



North Carolina Academy of Nutrition and Dietetics

December 2020 Newsletter

President's Pen:

Happy December!

What a year! I can't believe how fast this year has gone by. This year we had to adapt and adjust to a completely virtual experience for our events, and I want to thank each and every one of our board members and members (you!) for working with us, showing up to connect, and learning with us this year from afar. We will continue to use your feedback and improve our virtual events as we head into 2021.

As always, this newsletter is packed full of exciting updates but I'd like to highlight a couple of events happening in December:

I'm excited to share that we will be offering a virtual yoga class with registration for our Virtual December Regional Meeting. One of my favorite options at FNCE in past years are the workout classes offered before sessions start in the morning, getting to connect through movement is such an incredible way to start a day of learning. The class will be from 7-8am on Friday, December 4th. I hope you'll join me!

Our last event of the year is specifically for dietetic interns. On Wednesday, December 16th at 6pm our NCAND President Elect, Tara Wind, will be hosting a small group discussion for dietetic interns on the topic of diversity, equity, and inclusion in our profession. We had an amazing discussion at our first ever Dietitians Discussing Diversity event in November, stay tuned for more of these small group discussions in the New Year! If you are a dietetic intern interested in going to the DIs Discussing Diversity event on December 16th, please [email](#) Tara Wind directly.

Wishing you a safe, happy, and healthy holiday season!

Best,
Liz Hurley Raynor, MS, RD, LDN, CSCS
NCAND President



BIPOC RD Spotlight

Educational Background:

BS Foods and Nutrition, Marymount College

Current Position:

Outpatient Dietitian/Nutritionist Myers Park and Northpark Ob/Gyn

Hobbies:

Mentor for my son's robotics team, reading, walking, cooking, gardening

Favorite Vegetable:

Tomato (so versatile!)

Why do you enjoy being an RD:

I enjoy being able to help my clients feel better and improve their health through the power of food.

Silvia Triana



Seeking RDs to Spotlight Each Month! NCAND intends to facilitate change and increase diversity, equity, and inclusion in our field. If you are a member of NCAND and identify as BIPOC, please consider allowing us to highlight you in our monthly newsletter. Our hope is to showcase your talents and areas of expertise, as well as support BIPOC RD2BEs in knowing that they are represented and valued. [Contact](#) our DEI Liaison, Alina Pittman.

Monthly [DEI Article](#): "Hearing the Voices": African American Nutrition Educators Speak about Racism in Dietetics.

Dietetic Interns Discussing Diversity – A small group discussion on diversity specifically for dietetic interns will be held on Wednesday, December 16th at 6 pm. It will be similar to our Dietitians Discussing Diversity event last week. This discussion is open to dietetic interns, and any other interested person, and will cover topics talked about during the series of Diversity, Inclusion, and Equity (DEI) webinars presented through the NCAND webinar series. There is very limited space to [sign up](#) to attend this discussion, but more discussions will be available and held throughout the year.



Member Updates

2020 NCAND Regional Meeting
Save The Dates:

Virtual NCAND Regional Meeting
December 4, 2020
[Register now!](#)

Virtual NCAND Regional Meeting
March 5, 2021
More details coming soon!

December Regional Meeting –

Registration is open for our December virtual regional meeting on December 4, 2020. [Register now!](#)

Virtual Morning Yoga Class –

Registration for [virtual morning flow yoga](#) is included with registration for the December regional meeting and provides a CEU. Michelle Picciocchi will be teaching the class from 7-8 am on December 4, 2020. Michelle Picciocchi MPH, RDN, RYT 200 is a long-term care dietitian with Atrium Health. Michelle

started practicing yoga 10 years ago to build a relationship with her aunt. After sticking with-it and seeing changes to her body, mind and attitude. She attended the 200 hr yoga teacher training program through BellaVita Teacher Training in association with NoDa Yoga and graduated in 2019. She believes a great benefit to practicing yoga is building a better self-awareness to one's body and its cues. She finds yoga to be a great way to maintain a balanced lifestyle incorporating physical, mental, and spiritual wellbeing. During this presentation be prepared to pause and take time to listen to your body and hear what it needs from you. Please be prepared with a yoga mat, blanket, pillows and blocks if you have them.



Action Center: Have you completed the three active [action alerts](#)?

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.

Upcoming NCAND Webinar – Friday, January 22, 2021 at 12 pm. "Putting Food on the Table: Moving Beyond Food Security Towards Building an Equitable and Inclusive Food System"
Presented by: Latasha Williams, RDN, MS

Lecture Summary: For some people, putting food on the table can be a challenge. In this presentation we will discuss how RDNs can bring more to the table using our nutrition expertise to participate in equitable and inclusive food systems. Registration opening soon!

Member Updates (cont.)

Apply now for the [Diversity and Inclusion Action Award](#): The Academy offers a \$1,000 Diversity and Inclusion Action Award to an ACEND-accredited educational program, affiliate, dietetic practice group, member interest group or other recognized Academy group. The award recognizes accomplishments in successfully recruiting and retaining underrepresented individuals. The application deadline is March 1, 2021.

Calling all our **RD Yogis**, we want to hear from you! Would you be interested in teaching a yoga or meditation class at one of our NCAND events in the future? Send us an [email](#) with your certification details and areas of specialty (for example, if you can teach guided meditation, vinyasa flow, or other types of yoga classes). For now, all of our events will be virtual. Can't wait to hear from you!



[Enroll today](#) in **AND's Power of Payment Program!** For more information about this program, [contact](#) the Nutrition Services Coverage team.

Did you know you can support the **Academy of Nutrition and Dietetics Foundation** while shopping on Amazon at no additional cost to you? The Foundation is a non-profit organization devoted exclusively to nutrition and dietetics, and only donations – not member dues – go to support the Foundation. Read more about how to shop through Amazon Smile and support the Foundation while you shop [here](#).

Apply now to become an [Academy Spokesperson](#)! AND's landmark volunteer media Spokesperson program advances the Academy's mission and goals and increases the public's knowledge of food, nutrition and health. Three-year Spokesperson terms begin June 1, 2021. Openings are available in a number of geographical and practice specialty areas. The application deadline is February 5th.

Combat Food Insecurity

Families who need help finding meals for their children <18 years of age can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877.

After entering their address, families will receive a text with the location and serving times for nearby pick-up and drive-thru meal sites while schools are closed. Sites have been set up across the state with school and community partners.



Awards Updates

NCAND Awards Spotlight: Outstanding Dietetics Educator Award

DEADLINE: December 31st, 2020

This year educators across the state have been presented with unprecedented challenges and are showing up to educate future RDs in new and innovative ways. We'd love to recognize these educators this year more than ever! The purpose of the Outstanding Dietetics Educator Award is to recognize the teaching, mentoring, and leadership activities of faculty in ACEND - accredited dietetics education programs. One educator can be selected from each of the four program types in each geographic area (a maximum of four awardees from each of the seven geographic areas for a total of 28).

In addition to publishing the list of outstanding educators in the Journal of the Academy of Nutrition and Dietetics and NDEPline, each awardee will receive a certificate and congratulatory letter from the Academy President. Awards will be presented at the NDEP area meetings for educators each spring.

Criteria for Selection of Outstanding Educators:

- Member of the Academy of Nutrition and Dietetics.
- Faculty with academic or supervised practice appointments in ACEND - accredited dietetics education programs (Coordinated Program in Dietetics, Dietetic Internship, Didactic Program in Dietetics, Dietetic Technician Program).
- Demonstrated innovative teaching skills and techniques.
- Demonstrated mentoring as documented by letters from students (limit three letters per nominee).
- Demonstrated leadership; e.g., national, state, or district dietetic association activities, community service, honors received, scientific and professional presentations, publications, employment, etc.

Application Requirements:

- Application Cover Letter
- [Data Sheet](#)
- Resume
- Three (3) letters of reference

Please submit all applications/supporting documents by the deadline date via email to the [Awards Chair](#). Please direct any questions [here](#).

Application must be received by December 31, 2020.

To find out more about NCAND awards, including how to nominate or apply, at <https://www.eatrightnc.org/awards>.

District Updates

RALEIGH DIETETIC ASSOCIATION

Sign up now for our upcoming journal club on December 2nd at 7 pm. We will be discussing [this article](#) on cinnamon and polycystic ovary syndrome.

Stay tuned for details on our December holiday social!

[Click here](#) to learn more about the RDA and follow us on [Instagram!](#)

CHARLOTTE DIETETIC ASSOCIATION

Thank you for joining us at our November virtual cooking class. Stay tuned for our upcoming events!

Follow our social media for member spotlights, action alerts, and Thanksgiving trivia!

[Click here](#) to learn more about the CDA and follow us on [Instagram!](#)

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

Join us for our next member meeting on December 9, 2020. First, UNC international graduate students, Lexi Wang and Sharon Huang, will lead a traditional Chinese cooking demo. Then we will provide DCHDA updates followed by a presentation on Cultural Appropriation through Food by [Dr. Michelle King](#). Dr. Michelle King, Associate Professor from the Department of History at UNC Chapel Hill, will discuss ways that dominant cultures adopt parts of other cultures, through adoption of their foods, without understanding or appreciating the history of the food, the culture, or the oppression of the people creating the food. [Register now!](#)

Deadline to register is 12/9/2020 at 3 pm

Participants will receive 1.5 CEUs.

Cost: Free for members/students. \$5 for non-members.

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