

## Message from the President



Dear Members,

Happy April and Happy Spring! It is a busy time for us to recruit new board members and the team for the next year.

Please let us know if you are interested in being involved with any of the board positions or committees of your interest and getting some great leadership experience. It was great to see some of you during our Annual Spring meeting

earlier this month. We had a great Spring meeting. Thanks to the CPI chair Carley Bedell, Barbara Bush, and all the committee members for their time and hard work put into it.

**Congratulations to the Winners of the CT Academy Awards that were presented at the 2023 Spring Meeting**

**Registered Young Dietitian of the Year-** [Samantha Zajac](#)

**Emerging Dietetic Leader-** [Rachel Driscoll](#)

**Outstanding Dietitian of the Year-** [Jillian Wanik](#)

**Didactic Program in Dietetics Outstanding Student-** [Katherine O'Brien](#)

**Coordinated Program Outstanding Student-** [Joseph Oliva](#)

**Dietetic Internship Outstanding Student-** [Katrina Pruitt](#)

**Dietetic Technician Student Outstanding Student-** [Stephanie Pesapane](#)

**President Awards -** [Judy Prager](#) and [Heather Peracchio](#)

**50 Year Members-** [Carol Crain](#), [Linda Germaine-Miller](#), [Ann Rein](#)

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Student Award Winners- ***Katrina Pruitt, Katherine O'Brien, Joseph Oliva, Stephanie Pesapane***



50 year Members, ***Linda Germaine-Miller, Carol Crain***

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**Professional Member Awards: Jillian Wanik, Rachel Driscoll, Samantha Zajac**



**Heather Peracchio** receiving the President's Award

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**Judy Prager** also receiving the President's Award

It was so nice that Academy President **Ellen Shanley** could spend a full day with us. Many of our members had a chance to interact with President Ellen. Sharing some of my favorite snapshots of the Event. Enjoy!



President **Ellen Shanley** interacting with the members.

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From Left **Melissa Mitri**, Past President of the CT Academy; **Ellen Shanley**, Academy President; **Linda Arpino**, President-Elect of the CT Academy; **Shraddha Chaubey**, Current President of the CT Academy.



CT Academy board members with the Academy President **Ellen Shanley**

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**Shraddha Chaubey**, current President and **Barbara Bush**, Executive Office Manager

**Shraddha Chaubey, MS RDN LDN CDN  
President**

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## Upcoming Member Events



### Join us at a Yard Goats Game

Join the Connecticut Academy of Nutrition and Dietetics for a fun day out at the Yard Goats game June 25th at 1 pm.

Friends and Family encouraged to join! If interested please

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complete the below form and email to [Jennifer.zarrilli81@gmail.com](mailto:Jennifer.zarrilli81@gmail.com). CT AND will send you and invoice for payment and you will be emailed your tickets. Thank you for support of this fundraising event!

[49e66712d421/Yard Goats Connecticut Academy of Nutrition and Dietetics Flyer.pdf](#)



## Help us raise funds through our ink cartridges recycling fundraiser

Every day over a million used printer cartridges are thrown away. This is a great and easy way for us to generate much-needed funds while making it easy for you to recycle your used ink cartridges.

<https://www.planetgreenrecycle.com/pages/pgr-free-shipping-label-form> to request your FREE USPS shipping label to recycle your inks (send in 4 or more ink cartridges)

**Be sure to type in our Program ID Code: 32134** when completing the shipping form.

The more people who recycle their used ink cartridges with our Program ID Code: **32134** the more money we raise!

**When you have used inks remember to always recycle at [planetgreenrecycle.com](https://www.planetgreenrecycle.com), and forward this email to as many people as possible.**

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## Spring Meeting 2024

Now that the 2023 Spring meeting is over we are already planning for the next meeting in 2024. If you have a suggestion for a meeting place that can hold 200 and have an extra room for exhibitors and posters then please send your

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suggestion to Michelle Sangristano [msagristano@gmail.com](mailto:msagristano@gmail.com)

Please send suggestions by Friday, April 28th. Thank you.

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## Leadership Opportunities



### **Last Chance to be on the Ballot for 2023-2024 since the Ballot will be live on May 1**

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-** 1 year President Elect, 1 Year President , 1 Year past President):

**Council on Professional Issues Chair-elect (2 year term-** 1 year CPI Elect, 1 year CPI Chair):

**Nominating Committee Chair-elect (2 year term-** 1 year Nominating Chair Elect, 1 year Nominating Chair):

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

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**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!**

As an RD with a busy work life and family, I can say that my post as Nominating Chair thus far 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) or [info@eatrightct.org](mailto:info@eatrightct.org)

We are so proud of our members and our accomplishments!

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## Membership Committee

Please take a couple minutes to complete our short membership survey so that we can begin planning for events for next year!

Please complete our survey [here](#).

**Lauren Karamavros and Hannah Goodman, Co-Chairs**

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## Dietetic Educators Committee

The Dietetic Educators committee will be holding a spring meeting via Zoom on **5/4 at 1-2 pm**. Here is the link – anyone is welcome to join.

<https://ynhh.zoom.us/j/92021407983?pwd=L0IxYmNzYnk5V0k1WnNtaDAvcG40dz09>

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**Lisa Mastroianni, Chair**

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## Public Policy Updates



### **Recap: Stretch and Advocate**

Thank you to Amy Keating for presenting at the recent CT Academy of Nutrition and Dietetics Spring Meeting. In case you missed it, check out her slides and learn how easy it is to advocate for food and nutrition

policy. [https://mcusercontent.com/80f15a4bb43672ee911456a30/files/b988f629-3cf1-99aa-bb88-9a76aab7e18c/Amy\\_Keating\\_Stretch\\_and\\_Advocate.pptx](https://mcusercontent.com/80f15a4bb43672ee911456a30/files/b988f629-3cf1-99aa-bb88-9a76aab7e18c/Amy_Keating_Stretch_and_Advocate.pptx)

### **School Meals for All CT**

CT AND continues to be an active member of the coalition School Meals for All CT.

Thank you to all the CT AND members who submitted testimony to the Appropriations Committee supporting full funding for no-cost nutritious meals. CT AND member Teresa Dotson spoke at the Appropriations Committee Public Hearing and beautifully articulated the benefits of school meals as an expert in food and nutrition.

**This is a critically important time** – the Appropriations Committee’s deadline to vote on the budget is April 21! We need to contact those members before then. Go to: [\*\*My letter to legislators to support School Meals for All CT\*\*](#)

Your legislator needs to hear from you right now. Thank you!

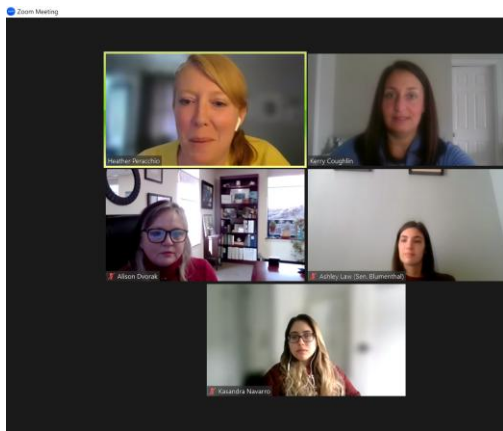
### **State Legislation: Food is Medicine**

CT AND submitted written testimony for several bills introduced in the Connecticut

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General Assembly. We have been actively advocating for no-cost school meals, coverage for Medical Nutrition Therapy for Medicaid beneficiaries, centralized coordination of food access, produce prescriptions, and grant programs such as CT Grown for CT Kids. While not every bill will be passed into law this session, we continue to promote legislation to improve the health of Connecticut residents.

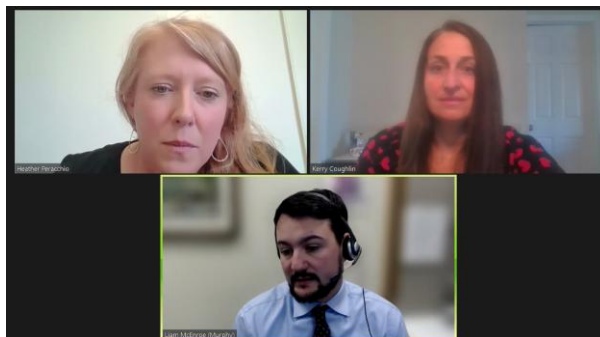
We are closely monitoring the 'Food is Medicine' bill which includes produce prescriptions and the establishment of a working group to evaluate programs for Medicaid beneficiaries, including medically tailored meals. This bill is currently being considered by the Appropriations Committee but has not yet been scheduled for a Public Hearing. Stay tuned for your chance to help support this bill!



### **Advocacy Summit**

The Academy of Nutrition and Dietetics held the 2023 Advocacy Summit March 28-30. It was a wonderful opportunity to learn about policy and advocacy and put these skills into practice by meeting with legislators. The focus of this year's Summit was the Medical Nutrition Therapy Act and the Farm Bill. The

Academy prepared Leave Behind materials on each of these issues, and all members are encouraged to read them to increase their knowledge of these policy



priorities.

[https://mcusercontent.com/80f15a4bb43672ee911456a30/files/0e42357d-7d94-1b83-d7b4-d5fc02069799/MNTActLeaveBehind\\_Jan2023\\_final.pdf](https://mcusercontent.com/80f15a4bb43672ee911456a30/files/0e42357d-7d94-1b83-d7b4-d5fc02069799/MNTActLeaveBehind_Jan2023_final.pdf)

<https://www.eatrightpro.org/advocacy/public-policy-priorities/all-legislation/farm-bill>

CT AND Members Kerry Coughlin, Heather Peracchio, Alison Dvorak, and Susan Olson attended the Summit to represent our state. They met with staff from both Senator Murphy and Senator Blumenthal's office, and wrote letters to each office. CT AND started by thanking each Senator for past support of nutrition policies, and then discussed both the MNT Act and Farm Bill.

### **MNTWorks Toolkit**

The Academy has released the MNTWorks Toolkit, available free of charge to all members. The Toolkit positions Medical Nutrition Therapy as a product so that it can be leveraged as effectively as possible when meeting with stakeholders. You can access the Toolkit here:

<https://www.eatrightpro.org/career/payment/medical-nutrition-therapy/mntworks-toolkit>

### **NEW: Take Action for Senior Hunger Prevention**

The Senior Hunger Prevention Act (S. 1036) would ensure older adults, grandparents, kinship caregivers, and adults with disabilities are able to access the food they need. Portions of this bill would streamline paperwork, help get food to people, and increase resources. We thank Senator Richard Blumenthal for co-sponsoring this bill. [Academy Members: use this link](#) to take action today!

### **Kerry Coughlin, Public Policy Panel Chair**



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## **HOD Updates**

The House of Delegates (HOD) discusses Critical Issues, which:

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- have strategic importance to the Academy and dietetics practice
- can cut across multiple discipline areas or relate to a specialized practice area
- have an immediate or intermediate impact on the profession (3 or more years)
- reveal novel threats and opportunities in a VUCA (volatility, uncertainty, complexity, and ambiguity) environment, often requiring a systems approach or solution.

Submissions from members for Critical Issues will be triaged to the HOD or other Academy Organizational Units, depending on the scope of the issue and/or if the issue is already or has already been addressed by specific groups. Time to submit Critical Issues of the profession

The Council on Future Practice works on identifying change drivers and trends as a part of their visioning work to help define a preferred future for the profession of nutrition and dietetics. Change drivers are much broader than critical issues; they are major changes/shifts in the world that are expected to have an impact on the profession (positive or negative) in the next 10-15 years. Drivers of change can, most of the time, fall under the following categories:

- Sociological
- Economic
- Technology
- Environmental
- Political (Policy and Advocacy)

There is often an overlap between the work of the House of Delegates and the Council on Future Practice, so we have combined efforts to collect ideas for both Critical Issues and Change Drivers with this form. We appreciate your participation in this environmental scanning process to support the profession, now and in the future.

**Suvosree Chatterjee**  
**Delegate**

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## Nutrition News



### **Exposure therapy to feared foods may help kids with eating disorders**

Whether you're afraid of dogs, needles or enclosed spaces, one of the most effective interventions for this type of anxiety disorder is exposure therapy in which you confront your fear in a safe environment. A new study finds that

exposure therapy is also a promising treatment for adolescents with eating disorders. They found that exposure to feared foods -- such as candy bars and pizza -- helped kids who were in a partial hospitalization program for eating disorders experience decreased anxiety toward food.

<https://www.psu.edu/news/research/story/exposure-therapy-feared-foods-may-help-kids-eating-disorders/>



### **Study shows how to prevent a high-fat diet from throwing metabolism out of whack**

Eating lots of fats increases the risk of metabolic disorders, but the mechanisms behind the problem have not been well understood. Now, University of California, Irvine biologists have made a key finding about how to ward off harmful effects caused by a high-fat diet. Their study appears in *Nature Communications*.

<https://news.uci.edu/2023/04/05/study-shows-how-to-prevent-a-high-fat-diet-from-throwing-metabolism-out-of-whack/>



### **Men and women have different obesity drivers, pointing to the need for tailored interventions**

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A new study finds sex-specific brain signals that appear to confirm that different drivers lead men and women to develop obesity. The study combined data from several modes of MRI with patients' clinical features and personal histories to identify sex-specific mechanisms in the brain underlying obesity.

<https://www.uclahealth.org/news/men-and-women-have-different-obesity-drivers-pointing-need>

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## Be In the Know



**Tomorrow is National Earth Day. Find out more at:**

<https://www.earthday.org/earth-day-2023/>

**Do Your Part for the Planet — Simple Earth Day Action Steps**

<https://www.todaysdietitian.com/newarchives/030811p12.shtml>

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**Connecticut Information on Eating for Health  
and the Environment**

Many resources available at:

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<https://portal.ct.gov/DEEP/P2/Individual/Eating-For-Health-and-the-Environment>

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## **Sustainable Food Security Systems works to address this.**

<https://www.wri.org/insights/2023-ipcc-ar6-synthesis-report-climate-change-findings>



## **FDA Outlines Immediate National Strategy to Further Increase the Resiliency of the U.S. Infant Formula Market**

The U.S. Food and Drug Administration released a national strategy outlining actions the agency will take immediately to help ensure one of the nation's most vulnerable populations continue to have access to safe, nutritious infant formula and to increase resiliency of the U.S. infant formula market and supply.

<https://www.fda.gov/news-events/press-announcements/fda-outlines-immediate-national-strategy-further-increase-resiliency-us-infant-formula-market>

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## **National Nutrition Month: What were**

### **Members Doing?**



NDTR chair and Nuvance dietetic intern, Becca Cretella, and Heather Peracchio, Food Security and Sustainability chair provided a National Nutrition month seminar with veterans at Bridgeport Veteran Affairs food pantry on March 23. With a generous

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donation of fresh produce from Walnut Hill Community Food Pantry in Bethel, they were able to offer fresh produce to veterans to compliment the Eat Smart Live Strong workshop and Super Stir-Fry cooking demonstration.



See the Stir Fry Recipe Below

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## EatRightCT News



### Paint Night Event

The paint night event on March 23rd at the Catalyst studio in Wallingford, CT was enjoyed by attendees. Here are a few pictures of the event.



## CT Academy Member Spotlight

**Congratulations to Jillian Wanik who is our CT Academy Spotlight Member for the month of April.**

Jillian recently won the award for **Outstanding Dietitian of the Year** at the 2023 Spring Meeting. Jillian is also an Executive Board member for the CT Academy of Nutrition and

Dietetics in the position of Member-at-Large. Also, she works at UConn in the Dietetics Program as an assistant professor in residence. To learn more about Jillian go to <https://www.eatrightct.org/member-spotlight-jillian-wanik/>

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## EatRight News



### **Visionary Leader for Organizational and Cultural Change: Academy Names New Chief Executive Officer**

Wylecia Wiggs Harris, PhD, CAE, who has led membership, charitable and social impact organizations for more than 30 years, has been named the incoming Chief Executive Officer of the Academy of Nutrition and Dietetics, starting July 1. She will have oversight of all entities under the Academy's umbrella, including management of approximately 170 employees. Since 2018, Harris has been the CEO of the American Health Information Management Association. Learn More: <https://www.eatrightpro.org/about-us/for-media/press-releases/academy-names-new-ceo-wylecia-wiggs-harris>



### **CT Member and CT Academy Past President Reappointed as Connecticut Education Commissioner**

Academy member Charlene Russell-Tucker, MSM, RDN, has been reappointed by Connecticut's governor and confirmed by the state senate to continue serving as the commissioner of the Connecticut Department of Education.

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[Learn More](#)

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## **Continue Your Academy Benefits into 2023-2024: Renew Your Membership Now**

You can renew for the June 1, 2023, to May 31, 2024, membership year and renew or add dietetic practice groups, member interest groups and other Academy groups. Sign in to your account on the Academy's website or call 800/877-1600, ext. 5000 (weekdays from 8 a.m. to 5 p.m. Central time). International callers can call +1-312/899-0040, ext. 5000. Take advantage of the installment payment option to spread your payments into smaller amounts by making your first payment now. If you prefer to submit your dues by check, watch your mail for printed renewal materials in mid-April, or print an invoice after signing in to your account.

**Renew your Academy membership by April 15 for a chance to be randomly selected to receive one of 10 free dietetic practice group or member interest group memberships.**

[Learn More](#)

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## **New Kids Eat Right Toolkit: "Healthy Drinks, Healthy Kids"**

A new Kids Eat Right toolkit, "Healthy Drinks, Healthy Kids," contains free CPEU webinars and educational resources on what young children 5 and under years old should be drinking as part of a healthful diet. The toolkit was developed from a consensus statement and technical report by an expert panel of representatives of key national health and nutrition organizations including the Academy. It was developed and supported by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation.

[Learn More](#)

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## CEU Opportunities



Northeast Beef Promotion Initiative (**NEBPI**) has teamed up with registered dietitian and Oklahoma beef rancher, Sheri Glazier, MS, RD/LD and PA beef producer, Amy Hess, to host the live webinar, “Sustainable Nutrition Meets Sustainability on the Farm: What Healthcare Professionals Need to Know,” that’s been approved for **(1.5) CPEU credits**. **May 3rd 1 pm EST**

This one-of-a-kind webinar + virtual farm tour will present a deep dive on sustainable nutrition and sustainability efforts in practice. Participants will gain tools and practical messages to communicate to patients, clients and the general public.

**Register [here](#):**

Key Learning Objectives:

- Explore sustainable eating patterns and examine the role of healthcare providers when educating patients, clients and the general public.
  - Understand on-farm sustainability practices as it relates to beef production.
  - Gain practical tips and resources to share with patients, clients and general public to help them make more sustainable food choices.
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## Monthly Recipe



### Super Stir Fry

Makes 2 servings

Serving Size: 1 cup

#### Ingredients

- Choose 5 vegetables (½ cup of each)
  - Onion
  - Broccoli
  - Celery
  - Carrots
  - Peppers
  - Mushrooms
  - Squash
  - Zucchini
  - Cauliflower
- Choose 1 starch (1 cup per person, cooked according to package directions)
  - Brown rice
  - White rice
  - Rice noodles
  - Whole-wheat spaghetti noodles
- Other Ingredients
  - ¼ cup stir-fry sauce (see recipe below)
  - 1-2 tablespoons vegetable oil

#### Directions

1. Wash and chop selected vegetables into small evenly sized pieces. You may
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cut them into circles, strips, or cubes as desired. A variety of shapes will make the stir-fry more pleasing to the eye.

2. Make Stir-Fry Sauce (see recipe below).
3. Heat a small amount (1 tablespoon or less) of vegetable oil over high heat in a 10-inch frying pan, electric skillet, or wok.
4. Keeping the heat high, add vegetables to the pan in order of firmness—harder foods first and ending with the softest foods.
5. Toss vegetables during cooking to keep them from sticking. When stir-frying, cooked vegetables should still be crisp and retain their bright color.
6. Add sauce to taste (about ¼ cup). Stir-fry until all vegetables are thoroughly coated.
7. Serve with the starch of choice.

### **Stir-Fry Sauce**

Makes ½ cup

#### **Ingredients**

- 2 tablespoons sodium-free beef bouillon
- 2 teaspoons apple cider vinegar
- 1 teaspoon dark molasses
- ⅛ teaspoon ground ginger
- Dash of black pepper
- ⅛ teaspoon garlic powder
- 1 cup water
- 2 tablespoons cornstarch

#### **Directions**

- Combine all ingredients in a saucepan and boil gently, uncovered for 5 or more minutes or until sauce is reduced to ½ cup.
- When cooked, pour into a lidded jar and keep in the refrigerator.
- Stir before using.

Source: *Cooking with EFNEP-* **Prepared by NDTR chair and Nuvance dietetic**

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**intern, Becca Cretella, and Heather Peracchio as part of NNM exhibition**

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## Stay Connected

We will be looking for a recipe for our May newsletter. If you run a food blog or are just passionate about cooking and healthy eating, please feel free to share your recipe with Barbara Bush at [info@eatrightct.org](mailto:info@eatrightct.org) by the end of this month. Please 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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**Our mailing address is:**

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