



December 2023

## President's Message

Hello fellow Kentuckians,

Happy Holidays to each of you! As we wind down this calendar year, I would encourage you to carve out a moment and reflect on all your accomplishments this year – both personally and professionally. These coming weeks are a wonderful time to rest and recharge, spending times with loved ones and focusing on the well-being of ourselves and those around us.

For those of us that make resolutions (mine typically last for 1 day), it's a good time to think about the areas of our lives we want to give energy differently. For KAND, we are focusing on connecting with each other this year. We had our Fall Networking Event in Bowling Green, and we have our upcoming Annual Nutrition Conference and Expo (ANCE) in early March. Be sure to read on to learn more details – you'll want to make this one for sure! Our networking event, the night before the conference, is going to be at Churchill Downs. This May will be the 150<sup>th</sup> running of the Kentucky Derby and the track is finishing up multi-year renovations. It'll be great to have you join us for this fun event.

As you are personally thinking about areas you want to give energy differently, the Academy of Nutrition of Dietetics (AND) offers a variety of Dietary Practice Group (DPGs) to help foster networking and relationships. One DPG that I have been asked to give more energy is 'Dietitians in Business & Communications'. I'll be our Affiliate Representative this coming year. DBC believes in a world where its members have the necessary business skills to guide food and nutrition related decisions in global business and industries. As a group that prides itself on its competencies – Insights into Action, Communications and Transparency, Collaboration and Strategy, and Business Acumen and Leadership – we look forward to supporting your career advancement through education, engagement, and networking! [Here's the link](#) to learn more about them. They have webinars every other month, next one is January. There is also a dedicated student networking event on February 7.

All in all, we have lots to look forward to in 2024. Meanwhile, please take a moment to celebrate you and all the blessings in your life. I'm grateful for each of you.

Happy Holidays to you!

Jenny

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## Annual KAND Awards

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. Self-nominations are also welcome!

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

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

1. Resume or Curriculum Vitae
2. Reference Letter (minimum of one; maximum of three letters)
3. Identify your participation in the academy at the district, affiliate or national levels.
4. A short statement that reflects your vision of the future of dietetics and the influence it has on everyday lives.
5. List 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. It is important to note that all nomination packets are due to us by January 31, 2024. Please [visit our website](#) for further information or [contact Heather Shrum](#).

[Submit Nomination](#)

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With the holiday season just around the corner, take a moment to add March 4-5th, 2024 to your calendar so you don't miss out on ANCE next year.

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## Call for Research Posters!



The ANCE planning committee invites you to present your research poster at 2024 ANCE on March 5, 2024! To apply, please complete the form linked below. The deadline for submission is **Friday, January 26, 2024**. The selection committee will send decision notifications no later than Friday, February 16, 2024.

[Application](#)

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## Scholarship Announcement!

The annual KAND Scholarship applications are now open. Please visit our website to apply for the Iva Alexander and Lyn Fleming scholarships. Applications are due by **January 31, 2024**.

[Learn More](#)



## Nominations Open for KAND Board

Interested in serving on the KAND Board? To view board descriptions and nominate yourself or someone else please complete the nomination form.

[Learn More](#)

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## **KAND Policy Update**

KAND's Public Policy Panel is working to be more efficient with advocacy efforts in 2024. As for now the Licensure Compact is on-hold in Kentucky. With this in mind, in lieu of a traditional Legislative Day, we plan to host a letter writing campaign to connect members with elected officials. Stay tuned for more information in early 2024.

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## **Candidates Selected: Academy's 2024 National Election**

The Academy's and Commission on Dietetic Registration's Nominating Committees are pleased to announce that, from among many excellent nominees, candidates have been selected for the 2024 national election, to be held February 1 to 15.

[Learn More](#)

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## **February 24 Application Deadline: Foundation Awards and Grants**

The Foundation is accepting applications for its annual research grants and recognition, continuing education, program development and international awards. Funding opportunities exist for credentialed practitioners, educators, students and more. The application deadline is February 24, 2024.

[Learn More](#)

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## **Make the Holidays Merrier and Bright with Beef**



### **Holiday Recipes & Guides**

Beef's great versatility means there are plenty of options for every taste and budget, even during the holidays!

#### **Holiday recipe ideas:**

- [Beef Brisket with Savory Carrots and Dried Plums](#) (pictured above) - recipe certified by the American Heart Association
- [Appetizers Worth Sharing](#) perfect for the holidays, New Year's Eve, or a fun evening meal
- [Best Brunch Recipes](#)
- [Classic Holiday Dinners](#)

#### **Preparation Guides:**

- [Cooking Methods](#)

#### **Holiday Gift Ideas:**

- [The Trendiest Gadgets and Cookware Items for 2022 and 2023](#)

#### **Beef on a Budget**

- [Budget Recipes](#)
- [Affordable Beef Cuts for Families](#)

### **Podcast: Preventing Undernutrition & Improving Global Ag**

Protein Quality, Nutrient Bioavailability & A Global Perspective on Animal Agriculture

While plant-source foods provide important nutrients in our diets, animal-source foods contain more bioavailable sources of multiple critically needed macro- and micronutrients that can contribute to proper physical and cognitive growth of children. In rural parts of developing countries, these animal-source foods are vital for preventing undernutrition and allowing proper growth and brain development in children. Join Sound Bites® Podcast Host Melissa Joy Dobbins, MS, RDN, CDES and guest Dr. Adegbola Adesogan as they discuss this topic [here](#).

### **Beef Nutrition Education Hub**

Visit the [Beef Nutrition Education Hub](#) for complimentary CPEUs and other resources.

### **More Information & Recipes**

If you need resources for patients, contact registered dietitian, Janine Faber, MEd, RDN, LD with the Kentucky Beef Council at [janine@janinefaber.com](mailto:janine@janinefaber.com). For more information, visit [The Kentucky Beef Council](#) and [Beef It's What's For Dinner](#). For infographics

and nutrition handouts, visit our website [here](#).

## Kentucky Academy of Nutrition and Dietetics

kentuckyand@gmail.com

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