

Message from the President



Dear Members,

First, a happy Mother's Day to all the mothers of the CT Academy! This is my last presidential message, and it has been my honor and privilege to serve as the president of the CT Academy for the past fiscal year. I am so grateful to all the members of our organization, and I'd like to give a special acknowledgment to the executive committee and

board members for all their help and support throughout the year.

I'd like to highlight some of the initiatives that I am especially proud of that we have worked on. This year, we revised our vision and mission statement to align with the academy and started a monthly newsletter for all our members. We also created a members-only Facebook page. One of our largest priorities was balancing the budget, in which we've made great progress by cutting overhead costs. I'm optimistic that this work will continue. We also revised our bylaws and some policies for the benefit of our members. We supported 20 diverse students' membership to the Academy to lower the barrier to entry into the field of nutrition through a grant from the Academy. All this work, and more, will be great building blocks for the future.

I could not be more excited to welcome our next president, Linda Arpino, MA, RDN, CDN. She's a seasoned leader, a great listener, and on a personal note, one of the most supportive board members I know. CT Academy is in great hands, and I cannot wait for all the great things she is about to do. I've never been more optimistic about this great organization!

Last, if you haven't heard already, Barbara Bush, RDN, CDN, LDN, will be stepping down from her role as an executive office manager on July 31st. CT Academy is seriously indebted to Barbara for her ten years of service that have kept the CT Academy together. Barbara was a go-to person for anything I needed, and I know

I'm not the only person for whom that was the case! CT Academy will surely miss her, but we wish her all the best and are excited to hear about her next adventure.

Thank you all so much for allowing me to serve as president. I am so lucky to have had an organization full of driven, inspiring, and supportive members. Now to continue the great work that we do!

Shraddha Chaubey, MS RDN LDN CDN
President

Career Opportunities



Check out the new job posting for a position at Meriden Public Schools for a Registered Dietitian and for a Clinical Dietitian III – Pediatric GI at Baystate Health.

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

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

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 complete the below form and email to 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](#)



#CTFOODSHAREWALK On May 20th

Join the 'School Nutrition Meals for All' team or register on your own at www.ctfoodsharewalk.org and you can start making a difference for our neighbors immediately! Together we can build a thriving community free from hunger in Connecticut. You can also join us at the in person event on May 20th at Dunkin' Park in Hartford. Renee DiNino and Scot Haney will be onsite as well as tons of family friendly activities. See you at Dunkin' Park in Hartford on May 20. Registration and entertainment begin at 8:00 AM and the 1.5 mile walk starts at 10:00 AM!

We hope to see you there and we look forward to your support!

Thank you, Heather Peracchio, CT Academy of Nutrition and Dietetics, Food Security and Sustainability chair



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, and forward this email to as many people as possible.

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

Leadership Opportunities

Are you passionate about our profession and promoting the importance of good nutrition? The CT Academy of Nutrition is seeking a new **National Nutrition Month** (NNM) Chair for the coming year! In this role, you will have the opportunity to promote the NNM theme via social media, email, and in-person events. If interested, contact Linda Arpino, CT Academy President at

linda.arpino@gmail.com"

Public Policy Updates



Take Action Today to Support Research for Prevention and Cure of Type 1 Diabetes

The Special Diabetes Program funds research on the prevention and cure of type 1 diabetes and is administered by the National Institute of Diabetes and Digestive and Kidney Diseases, in collaboration with multiple National Institutes of Health departments and the Centers for Disease Control and Prevention. Congress must take action to ensure funding continues for this critical program before it expires at the end of September.

The Special Diabetes Program is comprised of two partner components: the Special Statutory Funding Program for Type 1 Diabetes Research and the Special Diabetes Program for Indians. Since the program's inception in 1998, it has delivered meaningful and impactful resources and research breakthroughs for the 37 million Americans with diabetes and 96 million with prediabetes, as well as their loved ones who are impacted by the disease.

Take action today! Urge your U.S. Rep. to support the Special Diabetes Program - [Academy members can use this link](#) to complete the action alert.

Take Action to Support Senior Hunger Prevention

In the United States, an estimated 5.2 million older adults and 28% of households

with an adult who is out of the workforce due to a disability, struggle to put food on the table. Federal programs such as the Supplemental Nutrition Assistance Program help support households facing food insecurity by providing access to healthful, nutritious food.

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. ***Thank you to Senator Richard Blumenthal for co-sponsoring this legislation!***

While these groups are eligible for federal nutrition assistance programs, they often face preventable barriers to accessing critical nutritional benefits, which can result in significantly lower participation rates than other groups.

[Academy Members: use this link](#) to take action today!

Get Text Action Alert Updates from the Academy

To stay connected with the Academy's important action alerts and legislative updates, text "eatright" to 50457 to enroll in text alerts. You may also opt in by marking the "Send me text alerts" box whenever you take an action alert. If you previously marked this box you are already subscribed and do not need to sign up again.

Thank You Representative Jahana Hayes, Advocate for the Farm Bill

Congresswoman Jahana Hayes (CT-5) is a Ranking Member of the Subcommittee on Nutrition, Foreign Agriculture, and Horticulture. She sent a letter to

Representative Brad Finstad, the Chairman of this Committee, requesting that hearings be held on the Farm Bill. Ranking Member Hayes impresses upon the Chairman the importance of engaging in bipartisan discussions on Nutrition priorities. Thank you Representative Hayes for your continued support for nutrition!

You can read more here:

<https://hayes.house.gov/2023/4/rankin>

School Meals for All CT

The School Meals for All CT coalition continues to advocate to the Connecticut General Assembly to fund universal school meals in our state.

This week is Every Kid Healthy Week. Nutritious school meals have been proven to improve health outcomes in children.

- School meals can decrease obesity rates by 17% and reduce overall poor health by 29%
- Children receiving school lunches consume fewer empty calories and more milk, fruit, vegetables and fiber than their peers
- The meals kids get in school are the healthiest meals they eat

Unless our state legislature acts, kids will not have access to universal no-cost school meals next school year. You can learn more and get involved:

<https://www.endhungerct.org/advocacy/schoolmeals4allct/>

The Public Health Emergency set in place during the COVID-19 pandemic ended effective May 11, 2023,

according to the Biden Administration. The PHE allowed for regulatory and legislative actions resulting in flexibilities that changed access to telehealth for Medicare beneficiaries and how RDNs can provide telehealth services.

Medical nutrition therapy has been and will continue to be covered, as a telehealth service under Medicare, after the PHE ends. However, it is possible that some of the pandemic-related flexibilities may be phased out without additional advocacy. The recently passed Consolidated Appropriations Act of 2023 built upon 2022 provisions to extend Medicare [telehealth flexibilities](#) through December 31, 2024, and disassociated them from the PHE declaration.

To learn more visit the Academy's webpage [HERE](#).

Kerry Coughlin, Public Policy Panel Chair

Nutrition News



Elevated levels of toxic metals in some mixed-fruit juices and soft drinks

A new study that analyzed 60 commonly available beverages found mixed-fruit juices and plant-based milks such as oat and almond were most likely to contain levels of toxic metals above federal drinking water standards.

<https://news.tulane.edu/pr/study-finds-elevated-levels-toxic-metals-some-mixed-fruit-juices-and-soft-drinks>



Behavior patterns of people who achieve clinically significant weight loss

A new study analyzing data on over 20,000 U.S. adults links a healthier diet and increased exercise to weight loss that reduces heart disease risk -- while associating skipping meals and taking prescription diet pills with minimal weight loss, weight maintenance or weight

gain.

<https://news.osu.edu/behavior-patterns-of-people-who-achieve-clinically-significant-weight-loss/>

Be In the Know

What makes 'junk food' junk?

How is 'junk food' defined for food policies like taxes? A combination of food category, processing, and nutrients can determine which foods should be subject to health-related policies, according to a new analysis examining three decades of U.S. food policies by researchers.

<https://www.nyu.edu/about/news-publications/news/2023/april/junk-food.html>

USDA Proposes Declaring Salmonella an Adulterant in Breaded Stuffed Raw Chicken Products

<https://www.usda.gov/media/press-releases/2023/04/25/usda-proposes-declaring-salmonella-adulterant-breaded-stuffed-raw>

Outbreak Investigation of Hepatitis A Virus: Strawberries

The FDA, along with CDC, and state and local partners, investigated a multistate outbreak of hepatitis A infections in the United States linked to fresh organic strawberries.

<https://www.fda.gov/food/outbreaks-foodborne-illness/outbreak-investigation-hepatitis-virus-strawberries-may-2022>

CDC Releases Extended BMI-for-Age Growth Charts

The Centers for Disease Control and Prevention has released sex-specific growth

charts for children and adolescents ages 2 to 20 that extend beyond a body mass index of 37 kg/m². The new charts are expected to assist with monitoring of weight status and assessment of an obesity intervention's effectiveness when working with pediatric patients who have a BMI value that is defined as being extremely high.

[Learn More](#)

EatRightCT News



The CT Academy of Nutrition and Dietetics 2023-2024 Election is now open. Voting will close on May 16, 2023.

VOTE

Please take a 5 minute break and vote for the many qualified candidates for the CT Academy of Nutrition and Dietetics Board for 2023-2024. Your vote is important and will help steer our board in the forthcoming year. Click on the link below to vote. You will need your Registration # and you can only vote once so make it count.

<https://www.balloteer.com/bp/nph-bstart?&eid=50713698385762861770>



CT Academy Members at Career Fair

Judy Prager, RDN LRD CDN, CT Academy Volunteer Coordinator and Jaiden Swanson a student at UCONN attended a career fair at Wesleyan University 4/27/23. They spoke to students and several staff members about careers as a dietitian.

CT Academy Member

Spotlight



Congratulations to Samantha Zajac who is our CT Academy Spotlight Member for the month of May.

Samantha recently won the award for **Registered Young Dietitian of the Year** at the 2023 Spring Meeting. She also currently works as the District Dietitian for Sodexo's Campus Segment for Connecticut Campuses.

To learn more about Samantha go to <https://www.eatrightct.org/member-spotlight-samantha-zajac/>

EatRight News

Reducing the Risk of Food Allergies

Food Allergy Research & Education estimates that one in 13 kids has food allergies. While reactions to food can be serious, it's important to know the facts and what you can do to help reduce your child's risk. [Read Article](#)

Your Chance to Win: Renew Your Membership by May 15

Renew your Academy membership by May 15 for a chance to be randomly selected to receive one of 25 free "swag bags." Sign into your account on the Academy's website and click Join/Renew; or call 800/877-1600, option 1, (weekdays from 8 a.m. to 5 p.m. Central time). International callers can call +1-312/899-0040, option 1.

[Learn More](#)

May 31 Submission Deadline: Late-Breaking FNCE® Abstracts

The Academy is seeking abstracts to be presented during poster sessions at the 2023 Food & Nutrition Conference & Expo®, to be held October 7 to 10 in Denver, Colo. This is a great opportunity to present research that was not completed in time for the original call for abstracts. Late-breaking submissions will be accepted until May 31.

[Learn More](#)

CEU Opportunities

Beyond Adequate: Understanding the Science of Optimal Hydration

May 18, 2023 01:00 PM

to earn 1.25 CPEUs! In this **free** webinar, two hydration experts will equip RDNs with the latest science on hydration and practical guidance to counsel patients on optimal fluid intake. Register [here](#)!

Rethinking Methane: Animal Agriculture's Path to Climate Neutrality

With Frank Mitloehner, Ph.D.

May 23, 2023, 2:00-3:00 pm ET

Animal agriculture is often shouldered with a large part of the blame when it comes to climate change, but that's because we haven't been looking at all greenhouse gases correctly. While methane is a potent climate pollutant that we can and need to reduce, it warms our atmosphere differently than other gases because of its short lifespan. By rethinking methane, we can see that animal agriculture can be on the path to climate neutrality with scalable solutions and give the global community tools to fight global climate change.

Approved for 1.0 hour of CPE by the Commission on Dietetic Registration

https://us06web.zoom.us/webinar/register/WN_Eq_JksAvTw6xoI9xUGrrFw#/registration

Talk Dairy to Me: Facts, Fiction and FAQs

From farming to processing and health to sustainability, both consumers and healthcare professionals have questions about dairy foods. With widespread

information available online and in the media, it can feel overwhelming to discern fact from fiction. In this webinar, our dairy experts address common questions and misconceptions that can help health and wellness professionals feel confident in evidence-based guidance when it comes to dairy's role in health and sustainability.

Free Webinar, Thursday, June 1

1:00 – 2:00 PM EST

https://dairy.zoom.us/webinar/register/2116830542617/WN_ewuPJzJwToKG1yehUHMEWQ#/registration

Live May 17 Webinar: Leading with Integrity and Ethics in a Dynamic Environment

A live May 17 webinar will feature RDNs sharing career experiences that highlight how they use tools from the Academy's Code of Ethics framework as a foundation for successful situational, contingency and reciprocal approaches to leadership. The webinar is free for Management in Food and Nutrition Systems DPG members.

[Learn More](#)



2023 RIAND Spring Conference

Event by Rhode Island Academy of Nutrition and

Dietetics

All-day virtual conference via Zoom Meeting.

8:30 am-4:00 pm.

https://www.flipcause.com/secure/cause_pdetails/MTgwNDk1

Monthly Recipe

Blueberry-Lemon Ricotta Pound Cake, *Eating Well*, February 2023



Ingredients

- $\frac{3}{4}$ cup granulated sugar
 - 5 tablespoons unsalted butter, at room temperature
 - 3 large eggs, at room temperature (see Tip)
 - $\frac{3}{4}$ cup part-skim ricotta cheese
 - 2 tablespoons lemon zest
 - 2 tablespoons lemon juice plus 1 teaspoon, divided
 - 1 teaspoon vanilla extract
 - 1 $\frac{1}{2}$ cups white whole-wheat flour
 - 2 teaspoons baking powder
 - $\frac{1}{2}$ teaspoon salt
 - 2 cups fresh blueberries
 - 2 tablespoons packed confectioners' sugar
 - Preheat oven to 350 degrees F. Coat a 9-by-5-inch loaf pan with cooking spray and line the bottom with parchment paper.
 - Beat sugar and butter in a large bowl with an electric mixer on medium-high speed until creamy. Beat in eggs, one at a time, until fully incorporated. Reduce the mixer speed to medium-low and beat in ricotta, lemon zest, 2 tablespoons lemon juice and vanilla until just combined. Sprinkle flour on top, then evenly sprinkle baking powder and salt over the flour. With the mixer on low speed, beat until almost combined. Add blueberries and gently fold into the batter. Transfer to the prepared pan.
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- Bake the cake until starting to brown around the edges and a tester inserted in the center comes out clean, about 1 hour. Let cool in the pan on a wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert it onto the rack. Carefully turn it right-side up. Let cool completely.
- Clean the bowl, add confectioners' sugar and whisk in the remaining 1 teaspoon lemon juice until smooth. Brush the glaze on the cake.

Nutrition Facts

Total Carbohydrate 45g, Fiber 3g, Added Sugars 21g, Protein 8g, Fat 11g, %Saturated Fat 6g , Cholesterol 96mg, Vitamin A 433IU9, Vitamin C 7mg, Folate 15mcg, Sodium 319mg, Calcium 148mg, Iron 4mm , Magnesium 9mg, Potassium 124mg

Stay Connected

We will be looking for a recipe for our June 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@eatrighttct.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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