



2017 Summer Communicator



Advocacy Team

March 8, 2017, was recognized as Registered Dietitian Nutritionist Day! In celebration, Kansas RDNs and dietetic students were at the State Capitol to receive the proclamation by the governor and were able to attend sessions on the Evolving World of Insurance in Kansas, Reimbursement: the “How-Tos” of Billing, and Communication Strategies for Effective Advocacy at the KSAND Public Policy Workshop.

KSAND Public Policy Workshop Sessions



Changing Up National Nutrition Month™

By: Cheryl Wiley

In March 2017 KU Dining Services retail and residential dining locations were treated to a chef's demonstration and food features revolving around:

Week 1—"Using Healthier Fats, Oils"

- retail locations—spicy black bean burger samples + information was provided on topping calories, fat grams.
- residential locations—a rice pilaf prepared with canola oil & its omega-3 properties.

Week 2—"Eating Less Added Sugar"

- retail locations—a flavored coffee with no calories.
- residential locations—plain oatmeal with an accompaniment, lite agave syrup.

Week 3—"Using Less Salt"

- retail locations—fries with Mrs. DASH.
- residential locations—Asian Veggie Stir Fry prepared with less salt.

Week 4—"Incorporating More Whole Grains"

- retail and residential locations—zucchini barley pilaf

Partnership with the University of Kansas Lawrence, Ks. Campus Watkins' Health Center for a "Healthy Options Eating Out" cooking class + Fruit Fridays. Each week students, faculty, staff were encouraged to sample the featured recipes and heard about the weekly topic's nutrition information, benefits and KU Dining's social media promotion...Follow us on facebook, Instagram, and/or

twitter, click like the image for a chance to “Win A Fitbit!”. Visit kudining.com anytime for menus, allergen content, contact information.

2017 KSAND National Nutrition Month® Grant Recipients

The Kansas Academy of Nutrition and Dietetics was proud to offer funding to support the planning and implementation of two NNM projects in 2017.

1ST PLACE
ALEX AYE
@alex_aye

2ND PLACE
NICOLE ROBBEN
@nicole_robbsen

3RD PLACE
AMBER GRAY
@ambergrey

4th Place winners were given a photo to demonstrate the proper way to build a MyPlate (balanced meal with personalized portion options).

NATIONAL NUTRITION MONTH
PUT YOUR BEST FORK FORWARD
PHOTO CONTEST
MARCH 2-17

Post to Instagram with the hashtags:
#NationalNutritionMonth
#PutYourBestForkForward
#CSUeatsID5

KANSAS STATE UNIVERSITY | **DIVISION OF DINING** | #CSUeatsID5

In addition to our photo competition, we hosted a kick-off event at Kramer Dining Center on March 1, in collaboration with the Wildcat Wellness Coalition. At this event we presented information about MyPlate principles and how to include a variety of foods in your diet. We made points about how to successfully navigate the many options in the dining centers. We then challenged our participants to "Put Their Best Fork Forward" in a friendly competition to create their own MyPlate and present it to our judges.

Kansas State University put their best "MyPlate" forward on social media to participate in a university wide competition during National Nutrition Month.

Jessica Miller

Kansas State University



KSAND helped the VA Eastern Kansas Health Care System fund a Nutrition Health Fair for Veterans and employees inspired by the Academy of Nutrition and Dietetics' 2017 National Nutrition Month® theme "Put Your Best Fork

Forward.” Participants were provided nutrition education and handouts, enjoyed healthy snacks and had a chance to win prizes.

Nicole Debus, RD, LD
VA Eastern Kansas Health Care System

KSAND Annual Conference

We celebrated another successful Annual Conference in Overland Park on April 28, 2017. Some of the highlights from the day long conference included several well deserved awards. Please help us in congratulating the following award winners:

Distinguished Dietitian of the Year - Deb Sullivan



Recognized Young Dietitian of the Year - Cara Harbstreet



Emerging Leader in Dietetics- Marley Sugar



50 Year Member - Sarah Oliverus



Vaden Scholarship – Josie Diekemper, University of Kansas Medical Center



McCollum Scholarship – Ariel Marusak, Kansas State University



Save The Date!

KSAND and MOAND Joint Conference

April 5 - 7, 2018

Marriott Kansas City in Overland Park, KS

Conference Theme --- Blended Borders: Mixing Nutrition and Life

KSAND Foundation Fundraising Report

How fortunate I have been to serve as your KSAND Foundations Chair this past year! From new friendships to enhanced networking skills to lessons of responsibility to an enriched gratitude for our fabulous donors and volunteers, it has been wonderful and I'd do it all again!

Fun Fundraising Facts:

- 1st KSANDF ribbon fundraiser raised \$32.72;
- 1st KSANDF T-Shirt fundraiser raised \$988.47;
- Largest KSANDF silent auction with \$2178.33 raised;
- Along with the Savers drive, raffle at networking event, & donations, we raised just over \$4,000!

KSANDF Forward Focus

These funds are essential for the KSAND Foundation to continue supporting dietetic students with scholarships and providing recognition to our outstanding dietetic practitioners.

Treasurer's Note:

From June 30, 2014 to April 30, 2017, the KSANDF funds, increased by 5.6% including earnings on our investments, fundraisers, and donations (not including any DHCC money). That's an increase of \$5,131.68 in just under 3 years. Well done KSAND members! And thank you to Jennifer for all her hard work!

Bottom line...this success is not possible without our generous donors and YOU! I would like to thank everyone who supported the KSANDF this past year. I am humbled with gratitude by your generosity. Please don't ever think your gift is too little...it all counts!

Jennifer Morris

KSANDF Chair 2016-2017



Photo: KSAND Foundation Fundraising and Foodie Crawl through Downtown Overland Park Attendees. Attendees toured Aubrey Vineyards, Penzeys Spices and The Tasteful Olive.



Photo: (left to right) Abby Heidari, KSAND Executive Director, Bethany Frazier, Marketing Chair, Angie Lanigan, KSAND President visit Aubrey Vineyards during the Foodie Crawl on April 27, 2017.



Photos: KSAND Foundation joined with Hospital Hill Run in June as a Charity Partner. Kansas City registered dietitians and their family members hosted a cheer station during the Friday evening 5K promoting dietitians in the community.

Congratulations to Our New Board Members!

President-elect - Jennifer Morris



Secretary - Johannah O'Malley



Delegate - Staci Cardenas, RD, MHA



Council on Practice Chair Elect - Cara Harbstreet, MS, RD, LD



Nominating Committee Co-Chair - Jeannine Goetz, PhD, RD, LD



Nominating Committee- Jill Ladd, MPH, RD, LD



Nominating Committee - Erika Lindshield, MPH, RD,LD



A special Thank You to the
2016 KSAND Board for all your
contributions this past year!

KSAND Leadership Retreat and Orientation



At the beginning of June, the incoming and outgoing KSAND board met in Wichita for the annual leadership retreat, orientation and board meeting. This year, the board volunteered with The Lord's Diner. The mission of The Lord's Diner is "to serve a nutritious meal with dignity and respect to anyone who is hungry." This organization has two locations in Wichita and and three food trucks, helping to feed over 2,500 meals a night (60% of whom are families). This was quite a humbling experience for everyone.

During the business meeting that followed, the board worked to develop a strategic plan that would best reflect the goals of the Academy as we enter into the Second Century. These goals include engaging the membership more, improving visibility of dietitians and advocating for our profession. We all look forward to serving the KSAND members from 2017-2018!

Gretchen Strathe
2017-2018 KSAND President



KSAND Board Members connecting while volunteering!

KSAND in Washington, D.C. Academy's Public Policy Workshop



On Monday, June 26th, Senator Pat Roberts was recognized as one of two 2017 Academy of Nutrition and Dietetics Public Policy Leadership Award recipients. Three KSAND Board members were able to present the Senator with the award during the ANDPAC Breakfast in conjunction with the 2017 Public Policy Workshop hosted in Washington, DC. KSAND is pleased that his leadership with food and nutrition policy was recognized. Senator Roberts has served in both the House and the Senate, and he is the only member of Congress to serve as both the Chairman of the House and on the Senate Agriculture Committee. This brings a unique skill of understanding the process in both chambers and the need for collaboration. In his role, he has continually been open to communication and feedback from constituents and the Academy in regards to many nutrition-related topics.

The excitement didn't stop there. KSAND ventured to Capitol Hill where they met with the offices of Sen. Jerry Moran, Sen. Pat Roberts, Rep. Lynn Jenkins, Rep. Kevin Yoder, Rep. Ron Estes, and Rep. Roger Marshall. The topics of discussion were to support the Resolution that would recognize the Academy's Centennial (S. Res. 75/H. Res. 161), the SNAP-Ed and EFNEP under the Farm Bill and securing funding for preventative services as we move forward as a nation with health care reform. The responses were very positive! On Friday, June 30th Rep. Lynn Jenkins, along with Rep. DeGette, introduced H.R. 3124, the Preventing Diabetes in Medicare Act, in the House of Representatives. Thanks to the outreach of Academy members at PPW, for the first time, the bill was introduced with 15 original co-sponsors!

Interested in getting involved? Reach out to our public policy coordinator by email, and make sure to keep your eyes peeled for Action Alerts when they come through!

Katelynne Burghardt, MS, RDN, LD
2017-2018 KSAND Public Policy Coordinator

**WKDA ANNUAL MEETING &
CONFERENCE**

SAVE THE DATE

**WALKING THE TALK:
LEADERSHIP AND
ADVOCACY IN ACTION**

OCTOBER 6, 2017

Explore new ways to lead
and advocate for healthy
living

7 CEUs requested

Interactive Sessions
Telehealth
Local Food Systems
Poverty Simulation

Belwether Barn Scott City, KS

Please email WKDA@eatrightks.org for more information.

New KSAND Website

The new website is getting final edits and should be up and running by the end of the summer. Thank you for your patience as we work to improve. The new website will be hosted at the same URL:

www.eatrightks.org

National food news website, Foodbeast.com, profiled 20-somethings Minnesota dairy farmers Alise and Lucas Sjostrom of Jer-Lindy Farms in Brooten, Minn. The Sjostroms are profiled in The Dairy Good Cookbook and share their family business story including their Redhead Creamery, the family's cheese-making business that started in 2013.

Foodbeast visited the Sjostrom's farm in August for their first visit to a dairy farm, to learn about the cheese-making process. Watch how cheese is made at a dairy farm with Foodbeast.

[See How Cheese is made on a Dairy Farm](#)

Cheese...

a few simple ingredients

Cheese is a complex food made from a few simple ingredients. Cheese makers have developed thousands of varieties of cheese around the world, each with a unique taste, texture and nutritional profile. No cheese is the same — there are many standards of identity for cheese, because there are a number of ways to adjust the basic recipe to get a distinct product (e.g., Cheddar, Swiss, blue, Brie, mozzarella, etc.).

NATURAL CHEESE



PROCESS CHEESE

NATURAL CHEESE is made from four basic ingredients: milk, salt, starter culture or "good bacteria" and an enzyme called rennet. The nutrients found in cheese (e.g., calcium, protein, phosphorus) are there because milk is the main ingredient in cheese.¹ Salt is needed to finish the transformation of liquid milk into enjoyable cheese. Salt also acts as a natural preservative.²



PROCESS CHEESE is made from high-quality natural cheese so it also provides important nutrients such as calcium, phosphorus and protein. And it can be made to have more calcium. Historically, process cheese was used to provide shelf-stable cheese for wartime and for shipping to warmer climates.^{3,4,5}

The processing halts the aging process so the cheese maintains its flavor, texture and smoothness. Process cheese is customizable for flavor and qualities such as a smooth melt that make it a versatile, tasty and easy-to-use food. The amount of salt used impacts firmness, flavor, safety and preservation.⁷

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www.midwestdairy.com



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