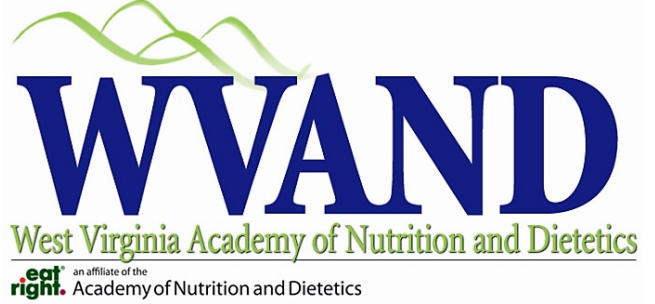


WVAND Member Newsletter

Winter/Spring 2020

www.eatrightwv.org
www.facebook.com/eatrightWV/



- In this issue:**
- 2020 Election Results
 - WVAND FNCE 2020
 - [Page 2](#)
 - National Nutrition Month
 - Save the Date
 - Get Involved

Congratulations
to our
newly elected 2020
WVAND
Board Members!

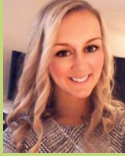
www.eatrightwv.org/secured/board.php



Heidi Schwartz-Church
- President-elect



Sharon Maynard
- Treasurer



Stephanie Thompson
- Council on Professional
Issues Chair-elect

WVAND FNCE 2020– April 23rd & 24th

Heidi and Jenna are working tirelessly to put together an awesome program for this year’s WVAND Food & Nutrition Conference & Expo in the **Outlook Post Conference Center at Adventures on the Gorge (AOTG)** in Lansing, WV on **April 23rd & 24th**! Below is a sneak peak into what to expect but be sure to visit the conference website [here](#) frequently for updates.



Lodging Special conference rates for lodging are available. Private Room Cabins are \$94 per person/per night + applicable taxes and fees. AOTG has other options including a wide **array of lodging** especially for co-lodging and groups. The room block will be held through **April 1**. Reservations may be made after April 1 but options may be limited. **Book your room now!**

Registration

Registration is OPEN! To get the early bird rate, be sure to register BEFORE APRIL 1st. CPEU will be offered to RDs and DTRs who attend one or both days.

	One Day		Two Day	
	Before April 1	After April 1	Before April 1	After April 1
Active	\$140	\$150	\$255	\$265
Student	25	\$35	\$50	\$60
Retired	\$59	\$60	\$75	\$85
Non-Member	\$205	\$215	\$305	\$315

Speakers and Sessions

This year’s WVAND FNCE is shaping up with an exciting and interesting line up of speakers and nutrition professionals. You can look forward to speakers such as Katie Robinson from Abbott Nutrition with a session on Nutrition Focused Physical Assessment to kick off Day One of the conference. Other sessions on Day One include topics in functional nutrition, preceptor development, and an introduction to understanding the newest generation of nutrition students and professionals.

Day Two of the conference starts off with a session sponsored by the West Virginia Beef Industry with Toby Amidor speaking on diet fads. Other sessions on Day Two include topics on feeding the world in sustainable manners, feeding WV’s children in the public school system, and the importance of math and science in shaping nutritional professionals.

Look for sessions by popular nutrition professionals such as Sylvia Escott-Stump, Ryan Andrews, and Toby Amidor. Also West Virginia’s own will speak including Mary Cook, Sharon Maynard, Rhonda McCoy, and Linda St. Clair, Coordinator with the WV Department of Education in the Office of Child Nutrition.

Please check out the WV conference page for updates, schedules, descriptions of session, and speaker bios. <http://eatrightwv.org/meeting2020/>

March is National Nutrition Month (NNM)!!

RDs & RDs-to-Be around the state are celebrating in various ways. See below for a “bite” of what’s going on!

Are you doing anything special for NNM? Share your photos on Facebook and Instagram at [#NationalNutritionMonth](https://www.facebook.com/nationalnutritionmonth) & [@eatrightwv](https://www.instagram.com/eatrightwv)

Happy RDN Day on March 11th!!

March is also National Kidney Month!

Christina Nelson, Clinical Dietitian for Fresenius Kidney Care of Kanawha County, has some fun work place activities planned. She has a contest planned for the patients to participate in for a chance to win a bag of goodies. The objective is for patients to keep phosphorus levels within normal limits “Bite by Bite”.



Veteran’s Administration Medical Center

Barbara Hartman, Andrea Goergen, and Christine Manley RDs at the VAMC are planning a radio segment to promote NNM, potluck for the dietitians and a grand rounds presentation to the doctors.

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition and Dietetics



Brooke Nissim-Sabat,

Professor of Foods and Nutrition at Pierpont Community & Technical College, along with her students and interns have many events planned for various community groups in Marion County including Meal Planning on a Budget session, preparing a meal for the Grandfamilies of Marion County, developing a plant-based eating community education class, and a nutrition seminar for the Fairmont State University Girls Night of Fitness event to name a few.

WVU Medicine Dietetic Interns in action...



The **WVU Medicine Interns** have a myriad of events planned for NNM. In addition to displaying posters in the Ruby Memorial Hospital Cafeteria each Friday in March that will focus on various nutrition-related topics (including hydration, fiber, probiotics, eating a variety of fruits/vegetables, healthy snacking, omega 3 fats, and information about the many different types of milk), the dietetic interns have planned the following schedule of events: serving dinner at the Ronald McDonald House, class on strategies to overcome picky eating at a local daycare, class at the Diabetes Education Center, providing tips to help college students eat healthier on WVU campus, hosting a food drive at a local grocery store to benefit the Ronald McDonald House, providing budget-friendly tips and an activity for senior community members at the Morgantown Mall, and a cooking class at the Center for Hope and Healing.

National School Breakfast Week March 2-6

Sharon Maynard, RD for American Dairy Association Mideast, Nutrition Affairs & School Wellness is leading a celebration with the Office of Child Nutrition, Governor Jim Justice, and students and food service directors from across WV with a breakfast proclamation on Wednesday March 4. Many schools are taking The Breakfast Pledge to eat healthy breakfast everyday. The Marshall NEP program is helping with breakfast week celebrations.



Whole Grains Sampling Day March 25th...



An event for Whole Grains Sampling Day, coordinated by **Cindy Gay**, RD, is being held at Spruce St United Methodist Church in Morgantown. This annual event features 10 different grains, how to prepare them, where to find them and even a taste! For more information go to <https://wholegrainscouncil.org/whole-grain-sampling-day-2020-partner-activities>

Jessica Walden, Nutrition Educator, will be leading a discussion with elementary students in Cabell County about nutrition and how foods on MyPlate provide the body with building blocks to build healthy and strong bodies “Bite by Bite”.

DO you have something to share for the next newsletter?
Please submit suggestion by July 31st, 2020 to

Gina Kontur gmkontur@gmail.com

Save the Date...

- 3/11– RD Day!
- 5/31- AND fees due <https://www.eatright.org/>
- 6/30- WV license fees due <https://www.wvbold.com/>
- 8/31- CDR fees due <https://www.cdrnet.org/>

Are you interested in becoming involved with WVAND??

We want YOU!

If you are interested in running for a board position or working on a committee please contact Lacy Davidson

lacydavidson@me.com

Follow WVAND on Facebook

