



EMPOWERING PHILADELPHIA'S
FOOD & NUTRITION LEADERS
JOIN TODAY!

President's Message

A Note from Rebecca Bova, RD, LDN
President of Philly AND 2019-2020

Hello Philly AND Members!

I hope everyone had a great summer! I am very excited to be heading into the fall and kicking off a new year full of events for our organization! Our new website has been up and running since March of this year. This was a huge undertaking for our past president and board of directors. We are all very excited about how great it looks and user friendly platform for our members. If you have not had a chance to check it out, head to eatrightphiladelphia.org to see!

Now that the website has been upgraded, our full focus this coming year is on you - our members. Expect to see more communications, events, opportunities and more. We will be making a great effort to host events in all counties that are of interest to everyone. We hope to see you at our yoga event at Tuck Yoga & Barre (Philadelphia County) and apple picking at Linvilla Orchards (Delaware County). Stay tuned for more fun events, networking and CEU opportunities from Philly AND in the coming months!

Finally, please be sure to pay close attention to all communications from PAND regarding the Dietitian-Nutritionist Bill. We need the help of every single Dietitian in the state of Pennsylvania for this to be successful.

Please contact your local representative to co-sponsor with Representative Thomas Mehaffie of the PA 106th District. A sample letter is available through eatrightpa.org. Major changes from the previous licensure bill include: updated educational requirements, a restatement of our legislated scope of practice, an updated statute to protect our titles, and more. Act now to help protect the residents of Pennsylvania whom we serve!

If you have not already, please follow us on instagram @eatrightphiladelphia and our facebook page (Philadelphia Academy of Nutrition and Dietetics) for regular updates. Myself and the board all look forward to seeing and serving you this year!

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Upcoming 2020 PAND Awards

The Philadelphia Academy of Nutrition and Dietetics (PhillyAND) is seeking your nominations for qualified award recipients for the 2019-2020 year. Simply review the following available awards and email the form to EatRightPhiladelphia@gmail.com. The most qualified candidate with the greatest nominations will be sponsored by PhillyAND as an applicant to enter the Pennsylvania Academy of Nutrition and Dietetics (PAND) ballot. Applying with the sponsorship and support of your district PhillyAND may increase your chances of winning these state awards/scholarships. Winners will be announced at the PAND spring meeting! To be recognized on a professional level is a great honor (and resume booster!) – **so hurry and submit those nominations!**

Available upcoming awards include:

Outstanding Dietetics Educator Award:

Deadline: TBD (November 2019)

Note: There will now be 2 levels for the Outstanding Dietetic Educator Award – ODEA

- State Level – awarded at the PA Academy Annual AME for educators selected from each of the four program types in Pennsylvania.
- National Level – awarded at the NDEP area meetings for educators

Recognizes the excellence of educators in the Academy of Nutrition and Dietetics accredited and approved dietetic education programs.

Outstanding Dietitian Award:

Deadline TBD (January 2020)

The highest honor bestowed upon a member of the Pennsylvania Academy of Nutrition and Dietetics, recognizes a Pennsylvania dietitian whose leadership and service is exemplary and whose contributions to the PA Academy and the public have been longstanding and exceptional. To be eligible for the Pennsylvania Academy of Nutrition and Dietetics Outstanding Dietitian Award, candidates must have received the Keystone Award.

Keystone Award:

Deadline TBD (January 2020)

Recognizes Pennsylvania dietitians who have through their leadership ability demonstrated outstanding professional standards to serve and advance the aims of the PA Academy.

Recognized Young Dietitian Award:

Deadline TBD (January 2020)

Presented to members of the Academy who are 35 years of age or younger who have demonstrated leadership qualities and performance in public relations, research, community outreach, management, legislation, education, and other areas related to the profession, on the job and in the community.



Recognized Dietetic Technician of the Year Award:

Deadline TBD (January 2020)

Honors the contributions of diet technicians to the profession. Award recipients have demonstrated leadership qualities and performance in the Academy or their employment through clinical nutrition, food service management, education, career guidance, legislation and public relations.

Emerging Dietetic Leader Award:

Deadline TBD (January 2020)

Recognizes the activities and competence of dietitians regardless of their age, who have made distinctive contributions early in their career to the Academy.

Outstanding Dietetics Student Award

Deadline TBD (January 2020)

Recognizes emerging leadership and achievement of students enrolled in Academy-accredited and approved dietetics education programs and encourages participation in the Academy.

For more info contact: Kate Bauman- katebauman16@gmail.co

Visit: <https://eatrightpa.org/for-the-public/scholarships-awards/>

Delegate Report: Fall 2019

Greetings Philly AND!

Zach Breeding here, your delegate until June 2021. I am really excited about this Academy year as well as representing the city that is hosting FNCE 2019! As the Chair of the Lifelong Learning Committee, which plans FNCE, I am personally very excited about the program this year and feel like we are bringing a ton of new ideas to the table... including a Philadelphia spotlight session where I am interviewing the lead author (who works in Health Policy at the University of Pennsylvania) on a JAMA article about the Philadelphia Beverage Tax. Hope you can make it!

For all new members, or those who just aren't clear, let's detail exactly what the delegate does, so that I may best contribute to the success the Philly dietetic community. As your delegate, I am your voice to the Academy by way of the HOD (House of Delegates). We also act as the governing body of the profession which informs policy on major ("mega" or strategic issues) including sustainable food systems, advancing leadership in public health, and the preceptor shortage. To govern the profession, the House of Delegates engages in the activities such as:

- Monitors and evaluates trends affecting the profession



- Monitors member and mega issues and the resulting actions
- Reviews, debates, and approves standards of practice and standards for professional performance for the RDN and NDTR
- Provides recommendations on standards, qualifications, and other issues related to credentialing to the Commission on Dietetic Registration
- Provides recommendations on the accreditation and related issues to the Accreditation Council for Education in Nutrition and Dietetics (ACEND)

The past Academy year was spent redesigning the structure and function of the HOD. Instead of simply focusing on strategic issues that traditionally focus on issues affecting our profession in 3-5 years, we are now also focusing on more immediate, pressing issues facing our profession (called professional issues). We are also developing more ample opportunities for transparency to all of the Academy. More on that to come!

More simply put: A strategic (or “mega”) issue is an overriding issue that cuts across multiple discipline areas and is futuristic in its scope/projected to impact the profession 3-5 years into the future. These issues address key questions the HOD must answer to illuminate choices and challenges that will need to be overcome moving forward for the envisioned future; examples include sustainable food systems, advancing leadership in public health, and the preceptor shortage. The Mega Issues Process is an important tool for responding to members' needs related to far-reaching professional concerns.

A professional issue has more clear direction in how it will benefit the profession more immediately. These issues address most dietetics deal with directly, such as: licensure, diversity, and various grassroots projects. Often times it is these types of issues that empower dietitians to join the Academy or get involved.

As such, the HOD really needs to empower leadership and membership to SUBMIT ISSUES to the HOD through the Mega Issue Identification Form: <https://www.eatrightpro.org/-/media/eatrightpro-files/leadership/hod/mega-issues/mega-issues/mega-issues-short-form-acrobat-form.pdf>. We as an Academy will have a difficult time leading the path of this profession without loud voices from our members. The voices of our members drive this profession, when we are silent we are complacent. In order to stay relevant to society and attractive as a professional field, we must stay on top of the issues that we face today. We are open and excited to hear any and all ideas from you, so don't hesitate to reach out to me if you need any help in developing your submission!

Zachari Breeding, MS, RDN, LDN,

ANDDelegate, representing Philadelphia and LVDA zacharibreeding@gmail.com



Save the Dates!



**Saturday
September 21st
1pm**

**PHILLY ACADEMY OF NUTRITION
AND DIETETICS**

YOGA CLASS!



*Join Philly AND for a
Yoga Class at
Tuck Barre & Yoga
University City!*

Class is \$5/person

Registration will be limited to 15 people
first come, first serve

**PLEASE EMAIL
AUTUMN.LIMEGROVER@GMAIL.COM
TO REGISTER**

Tuck Barre & Yoga
3400 Lancaster Ave #6
Philadelphia, PA 19104




**COME APPLE PICKING WITH
PHILLY ACADEMY OF NUTRITION
AND DIETETICS**

Join Philly AND for apple picking on
October 5th at 1:00 pm!

Meet us at the entrance and we'll go from
there! Entrance fees will be covered for all
attendees but there is an additional fee if
you plan on taking apples home. Please
email chleap94@gmail.com with any
questions.

BYO bag for the apples if you
plan on picking!

@ Linvilla Orchards
137 W Knowlton Rd.
Media, PA 19063



Save the Date
AME 2020

March 27th- King of Prussia





Opportunities for You!

Have an interest in developing
nutrition content?

Want to be published in the next
Philly AND newsletter?

Submit an article on any nutrition
topic of interest between 500-1000
words to edeming8@gmail.com.

The board will review and decide what
article will be published! Submission
deadlines are 11/22/19.



Meet Your 2019-2020 Board

President - Rebecca Boova

President Elect - Nikita Grove

Immediate Past Chair - Ha Nguyen

Secretary - Anita Anim

Treasurer - Samantha Beaino

Council on Practice Chair - Amy Coughlin

Council on Practice Chair Elect
- Becky Wojcik

Nominating Chair - Katherine Huffman

Nominating Chair Elect -
Corinne Ellis

Public Policy Coordinator -
Audrey Foster

Public Policy Coordinator Elect -
Laura Yatvin

Membership Chair - Autumn Limegrover

Membership Chair Elect -
Claudia Hleap

Social Media Representative -
Sarah Nash

Public Relations Chair -
Marjorie Nolan Cohen & Emily Rubin

Scholarship Chair - Susan Stalte

Career Guidance Coordinator -
Kianna Silvera

Student Rep - Annie Kohutka,
Kennedy Alexander, & Katie Grham

Delegate - Zachari Breeding

Newsletter Chair - Elise Deming



Follow Us!

@eatrightphiladelphia

Check out our new website @
<http://eatrightphiladelphia.org/>