KENTUCKY ACADEMY
of Nutrition and Dietetics

May 2024

President's Message

Hello fellow Kentuckians,

As I reflect on this past year as President for the Kentucky Academy of Nutrition and Dietetics, my heart is filled with joy. It has been such an honor to be able to represent our state and each of you. I have enjoyed meeting so many incredible people and strengthening relationships. What a wonderful gift!

One of my goals has been to focus on “connecting” while supporting KAND’s mission and vision. After COVID, I think many of us appreciate “connecting” more than we did before. This goal of connecting would not have been possible without all the work from our Board this year and our Executive Director. To each of our Board members, I say a huge THANK YOU!

The Board hosted several state-wide events this year, in addition to the numerous District meetings and Committee meetings. We were able to connect in the Fall at our “Evening at the Farm Under the Mooooon” at Chaney’s Dairy Barn in Bowling Green. We gathered at our FNCE reception in Denver. In the spring, we hosted our Annual Nutrition Conference and Expo in Louisville. The IDEA committee hosted book club events and walking events in Lexington. The Public Policy Committee was very active during Frankfort’s legislative session and will continue to be so as we advocate, specifically for the licensure compact.

All these events support KAND’s mission to empower members to be the food and nutrition leaders. KAND is an advocate of the dietetics profession, serving the public through the promotion of optimal nutrition, health, and well-being. Also, recall, KAND’s vision is to optimize health through food and nutrition. We are making an impact each day!

As I say farewell, I am so excited for each of you to meet Lauren Roberson as she will become KAND's President on June 1. Please be sure to check out her article next month so you can get to know her as she leads our new KAND Board of Directors.

Thank you for all your support and work to make KAND stronger. I hope with the summer season, you carve out some time for yourself to recharge.

Thank you for a great year!!!

Jenny

Thank you to KAND 2023-24 Board Members for your service!

Jenny Nixon	Lauren Roberson	Tracey True
Jaeana Tooson	Kate Perkins	Susan Wilson
Candice Tufano	Mikayla Cupp	Katie Landon
Annie Kron	Liz Choate	Jane Simmons
Nasreen Omran	Tori Zeigler	Brittney Stokley
Anne Crecelius	Whitney Duddey	Erin Casey
Erica Rhorer	Abby Hickey	Karina Christopher
Emily DeWitt	Heather Shrum	Ethan Mattingly
Jordan Ellis	Emily Spindler	Gabby Rodriguez
Emily Smith	Chelsea Collinsworth	Allie Hicks
Kara Zarotny	Delaney Webb	Kinsey Embry

Membership Profile Request

The KAND board and IDEA committee wants to get to know our members better with the help of our favorite topic, FOOD!
If you have any great recipes that are culturally special to you we would love for you to share them with us!

If you are willing to share a favorite recipe please provide the following information and share with Jordan Ellis (IDEA Liaison) at jordanellisky@gmail.com.

- Member Name:
- Where you live:
- What you do:
- Name of recipe:
- Country/region of origin for recipe:
- Recipe (including instructions for preparation and cooking):
- Brief description of why this recipe is special to you (i.e. family recipe, part of a special tradition, traditional food to were you grew up, etc).
- Photo of recipe (optional):

These recipes will be featured in our monthly updates when we receive them.

CEU Opportunity - Barnstable Brown Diabetes Center Diabetes Day

Wednesday, May 22, 2024
Central Bank Center, Lexington, KY

View more and register here: https://www.cecentral.com/live/24542

Kentucky Academy of Nutrition and Dietetics
kentuckyand@gmail.com

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