

Message from the President



Dear Members,

Happy National Nutrition Month! This is the month when we dietitians put our best practices to work to help the world eat right to optimize health and wellness. Dietitians work incredibly hard to bring science and evidence-based information to the people we work with. So, give yourself a pat on the back and celebrate this month your way!

I hope you are enjoying our monthly newsletters, as this was one of the many initiatives of this year to provide you with Presidential and important committee updates to keep you engaged with the CT Academy. I also wanted to let you know that we have started a private CT Academy member-only Facebook community group

(<https://www.facebook.com/groups/1333367434177012/>). If you are on Facebook, please take a moment to go to this link to join our close community and befriend your fellow dietetic professionals. We hope this group will be useful in many ways – whether you're new in town and wanting to connect, looking for a job or internship, or have a question your peers could answer.

Lastly, I hope you have registered for the upcoming Spring meeting on April 3rd.

The CPI committee has planned a day of educational and fun sessions on current topics. And most importantly, we'll be providing good food and a meet and greet with the Academy President Ellen Shanley, MBA, RD, CD-N, and FAND.

Shraddha Chaubey, MS RDN LDN CDN

President

Upcoming Member Events



Paint Night Event

Join us March 23rd @ 6:30 pm for a Connecticut Academy of

Nutrition and Dietetics paint night. We will be painting a fruit inspired canvas at Catalyst studio in Wallingford, CT. This is a networking and fundraising event for both members and non-members of the nutrition community. All are welcomed to bring their beverage of choice and a snack. See link below to register and look forward to seeing everyone there! Please register by **March 16th**.

Friends and Family Members are also welcome to attend.

<https://www.catalyststudio.com/events-1/cand-fundraiser>



Early Bird Registration for the CT Academy of Nutrition Spring Meeting on Monday, April 3, 2023 ends March 10

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>

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. Ahmed El-Sohemy, 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

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 And Assistant Professor 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



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- 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):

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 or info@eatrightct.org

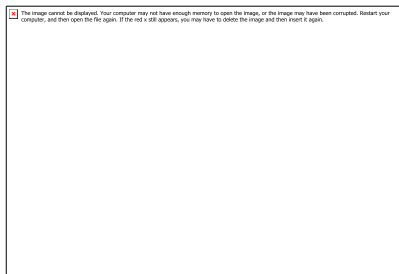
We are so proud of our members and our accomplishments!

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

Public Policy Updates



Spring is always a busy time with both Congress and the Connecticut General Assembly in session. We had our first big win when funding was allocated to provide ***no-cost nutritious school meals*** for Connecticut kids from March 1 through the end of this school year. That was an important step, but we have more work ahead. CT AND submitted testimony in support of SB929 which

would continue no-cost nutritious meals in future school years. CT AND also submitted testimony supporting a biennial state budget that includes funding for this program. We continue to monitor this legislation and advocate for policies that address childhood food insecurity.

Thank you to our members who submitted testimony for HB6517, which would provide access to **Medical Nutrition Therapy for Medicaid (HUSKY) beneficiaries**. The Human Services Committee has not announced a decision on this bill, but please watch your email and our social media for updates. It is essential that your voice is heard to increase access to the services of Registered Dietitian Nutritionists.

We are making great strides this year to collaborate with organizations that have similar goals. We continue to be an active member of the coalition **School Meals for All CT**, led by End Hunger CT. We also met with a grassroots group advocating for centralized coordination of food security organizations across the state.

Members of CT AND will be attending the **Nutrition and Dietetics Advocacy Summit** March 28-30. We will be meeting with the offices of Senators Murphy and Blumenthal to advocate for Child Nutrition programs and Medical Nutrition Therapy coverage for Medicare beneficiaries.

Make sure your voice is heard! We need to show our elected officials that CT AND members are the experts in food and nutrition.

- Watch your email for additional opportunities to provide testimony to support state legislation; it only takes a few minutes to submit testimony online
 - Get in touch with your State Senator and State Representative, and let them know you support bills which accelerate Connecticut residents' health and wellbeing through food and nutrition
 - Look out for Action Alerts on eatrightpro.org when federal bills are formally
-

introduced in the new Congress

In addition, the CGA Committee on Children has announced a favorable decision on **SB 929: An Act Expanding School Meal Programs To Provide Free School Meals To All Students**. Thank you to all members who submitted testimony in support of this important bill.

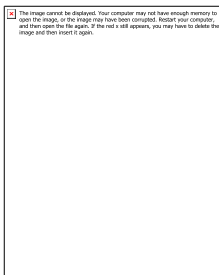
Kerry Coughlin, Public Policy Panel Chair

CT-based RDs who are experiencing issues and significant lag time with becoming credentialed with Anthem Blue Cross Blue Shield - from your Nutrition Services Payment Specialist Amy Plano

Unfortunately, it has come to my attention that many CT-based RDs are continuing to unnecessarily struggle with the credentialing process with Anthem Blue Cross Blue Shield of CT. If you have put an application in with Anthem BCBS, yet are being denied in-network status and it is taking >6 months it is important you file a formal complaint with the CT Insurance Commissioner. You can file a formal complaint [HERE](#).

In my professional experience, the Insurance Commissioner has been extremely helpful and supportive of insurance-based dietitians.

If you have any questions don't hesitate to reach out to me Amy Plano, RD, MS, CDE, CDN at my email theboss@reimbursementdietitian.com



Message from the President- Elect

Happy National Nutrition Month! With a theme of Fuel the Future there are many ways that this can be used to promote healthy

nutrition. With that being said with spring coming I wanted to share a link for some awesome plant based recipes from Food & Wine last year [24 Seasonal Recipes to Make This Spring \(msn.com\)](#). If you look at some of these there are areas, dietitians can offer some even healthier modification in recipes. I would like to ask you to send your plant-based recipes that we could add to a new cookbook for our affiliate and share! Please send them in the next month. Sustainable nutrition for chronic disease prevention for you and your planet is an area I speak on regularly. In helping all our members understand the connection between the research and evidence on this area will be a work in progress. In addition, we will be interested in hearing from you on what programs you are interested in:

Location/s of Annual Meeting/s Face to Face.

How many face to face meetings Should we offer?

Preferred days? _____Thursday _____Friday _____Saturday

_____Full Day or _____Half Day

Topics

Desired?_____

Hope to hear from you! Feel free to email me at linda.arpino@gmail.com or Barbara Bush our manager; info@eatrightct.org.

Thanks,

Linda Arpino, RDN, CDN,FAND

President Elect Ct. AND

Nutrition News



Keto vs vegan: Study of popular diets finds over fourfold difference in carbon footprints

New research has estimated the carbon footprints and diet quality of six popular diets. The vegan and vegetarian diets were

found to be produce the least amount of carbon dioxide while keto and paleo diets ranked lowest in sustainability and diet quality.

<https://news.tulane.edu/pr/keto-vs-vegan-study-popular-diets-finds-over-fourfold-difference-carbon-footprints>



MIND and Mediterranean diets associated with fewer Alzheimer's plaques and tangles

People who eat diets rich in green leafy vegetables as well as other vegetables, fruits, whole grains, olive oil, beans, nuts and fish may have fewer amyloid plaques and tau tangles in their brain -- signs of Alzheimer's disease -- than people who do not consume such diets, according to a new study.

<https://www.aan.com/PressRoom/Home/PressRelease/5060>



A good night's sleep may make it easier to stick to exercise and diet goals

People who had higher scores for sleep health -- based on regularity, satisfaction, alertness, timing, efficiency and duration -- during a 12-month weight loss program were more likely to follow the caloric intake and exercise components of the program in comparison to peers who scored lower for sleep health.

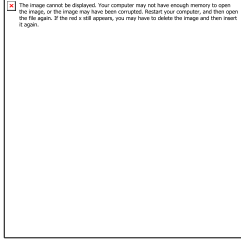
<https://newsroom.heart.org/news/a-good-nights-sleep-may-make-it-easier-to-stick-to-exercise-and-diet-goals-study-found>

Be In the Know



Common sweetener erythritol tied to higher risk of stroke and heart attack

<https://www.medicalnewstoday.com/articles/common-sweetener-erythritol-tied-to-higher-risk-of-stroke-and-heart-attack>



USDA Proposes New Requirements for the “Product of USA” Label Claim

The proposed rule allows the voluntary “Product of USA” or “Made in the USA” label claim to be used on meat, poultry and egg products only when they are derived from animals born, raised, slaughtered and processed in the United States.

<https://www.usda.gov/media/press-releases/2023/03/06/usda-proposes-new-requirements-product-usa-label-claim>

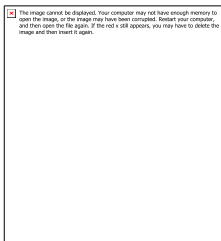


The uptick in antibiotic-resistant Shigella infections prompts CDC health alert

The CDC is warning about a steep increase in the number of infections from antibiotic-resistant infections from Shigella, which is often foodborne.

<https://www.foodsafetynews.com/2023/03/uptick-in-antibiotic-resistant-shigella-infections-prompts-cdc-health-alert/>

National Nutrition Month: What are Members Doing?



Check out one of our members, Heather Peracchio’s amazing “Fuel for the Future: Power Up Your Plate” presentation given to UCONN HR wellness efforts for National Nutrition Month! Here is the link to Heather’s presentation:

[Fuel for the Future Power Up Your Meals-20230308 120037-Meeting Recording.mp4](#)

EatRightCT News



National Nutrition Month 2023 is here. The theme this year is Fuel for the Future.

Attention CT Academy members! In honor of National Nutrition Month 2023, we want to celebrate all your NNM activities! If you are participating in any special NNM activities such as a health fair? Conducting a lunch-and-learn presentation? Creating a special NNM menu in your workplace? Share your pictures and a short blurb with our PR Co-Chairs Mackenzie and Jodieann so we can spotlight it on our social media channels!"

Contact Mackenzie - mackenziegordon325@gmail.com

Contact Jodieann - jodieann903@gmail.com

Also if you have any NNM recipes to share send them to info@eatrightct.org

Thank you.



The Deadline for Poster Session Submissions is approaching

CT Academy members, dietetic interns, nutrition students and nutrition-related researchers are invited to submit research and information-sharing abstracts. Selected abstracts will be presented at the meeting. Abstracts must be received by March 20, 2023.

Poster session applications click here

[CANDspringPosterrequest2023](#)

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

The sponsorship deadline is March 17

[Exhibitor Sponsor Invite Spring 2023](#)

If you have any questions then contact info@eatrightct.org

CT Academy Student Board member looking for Rotation

Preceptors

2021 B,S, Graduate from USJ and in Master Program at Marywood University looking for preceptors for her distance rotations in LTC and Acute Care for fall 2023 and Spring 2024. If can provide assistance to this outstanding student then please contact jmcintosh@m.marywood.edu

Thank you.

CT Academy Member



Spotlight

**Congratulations to Elizabeth Glass
who is our CT Academy Spotlight
Member for the month of March.**

Liz is a board member for the CT Academy of
Nutrition and Dietetics. She currently is the

Awards Chair and is busy reviewing nominations and applications for Professional Member and Student Awards for the Spring Meeting. She also is a Clinical Dietitian at St. Vincent's Medical Center. To learn more about Liz go to

<https://www.eatrightct.org/member-spotlight-elizabeth-glass/>

EatRight News

National Nutrition Month® Sale: Save 20% on Select CPE Products

Celebrate National Nutrition Month® with 20% off select programming designed to help you provide *Fuel for the Future* of your patients, your clients and yourself. Enter code NNM23 at purchase confirmation to receive the discount.

[Learn More](#)

Evidence Analysis Center Summer Research Fellowships (Remote)

The [Academy of Nutrition and Dietetics Foundation](#) is seeking two doctoral students for remote summer research fellowships. The fellows will complete a mentored research experience with the Academy's [Evidence Analysis Center \(EAC\)](#).

These fellows will work closely with the Academy's Research, International and Scientific Affairs (RISA) team to conduct systematic reviews to evaluate:

- Effectiveness of medical nutrition therapy (MNT) interventions
- Cost-effectiveness of MNT in all conditions

These opportunities, available through a grant from the Academy of Nutrition and Dietetics Foundation, are full-time fellowship roles for 12 weeks (40 hours/week).

These fellowships will begin on or around May 15, 2023. **Applications are due Thursday, March 30, 2023** at 3:00 pm CT.

[Learn more and apply](#)

Academy Applauds Introduction of Bipartisan Farm Fresh Food

for Families Act

March 8, 2023 – Introduced today by U.S. Sens. Jon Ossoff (Ga.) and Joni Ernst (Iowa), [the bipartisan Farm Fresh Food for Families Act](#) would expand options for those participating in the Women, Infants, and Children program to access local produce from local growers.

Academy of Nutrition and Dietetics President Ellen R. Shanley, MBA, RDN, CDN, FAND, [voiced the Academy's support](#) of this important piece of legislation, saying: "The Academy of Nutrition and Dietetics commends U.S. Sens. Jon Ossoff and Joni Ernst for introducing the Farm Fresh Food for Families. By ensuring access to healthful, fresh, local food for families with low incomes who are most affected by disproportionate rates of chronic illnesses, and by supporting local farmers, this important legislation will have a tremendous impact on communities across the country."

CEU Opportunities

Live! Fuel for the Future: Solutions to Reduce Food Waste at Home

Join us on March 29 at 1 pm EST to learn how everyone can be part of the solution to the global problem of at-home food waste. From purchasing to cooking, this webinar will provide ideas to reduce food waste for family, friends, clients and the community to implement at home and retail.

<https://www.eatrightstore.org/cpe-opportunities/webinars>

Stay Connected

Freekeh, Chickpea and Herb Salad

**Ingredients:**

1 cup freekeh (is a whole grain, similar to bulgur wheat, farro, spelt, and wheat berries but with distinct characteristics)

2 cups water

½ teaspoon salt

½ cup chopped fresh flat-leaf parsley

¼ cup chopped fresh mint

1 cup thinly sliced celery, plus 3 T chopped leaves

1 bunch scallions, finely chopped

1 can chickpeas, drained and rinsed

¼ cup fresh lemon juice, more to taste

¼ teaspoon lightly toasted cumin seeds, ground

1 garlic clove, minced or pureed (optional)

2 tablespoons extra-virgin olive oil

1. Heat a medium-size heavy saucepan over medium-high heat and add freekeh. Toast in the dry pan, shaking pan or stirring, until freekeh becomes fragrant, 2 to 3 minutes. Add 2 cups of water and ½ teaspoon of salt and bring to a boil.

2. Reduce heat to low, cover and simmer 20 to 25 minutes or until water has been absorbed. Turn off heat and uncover. Place a clean dish towel over the pot and return lid. Let sit at least 10 minutes, then uncover and allow freekeh to cool another 10 minutes.

3. In a large bowl, combine, freekeh, chopped herbs, celery, scallions and chickpeas and toss together. In a small bowl, whisk together lemon juice, cumin, garlic, salt and olive oil; toss with salad. Taste and add more lemon juice if desired. Serve right away or let sit for up to 1 hour before serving.

Advance Preparation: The salad is best served within a few hours of tossing with the dressing, but it will keep for a few days in the refrigerator.

Submitted by Linda Arpino

Adapted from: <http://cooking.nytimes.com/recipes/1017122-freekeh-chickpea>



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