



# WEST VIRGINIA ACADEMY OF NUTRITION AND DIETETICS

## NEWSLETTER & MEMBER UPDATES

# WVAND ANNUAL CONFERENCE & EXPO 2025

**WHITE HALL EVENT CENTER | 2600 MIDDLETOWN COMMONS, FAIRMONT, WV 26554**

**REGISTER FOR THE CONFERENCE AT [EATRIGHTWV.ORG](https://eatrightwv.org)**

## SCHEDULE OF EVENTS

### Thursday, April 3rd, 2025

	Food for Thought, Food for Health: Rooted in Appalachia Workshop  4.5 CPESponsored by: The American Dairy Association Mideast and Pierpont Community and Technical College
10:15am	Welcome and Announcements
10:30 am	Food for thought part IBridging the Gap Between Cultural Disparities and Health EquityAngel Cunningham, MS, RDN, LD
11:30am	Break
11:45 am	Cultural traditions meet modern food transitionsPanel and Tastings:Sample a typical soul food meal while hearing from a panel of black healthprofessionals who will share insights on traditional soul foods while sharing some healthmodifications made to these recipes.Panel: Angel Cunningham, MS, RD, LD; Belinda Nicholas DTR student; Ca'Terria Williams RDE, provisional LD
1:15pm	Food for thought part IIBack to our roots, foraging 101: Appalachian Treasures for your TableBecky Linger, Ph.D.University of Charleston School of PharmacyProfessor of Medicinal Chemistry and Master Naturalist
2:45 pm	Kitchen tour and demonstration with Chef Jay Mahoney
3:45 pm	Wrap-UpSwag bags and recipes will be available 20 minutes after the close of the CEU and canbe picked up outside of the educational venue.
5:30pm	Networking and WVAND Awards   Grazing Board/Charcuterie & Paint Party



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### SCHEDULE OF EVENTS

#### Friday, April 4th, 2025

8am	Welcome & Announcements
8:15am	<b>DGA's and the Process</b>   1.0 CPE. Sponsored by The Beef Council Toby Amidor MS, RD, CDN
9:15 am	Break/Exhibits
9:30am	<b>The Role of Minerals in Thyroid Health</b>   1.0 CPE Kelsey Sniegowski, RD, LD
10:30am	Break/Exhibits
10:45am	<b>"Navigating Anti Obesity Medications: What Every RD Should Know"</b>   1.0 CPE Cathy Shaw, RDN, CSOWM, LD
12:15pm	Lunch/Business Meeting/WVAND Year in Review/Exhibits
1:30pm	<b>Optimizing Nutrition Care Using the Malnutrition Quality Improvement Initiative</b>   1.0 CPE Sponsored by Abbott Nutrition
2:30pm	Break/Exhibits
2:45pm	<b>Graduate Research Topics-Food Science   1.5 CPE</b> West Virginia University Dietetic Interns Facilitated by Nettie Freshour PhD, RD, CSSD, LD
4:00pm	Raffle, Reminders, and Wrap-Up

## **BOARD MEMBER HIGHLIGHT**

### **CA'TERRIA WILLIAMS, MS, LD**

Ca'Terria Williams is a licensed dietitian and registered dietitian eligible, with a passion for empowering individuals to achieve healthier relationships with food and their bodies. She is a proud member of the Academy of Nutrition and Dietetics and currently serves as the Chair of State Media and Communications for the West Virginia Academy of Nutrition and Dietetics (WVAND). She also contributes her expertise as a member of WVAND's Diversity Committee.

Originally from Georgia, Ca'Terria earned her Bachelor of Science degree in Dietetics from Life University in 2022. She went on to complete a master's degree in Dietetics and a supervised dietetic internship at Marshall University in Huntington, West Virginia, in 2023. With over a year of professional experience, Ca'Terria has served as a clinical bariatric dietitian at WVU Medicine, specializing in binge eating disorders, bariatrics, weight management, and nutrition counseling. She recently launched her private practice, where she focuses on supporting women who struggle with binge eating, particularly before and after bariatric weight-loss surgery.



## **CALL FOR NOMINATIONS**

If you are interested in getting involved with WVAND, there are some open board positions, including President-elect, Professional Development Chair-elect, Secretary, Delegate, and Treasure-elect. Please inquire at [eatrightwv.org](http://eatrightwv.org). The following outlines the open positions' responsibilities:



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For interested parties, **the Delegate's responsibilities include:** representing the WVAND membership at the AND House of Delegate meetings and reporting to the members regularly on any pertinent AND matters. The delegate actively participates in the House of Delegate sessions by making motions, discussing and voting upon subjects brought before the House of Delegates, and acting as a resource person regarding current developments in all areas of WVAND activities and policies. The delegate establishes and serves as a communication link between AND and the WVAND Board and membership.

**The Treasurer's responsibilities include:** custody of all funds and securities of WVAND and keeping full and accurate accounts of all receipts and disbursements in records belonging to WVAND. The treasurer maintains all records and forms for checking, savings accounts, investments, IRS forms, WVAND not-for-profit status, as well as ensures adherence and enforcement of WVAND financial-related policies and procedures.

**The PCP Chair's responsibilities include:** working closely with the PDC Chair in learning roles and responsibilities to ensure continuity. This position solicits and coordinates sponsors and exhibitors for WVAND professional education events, as well as oversees the planning, implementation and evaluation of WVAND supported professional education events including the WVAND Annual Conference & Expo. Finally, this position is responsible for providing a conference budget to the Finance Committee for approval.

**The Secretary's responsibilities include:** communicating official business of WVAND to the BOD, as well as acts as custodian for all WVAND legal documents (which include BOD minutes, bylaws, tax-exempt form, IRS determination letter, conflict of interest policy, etc.). This position is responsible for obtaining updates to the membership list from the Academy's Data Management Information System (DMIS), distributing Board of Director meeting agendas in conjunction with the President, as well as, responsible for BOD meeting minutes which include recording, obtaining feedback, dissemination, and archiving information.

## **STUDENT HIGHLIGHTS**

### **WEST VIRGINIA UNIVERSITY OUTSTANDING STUDENT AWARDS**

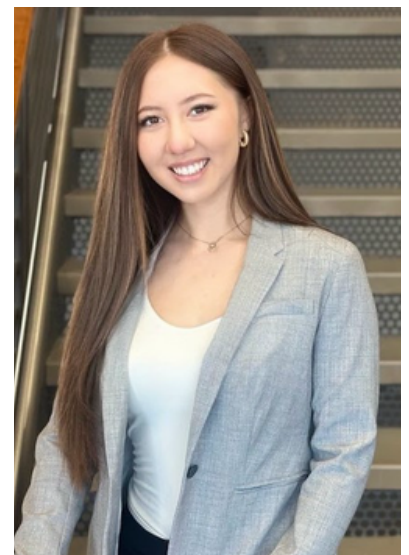
#### **ALEXIS SHINGLETON**

Alexis is a WV native who looks forward to becoming a pediatric dietitian. She enjoys being a member of WVU's student nutrition club (SAND), participating in a clinical nutrition program at Ruby Memorial Hospital, and volunteering in numerous ways with her church. As a sophomore she hasn't had as much time yet to build experiences, but HN&F faculty were so impressed with how engaged she is in classes and the initiative she had to get involved with helping her church create appropriate menus for their new after school program.



#### **OLIVIA SCHMIEDER**

Olivia is an honors student and resident assistant (RA) who also knew her exact end goal from the start of freshman year: to become a dentist. While her career goals aren't as obviously in line with dietetics, Olivia finds great interest in nutrition and making that connection with her intended health profession, leading to her using her leadership position in the Student Government Association to create a campus community dietitian mentorship program alongside WVU's campus dietitian. HN&F faculty were so impressed with how Olivia fits the definition of "above and beyond" with her volunteerism, her numerous leadership positions, and her go-getter attitude that they could not help but give out two junior of the year awards.





## STUDENT HIGHLIGHTS

### WEST VIRGINIA UNIVERSITY OUTSTANDING STUDENT AWARDS

#### LUCAS MORI

Lucas is an honors student who came to WV from Vermont and found his niche interest in nutrition through volunteering in sports nutrition, joining the student nutrition club (SAND), and then gaining lengthy experience in nutrition research with telehealth nutrition as a health coach and contributing to manuscript writing. HN&F faculty were pleased to award senior of the year to Lucas emphasizing his dedication to learning, his extensive experience in undergraduate research, and his incredible work ethic and quality of work produced both inside and outside of the classroom.



#### COLE LINDSAY

Cole is an honors student who knew that becoming a dietitian was his end goal right from the start, and put immediate emphasis on preparing for his future career freshman year. He started with experience in foodservice, continued by gaining clinical experience as a dietary assistant, and has more recently been a dedicated undergraduate researcher and teaching assistant in food science projects and labs. HN&F faculty were excited to co-award junior of the year to Cole due to his commitment to the profession, his variety of experiences, his sincerity, and his motivation to learn.





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# FOOD WASTE: MEANINGFUL PROGRESS TOWARD SUSTAINABILITY

**by Tiffany Strange, BS, Dietetic Intern**

During my food service rotation in the UHC kitchen, I was astonished by the amount of waste produced each day from a medium-sized hospital. This realization sparked a chain of thoughts: if this is the case for a mid-sized facility, how much waste must a massive hospital like Ruby generate? And when considering the collective waste from all hospitals, the scale becomes overwhelming and deeply disheartening.

My "fix-it" brain quickly kicked into gear, brainstorming ways this issue could be addressed through recycling, composting, or other sustainable practices. When the opportunity arose to choose a topic for the WVAND blog post for February 2025, this issue felt like a topic I couldn't ignore.

Food waste refers to losses that occur at the end of the food supply chain, typically in the retail or consumption phases, and are often linked to behaviors of both consumers and retailers.<sup>1</sup> In 2019, 25.9% of the global population faced hunger and lacked access to sufficient, nutritious foods. At the same time, approximately 80 million metric tons of edible food were wasted annually in the United States alone.<sup>2</sup> This paradox highlights a major flaw in our global food systems.

With the world's population projected to grow by another 9.7 billion people by 2050, addressing food waste isn't just an environmental or economic issue—it's a moral imperative.<sup>3</sup> Hospitals, with their significant food service operations, are uniquely positioned to lead by example in implementing sustainable practices to reduce food waste. Through initiatives like food donation programs and composting systems, we can make meaningful progress toward a more sustainable and equitable food system.

Donation programs allow surplus food to be redirected to community food banks and shelters, addressing both waste and food insecurity. Composting systems transform food scraps into valuable resources, reducing landfill contributions and supporting local agriculture. Implementing these solutions in healthcare settings comes with challenges, including regulatory concerns, staffing limitations, and financial constraints. However, the long-term benefits, both environmental and social, far outweigh these obstacles. By prioritizing sustainability in food service operations, hospitals can become powerful advocates for change.

As current and future dietitians, we have a responsibility to consider not only the health of our patients but also the health of our planet. Reducing food waste in hospitals is a crucial step toward creating a sustainable future, and every small effort contributes to a larger impact. Together, we can lead the way toward meaningful change in our food systems, one meal at a time.

### **References:**

- (1) Brennan A, Browne S. Food Waste and Nutrition Quality in the Context of Public Health: A Scoping Review. *Int J Environ Res Public Health*. 2021;18(10):5379. doi:10.3390/ijerph18105379  
(2) St KRNC 151 WL, Collins S 1400 8022 CDF. 7 Tips to Cut Down on Food Waste. Kendall Reagan Nutrition Center. Accessed January 2, 2025. <https://www.chhs.colostate.edu/krnc/monthly-blog/7-tips-to-cut-down-on-food-waste/> (3) Nations U. Population. United Nations. Accessed January 2, 2025. <https://www.un.org/en/global-issues/population>

### **About the author:**

Tiffany Strange is a second-year WVU MS/DI student in her final semester, desiring to combine her background as a pastry chef with her passion for community nutrition. Focusing on empowering families and children in Appalachia, she wants to educate on sustainable food choices that honor Appalachian culture. Her thesis explores how heat stress affects the nutritional content of blueberries, highlighting the health benefits of sustainably consuming blueberry pomace and leaves. Originally from East Tennessee, I have called West Virginia home for the past decade.





## **MY TIME WITH TIFFANY MIHALIAK**

**by Tiffany Strange, BS, Dietetic Intern**

A sustainable diet is defined as one that is healthy, safe, and nutritious, has a low or positive environmental impact, and is accessible, affordable, and culturally appropriate. Here, I have asked West Virginia native and dietitian Tiffany Mihaliak what she knows and feels about sustainable nutrition.

### **Have you ever heard of sustainable nutrition?**

I first heard of sustainable nutrition in a community nutrition class taught in my undergraduate schooling at WVU. This was a new term to me as I had never heard it before and frankly, even the profession of dietetics was relatively new as well, which interested me greatly.

### **What do you know about sustainable nutrition?**

I feel a common misconception behind “sustainable nutrition” is that it solely focuses on the nutritious aspects of food alone, such as knowing that peaches are fruits and therefore rich in vitamins and minerals and therefore healthy and sustaining for humanity. However, I have learned it is a more comprehensive field where both we and the environment around us are better sustained. The land from which we live and glean many of our resources can be supported through our own choices which is poetic since we are supported by it. As a dietitian with mostly clinical experience, I liken the concept of sustainable nutrition to the Mediterranean diet, or rather, the lifestyle. I am speaking more in terms of its holistic approach toward health through not only centering around the food we eat but the people around us—the act of slowing down to consider ourselves in relation to the food before us, those around us, and the environment we are in—mindfulness, if you will. This innately generates a kind of daily thanksgiving and thought behind our actions rather than a meal just becoming another routine, another cog in the wheel of the “daily grind”.

**Are there any barriers that you can perceive that would prevent the average American from being able to adopt sustainable nutrition?**

Unfortunately, I would say yes. As is human nature, what has become habit and commonplace tends to fall into our periphery as the rhetoric “this is the way it always is and has been”, preventing an urgency to change or even recognizing the need to change at all. We, as humans, are bombarded by more than just the body’s physical hunger when deciding to eat—food aversions, social media, family needs, our own emotions, budget, lack of confidence in the culinary world, convenience, food scarcity—the list goes on. But, I feel if we could tackle each of these items individually, we would touch on most people’s interests and reasons for choosing the food that they do, creating a multi-faceted desire to make changes within our lives and the community to improve the longevity of ourselves and the lands where we live.

**Do you have any ideas on overcoming those barriers?**

- Cost-compare different protein options to help your budget but to also experiment with more varieties that require less input in their production. For example, growing legumes (beans, nuts, peas) and reducing food waste as a whole has been shown to cause less harmful gas build-up within the earth’s atmosphere but they also have high amounts of protein and fiber, invigorating both the earth and our cardiovascular/GI systems. Oftentimes, these types of proteins come in packaging that are recyclable as well.
- If texture is an issue, try—my personal favorite kitchen tool—an immersion blender in your soups and stews since after all, it is definitely soup season. This will still retain all the protein and fiber from the beans while negating their usual texture and thicken the broth without any added saturated fats from typical thickeners like whole-fat creams.
- Back to budget, when comparing ~16 oz or 1 lb of poultry to a similar volume of store-brand black beans, the cost can be around \$2.70- \$6/pound vs. \$0.89/pound, leading to significant savings.

- This one can be tricky considering the plethora of options out there but even searching for some non-meat-based recipes on Instagram, TikTok, Pinterest, etc can help the creativity flow when feeling stuck in a food rut, so to speak. And it does not have to be a daily thing! The Academy of Nutrition and Dietetics proposed the idea of “Meatless Mondays” to help Americans try just one day per week of varying their protein options through beans, nuts, nut butters, seeds, milk, yogurt, eggs, and other non-meat items to try out what could turn into a more frequent habit. Specifically, the American Heart Association has a great database of heart-healthy appetizers, one-pot meals, soups, etc with the nutrition facts content listed. Another website is “Budget Bytes” which not only allows you to filter meals by protein and season, but also gives the price per serving and per meal.
- Half-and-half-it-up! Maybe a recipe full of lentils sounds like too much of a commitment. Try foods like chili and shepherd’s pie with half the recommended protein being bean-based and half being turkey or lean beef. On that note, never underestimate nostalgia. Keeping the family memories and meals in the rotation is important and can be adapted in similar ways that save money and rely on more sustainable resources while still using the spices and seasonings that make them feel like your kind of home.
- When trying different vegetables, look at the whole item. Consider the skins—try eating the baked potato skins for more fiber and vitamins and less food waste, distribute the carrot greens in your soups, sauté your radish greens along with your spinach, garlic, and onion, save up some of the zest of your oranges, lemons, and limes to flavor drinks or sauces. Or when purchasing, say, carrots and celery for a stew, use the rest of them in their raw versions to dip in hummus or other sauces as snacks. These attempts add more nutrition for you and less waste to the garbage heap.



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### **Resources: CSA, Composting, Community Gardens, Final Thoughts**

Start small. Notice your own daily habits. Perhaps you may be purchasing five single-serve yogurt containers per week when one large tub could be divvied out over that same period with less plastic use. Maybe you are taking 3-4 sandwich bags daily to work for lunches (if you're like me) and so have decided to try a brand of reusable lunch baggies instead. If you are curious about methods to change things up a little, look into your own life and see what you are comfortable with trying.

Some non-nutrition-specific ideas to consider would be learning of farmers markets near you and getting to know the people there. I know it sounds cliché to “get to know your farmers” but literally, at our local farmers market in town, there are at least 4 different vendors who I have gotten to meet and brainstorm ideas with to better the community and understand their plight in the fight to give from and back to the land. They may even offer tours of their facilities and grounds to show you and kids alike what they are doing and why they do it—they love to share their lives. (This would also be an excellent time to ask them which parts of the vegetable or fruit in question are edible if you're curious about skins, peels, and greens!)

Consider Community Supported Agriculture (or CSAs) to have a consistent influx of local, farm-fresh produce and other items on-hand. Many times, whole or half-shares are sold depending on how much you or your family would need. Sometimes, you can be met halfway to limit travel time too, location dependent.

If it is an interest, look into events in your community that support feeding everyone. A local option is Empty Bowls Monongalia who hosts a large soup luncheon every year to raise awareness and proceeds for those with chronic hunger.

Consider the season you're in. Certain types of produce can be more affordable depending on what time of year it is. Search the US Department of Agriculture's Seasonal Produce Guide to locate which foods are more available in which season.



Community gardens have been becoming popular around the country and sometimes, even atop healthcare facilities. Whether patient or public-specific, this creates a community of people who wish to grow food and meals from the ground-up that would simply not exist without their initiative. On a larger level, advocating for the needs of your community through advertising community initiatives to gain support, starting at the local level and proposing ideas to city-wide officials, and even grant-writing for specific needs you observe are all ways to take action and see where that action leads you, and leads us all.

**DON'T FORGET TO  
REGISTER!!**

WHITE HALL EVENT CENTER

FAIRMONT, WV

**SAVE == THE == DATE**

**APRIL 3RD & 4TH 2025**

