep session for both KAND and KDN members on Tuesday February 3rd from 0800-0930 EST to learn more about productive communication with elected officials.

Registration and more information will be available soon.

**The content below is made possible by the generous support of Kentucky Beef Council. Please note that unsubscribing from this email will unsubscribe you from all KAND email communications.*

KENTUCKY BEEF® COUNCIL

Start Out the New Year Strong with Beef + Prepare for Heart Month

Heart-Health Information + Recipes

The American Heart Association® recommends eating a variety of nutritious foods from all the food groups. When choosing meats, like beef, choose the leanest cuts available (look for the words “loin” and “round”), trim the visible fat, and prepare them in healthy and delicious ways like broiling, roasting, or grilling. And then pair them with fiber-rich vegetables, fruits, and whole grains.

Research published in the American Journal of Clinical Nutrition found that following a Mediterranean-style dietary pattern that incorporates fresh, lean beef can reduce heart disease risk factors, such as total and LDL cholesterol and blood pressure.

- Lean Beef as Part of a Heart-Healthy Lifestyle
- Mediterranean Diet-Inspired Recipes

Free Webinar: Children Aren't Just Smaller Adults: Making Every Bite Count When Nourishing the Younger Generation

Date: Thursday, January 26th at 1pm EST
Presented by: Lauren Manaker, MS, RDN, LD, CLEC
Earn 1 FREE CPEU credit
Register here:
https://us02web.zoom.us/webinar/register/WN_2s10lpUfTTCIJpsJVlhBgg
Key Learning Objectives:

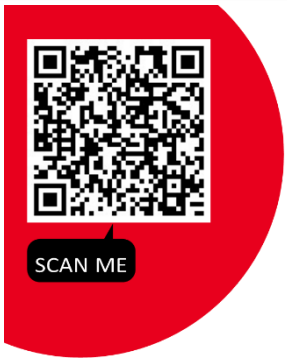
- Explore the 2020 Dietary Guidelines for Americans and learn how they pertain to the younger generation.
- Identify key nutrients needed from infancy through adolescence and how to incorporate food sources of them into a daily eating pattern.
- Gain practical tips and resources to share with parents/caregivers to optimize nutrition intake during these stages of rapid growth and development.

Beef Nutrition Education Hub

Visit the Beef Nutrition Education Hub for complimentary CPEUs and other resources.

More Information & Recipes

If you are looking for a local presenter for your next meeting or need resources for patients, contact registered dietitian, Janine Faber, MEd, RDN, LD with the Kentucky Beef Council at janine@janinefaber.com. For more information, visit The Kentucky Beef Council and Beef It's What's For Dinner. To easily access



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