

## Message from the President



Dear Members,

Happy February! As we celebrate Black History Month and American Heart Month, love and gratitude are on my mind. I feel so grateful towards our Black members and your incredible contributions to our profession. My heartfelt thank you for all you do!

I'm very excited to inform you that CT Academy has proudly signed on in strong support of two bills - SB-929: An Act Expanding School Meal Programs to Provide Free School Meals to All Students and HB 6492: Reducing Connecticut GHG emissions from food purchases.

A few internal notes -

First, a gentle reminder that membership renewal has started, so don't forget to renew your membership to continue your Academy and CT- AND membership benefits. CT Academy continues to work hard to give you the best value for your membership dollars and help the community stay healthy with your food, nutrition, and health knowledge and expertise.

Second, we are planning on a private members-only Facebook community soon, so stay tuned! We will be inviting you soon to the group.

Finally, some of you may have seen an article in the Washington Post about donation sources to the Academy of Nutrition and Dietetics. We are privileged and lucky to have our President Ellen Shanley, MBA, RD, CD-N, FAND, among us. We reached out to her to get her insights on the matter, and Ellen graciously responded to our request. Please read her response below –

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*I would like to remind our members that both the articles in Public Health Nutrition and the Washington Post were deeply flawed. The articles infer that the Academy receives a great deal of funding from industry. 95% of the Academy budget is supported by members' dues; credentialing fees; participation in educational events; purchase of publications and subscriptions; and our accreditation program. Just over 10% of the Foundation 2022 revenue came from outside corporate support. It should also be noted that the articles did not disclose that Gary Ruskin receives funding from CrossFit. CrossFit has been trying to undermine the Academy's efforts at licensure. Our goal is to ensure that registered dietitians dispense medical nutrition therapy for the safety of the consumer. The Academy has guidelines for corporate sponsors, which can be found at <https://www.eatrightpro.org/about-us/who-we-are/advertising-and-sponsorship/guidelines-for-corporate-sponsors>. We have many members who work for the industry. Unfortunately, some people may not approve of this, but I believe we are well-educated and trained in evidence-based practice. Who better can tell the truth and make healthy changes.*



## Upcoming Member Events

**Registration for the CT Academy of Nutrition Spring Meeting on Monday, April 3, 2023 is now open**

We are pleased to announce that we are having an in-person meeting this year for Nutrition Professionals on Monday, April 3rd at the beautiful Aria Wedding and Banquet Facility in Prospect, CT.

**To Registered for this meeting go to <https://www.eventbrite.com/e/the-ct-academy-of-nutrition-and-dietetics-spring-meeting-2023-tickets-525708156247>**

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Come see the exciting and timely topics and speakers that are scheduled for the all day conference which includes a delicious breakfast and lunch.

Speakers include:

**Ellen Shanley, MBA, RD, CDN, FAND, President of the Academy** : *What's New and Exciting that is Happening at the Academy*

**Dr. Almed El-Schemy, PhD, RD, Associate Professor at he University of Toronto, author, international presenter and founder of Nutrigenomix, Inc.** : *Precision Nutrition: Recent Advances and Controversies in Genetic Testing*

**Nancy Clark, MS, RD, CSSD, trusted food coach, nutrition educator, mentor, national and international speaker on sports nutrition and prior nutritionist for Boston sports teams including the Red Sox, Boston Bruins and Celtics.** : *Changing the Sports Nutrition Conversation: Does Weight Help or Hurt Athletic Performance?*

**Dr. Melissa L. Brown, RD, CSSD, LD, Associate Professor and current chair of the Department of Nutrition and Public Health at the University of St. Joseph and special advisor and member of the Health Advocacy Council with Special Olympics CT:** *Inclusive Health for Persons with Intellectual and Developmental Disabilities*

**Lorraine Mongiello, Dr.PH, RDN, CDN, Tenured Professor of Interdisciplinary Health Science and Nutrition, Academic Coordinator of the Masters Program in Clinical Nutrition at New York Institute of Technology and 35 years as Board Certified Diabetes Care and Education Specialist.** : *Medical Nutrition Therapy for Glycemic Control*

And also the **Food is Medicine: What's Happening Here in Connecticut and Beyond?** Panel

**Charlotte Meucci, RD, CDN-** Hartford Hospitals Food 4 Health Clinic

**Jennifer Bove, MS, RD,** East Hampton Public Schools, School Garden and Food to garden program

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**Sandra Kops, PhD, RDN, CDN**, founding director of Nutrition Security Solutions (NSS Inc) in North Haven.

And moderated by **Heather Peracchio, MS, RDN, CDN**, CT Academy of Nutrition Food Security and Sustainability Chair, and Assistant Extension Educator at the UCONN Extension

## Career Opportunities



**Check out the new job postings for a position at Plus One, An Optum Company and at the University of CT**

at <https://www.eatrightct.org/>

Remember you must be logged into our website to view the job posting.

## Leadership Opportunities

**Want to be more involved in supporting nutrition professionals in your state?**

*Join us for our virtual meeting Wednesday, February 21st at 12pm! This is a low commitment opportunity to make a big difference, network, and gain valuable field-related experience!*

**Join Zoom Meeting**

<https://us05web.zoom.us/j/85162886029?pwd=bjZzOUVVVeTdkMzEwVHVHT3UxT0NUQT09>

Meeting ID: 851 6288 6029

Passcode: membership

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## **Are you interested in helping with Diversity in our Field?**

If so, we are looking for a Co-Chair for the IDEA (Diversity, Equity and Access) Committee. This committee focuses on diversity, equity, inclusion, unconscious bias and the differences between cultural competency and cultural humility.

If you are interested contact [info@eatrightct.org](mailto:info@eatrightct.org)

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## **WE WANT YOU for CT AND in Spring 2023!**

Join Our Terrific Team. Our board both elected and appointed opportunities offers a wide variety of ways to share your talents to help us expand our presence and support our members! And, our organization has some exceptional opportunities available for members who want their voice to be heard and who like to get things done.

Consider some of the following board positions that will be available to step in to (and fully supported by the current board):

**President-Elect (3 year term):**

**Council on Professional Issues Chair-elect (2 year term):**

**Nominating Committee Chair-elect (2 year term):**

**Member-At-Large (2 year term):**

**Secretary (2 year term):**

**Becoming part of the CT AND board not only gives you bragging rights, but is also an exceptional resume builder for those "fresh" professionals. Trust us, this DOES get noticed!**

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As an RD with a busy work life and family, I can say that my post as Nominating Chair thus far has been incredibly fulfilling and I have gained a fantastic network across the state of CT.

Feel free to reach out to me for more details or just to "chat" @

[bridget.bennett1@gmail.com](mailto:bridget.bennett1@gmail.com)

We are so proud of our members and our accomplishments!

## Public Policy Updates



The Public Policy team continues to focus on education and advocacy at the federal and state level. The ***Nutrition and Dietetics Advocacy Summit*** will be held virtually March 28-30. For more information and to register for the event, go to [https://web.cvent.com/event/538b27fe-174b-](https://web.cvent.com/event/538b27fe-174b-48d7-bb60-500be007d495/summary)

[48d7-bb60-500be007d495/summary](https://web.cvent.com/event/538b27fe-174b-48d7-bb60-500be007d495/summary) In conjunction with the Advocacy Summit, we will be connecting with the offices of Senator Chris Murphy and Senator Richard Blumenthal to discuss Child Nutrition programs and Medical Nutrition Therapy coverage for Medicare beneficiaries. As the relevant bills are formally introduced in the new Congress, the Academy will set up Action Alerts.

As part of the coalition for ***School Meals for All in CT***, CAND submitted testimony on behalf of the organization to advocate for SB929. This bill would provide no-cost nutritious meals for Connecticut children. Several CAND members also submitted written testimony for the Public Hearing held by the Children's Committee on February 7. Thank you to the members who have actively supported this initiative, and stay tuned for more advocacy opportunities as this bill hopefully advances and will eventually be brought to the floor for a vote.

The team is also working to advocate for HB6517, which would provide access to

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**Medical Nutrition Therapy for Medicaid (HUSKY) beneficiaries.** The Human Services Committee has voted to advance this bill to a Public Hearing, but the date has not been announced. Please watch your email for details on how to provide testimony for this bill. It is essential that your voice is heard to increase access to the services of Registered Dietitian Nutritionists.

An educational session **Advocacy 101** was presented to nutrition students and Dietetic Interns across the state. A copy of the presentation is available here.

[https://mcusercontent.com/80f15a4bb43672ee911456a30/files/6196141c-0cc0-db89-9290-fa1c3495a1dc/CT\\_AND\\_2023\\_Advocacy\\_101.pdf](https://mcusercontent.com/80f15a4bb43672ee911456a30/files/6196141c-0cc0-db89-9290-fa1c3495a1dc/CT_AND_2023_Advocacy_101.pdf)

## Nutrition News



### **Genes responsible for coronary artery disease, world's No. 1 killer, identified**

Coronary artery disease is the most common form of heart disease, affecting more than 20 million Americans. It's estimated to be responsible for 1 in 4 deaths in the United States each year. The new gene discovery opens the door to better treatments.

<https://newsroom.uvahealth.com/2023/02/01/uva-ids-genes-responsible-for-coronary-artery-disease/>



### **Improving heart health at midlife and beyond could lower future risk of stroke, dementia**

Good heart health promotes better brain health and can help reduce the risk for stroke and dementia. But is it ever too late to make a difference? New research suggests the answer is "no."

<https://www.heart.org/en/news/2023/02/07/improving-heart-health-at-midlife-and-beyond-could-lower-future-risk-of-stroke-dementia>



## How Worried Should You Be About Mercury in Your Tuna?

CR tested canned tuna from BumbleBee, Chicken of the Sea, Starkist, and other popular brands. Here's our advice for pregnant people, and everyone else.

<https://www.consumerreports.org/health/food-safety/how-worried-should-you-be-about-mercury-in-your-tuna-a5041903086/>

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## Be In the Know

### 6 Ways to Celebrate Black History Month

February is Black History Month, established in 1926 by Black historian Carter G. Woodson to celebrate the achievements of African Americans and recognize their central role in U.S. history. In addition to learning about Black registered dietitian nutritionists' contributions to the nutrition and dietetics profession — such as [Joncier Greene, MS, RD](#); [Solona C. McDonald, RD](#); [Lenora Moragne, PhD, MS, RD](#); and [Sarah Wilder, PhD, RD](#) — here are six ways we all can celebrate Black History Month.

<https://www.eatright.org/food/cultural-cuisines-and-traditions/celebratory-dates/celebrate-black-history-month>

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### What is the African Heritage Diet?

The African Heritage Diet is a way of eating based on the healthy food traditions of people with African roots. This healthy way of eating is powerfully nutritious and delicious, and naturally meets the guidelines experts recommend for supporting good health.

<https://oldwayspt.org/traditional-diets/african-heritage-diet>

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## Check out the recipe for African Heritage Spicy Chickpeas



<https://oldwayspt.org/recipes/african-heritage-spicy-chickpeas>

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## EatRightCT News

**Are you interested in being an Exhibitor/ Sponsor at our Spring Meeting. If so click below for the Application**

[Exhibitor Sponsor Invite Spring 2023](#)

If you have any questions then contact [info@eatrightct.org](mailto:info@eatrightct.org)

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## Infant Formula Task Force

If any Pediatric RD Academy Members are interested in joining the Infant Formula Task Force we are a small group of Dietitians that meet bimonthly via Zoom to discuss the ongoing infant formula shortages across the state, barriers to obtaining formula, as well as new policies and regulations.

If anyone is interested they can contact me at [casconealexis@gmail.com](mailto:casconealexis@gmail.com) and happy to forward them the invite.

## Member Spotlight

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## **Carley Bedell, MS, RDN is our Spotlight Member for the month of February**

Carley is a board member for the CT Academy of Nutrition and Dietetics. She currently is the CPI Committee Chair and is busy planning the Spring Meeting on April 3, 2023 at the Aria Weddings and Banquet facility in Prospect. She also works as a WIC Program Nutritionist in East Hartford. To learn more about Carley go to <https://www.eatrightct.org/member-spotlight-carley-bedell/>

## **EatRight News**



### **Vote! Academy's 2023 National Election**

The polls are open: Help shape the future of the Academy by exercising your member privilege to vote in the 2023 national election. [View candidates' biographical information](#) and vote through February 15. After you cast your ballot, download the "I Voted" graphic and proudly display it on your communications channels.

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### **Academy Supports Proposed USDA School Meal Standards**

The Academy supports proposed revised standards, [announced February 3](#) by the U.S. Department of Agriculture, for foods and ingredients that are provided to children through the National School Lunch Program. The proposed standards, including less salt and sugar and an emphasis on whole grains, are slated to begin with the 2024-2025 school year and will be phased in, allowing school nutrition professionals, food companies and children time to adjust.

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## **March 7 Deadline: Feedback on Proposed Bylaws Revisions**

Members are invited to review proposed changes to the Academy's bylaws related to the Accreditation Council for Education in Nutrition and Dietetics and the Commission on Dietetic Registration. Please submit your feedback or comments by March 7.

<https://dne2cw47.paperform.co/>

## **CEU Opportunities**

**Live February 22 Webinar: Quarterly Spotlight on Malnutrition:  
Gaining Stakeholder Buy-In for the Global Malnutrition  
Composite Score**

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A live webinar on February 22 will take RDNs on a journey on how to implement the Global Malnutrition Composite Score (GMCS) measure in their hospital facility. Listeners will gain insight on how to gain key stakeholder buy-in and will hear case examples from the speakers with their facilities' next steps. [Register here](#).



**Chocolate Peanut Butter Torte-** *created by Barbara Bush, EOM for her daughter who loves chocolate on Valentine's Day.*

**Ingredients**

- 1/2 cup butter, melted
- 1/2 cup unsweetened Cocoa Powder
- 1 cup Sugar
- 2 Eggs

1/2 tablespoon Vanilla

1/2 cup All purpose flour (can substitute gluten free all purpose flour)

1/4 teaspoon Salt

1/4- 1/2 cup melted Peanut Butter

1. Preheat oven to 350 F. Spray 9 inch pie plate with cooking spray
2. In a medium bowl combine the melted butter, cocoa and stir until cocoa is dissolved
3. Add the sugar and mix well. Add the eggs one at a time and mix until incorporated. Stir in the vanilla, flour and salt and combine until the flour is no longer visible.



4. Pour into the prepared pie plate and spread evenly.
5. Melt peanut butter in the microwave or on the stove top and pour in swirls on top of batter.
6. Take a knife and swirl peanut butter through the batter.
7. Bake for 25 minutes.

## Stay Connected



Stay Tuned for our plans for **National Nutrition Month**. **The Theme for this year is *Fuel for the Future*** . We will be collecting recipes for low cost family meals. Please feel free to share your recipes with Barbara Bush at [info@eatrightct.org](mailto:info@eatrightct.org) . In addition, also let us know if you would like to share any other newsworthy information about yourself, comments, suggestions, or ask any questions.

**Also please like us and follow us on the social media**



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