A Message from our President
Chesney Blue, RDN
2015-2016 President - New Jersey Dietetic Association

The food and nutrition industry continues to grow as more people are eager to learn about healthy eating, disease prevention and wellness. Registered Dietitians Nutritionists and NDTRs are positioned to become leaders in the field since we are trained in critical thinking, counseling and translating the science of nutrition to the public. This allows us to reach and provide education to consumers in supermarkets, public relation firms, hospitals, corporate wellness and in government agencies to name a few. Membership in the Academy and NJDA provides you with those benefits to gain an edge in our profession.

NJDA continues to plan networking events to provide you with the tools to advance your career and gain knowledge in trending topics while earning continuing education credits. This fall, join us at one of our events to obtain that edge, take advantage of the discounts offered with your membership, volunteer on a NJDA committee and stay involved in public policy by responding to action alerts and keeping up with the issues that affect our profession. Get involved at work, school, and in your communities and let your voice be heard.

Tell us how we can help you enhance your professional growth by contacting me with any questions, concerns or ideas at president@newjerseydieteticassociation.com.

Meet Jake
Students like Jake are taking an active role in creating healthier school environments and encouraging their peers to eat nutritious foods like the yummy fruit and yogurt smoothies we see here - and exercise for at least 60 minutes a day. It's all part of Fuel Up to Play 60, a program that blends access to nutritious foods with physical activity to develop children with healthier bodies and minds.
Fuel Up to Play 60 is a partnership of the National Dairy Council and National Football league, and is supported locally by New Jersey’s dairy farmers through the American Dairy Association and Dairy Council, as part of their lifelong commitment to student health.

For more information visit [www.adadc.com](http://www.adadc.com) or contact:
Stacey Jackson, MS, RDN, CDN
sjackson@adadc.com
914-615-9286

Feature article sponsored by:
American Dairy Association and Dairy Council, Inc

---

**In the Spotlight: Christopher R. Gunning, RDN**  
Clinical Nutritionist; NJ Institute for Food, Nutrition and Health, Rutgers University

How did Chris, an up-and-coming RD, land the job of Clinical Nutritionist and member of the NJ Institute for Food, Nutrition and Health?  
Chris sold his tech-savviness as an outstanding skill set and was hired out of a large pool of applicants to head a newly created position as Clinical Nutritionist at the New Jersey Institute for Food, Nutrition, and Health ([IFNH.Rutgers.edu](http://IFNH.Rutgers.edu)) and Rutgers Student Health Services at Rutgers University.

**What is this job all about?**
Chris’ position includes counseling Rutgers students where the primary focus is weight management, eating disorders, diabetes, poly-cystic ovarian syndrome and GI-related issues. He works with a team of healthcare professionals including psychologists, physicians and nurse practitioners to develop and deliver state of the art intervention strategies. He also leads a group of 13 undergraduate students majoring in Nutritional Science & Dietetics to provide nutrition-related peer education throughout campus. The students, known as the Nutrition Advocates bring nutrition education to their fellow peers in dormitories, sororities/fraternities, and other locales on campus and in the local community. With tech savvy and interest, Chris plans to find ways to utilize technology through wearable health trackers and develop mobile applications to gather data and ultimately improve patient outcomes in nutrition counseling.

**We asked Chris: What are the key points to advancing your career and landing the next career move?**
- Start with confidence in yourself
- Develop your contacts and build new ones
- Keep your eyes open for opportunities
- Look for growth potential
- Don't be afraid to stretch, go out of your comfort zone
- Ignore limitations in job descriptions and shoot for the interview
- Capitalize on your unique talents and sell it!

**The result? You win!**

*Congratulations on your recent success Chris, we are proud of you!*

Connect with Chris, [email him here!](mailto:)

---

https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=11223484...
**Fall Networking Event in Region 1!**
RDs, DTRs, Students... Join us at Cecil Creek Farm

**Tuesday, October 20th; 6-9PM**
Cecil Creek Farm
73 Democrat Rd, Mickleton, NJ 09056
www.cecilcreekfarm.com

**The evening will include:** a hayride, farm tour, clean eating cooking demo & tasting with health coach and farm chef, appetizers, fun and friends! Cecil Creek is BYOB, local wines available for purchase.

**Register:** Required in advance! $21.50 per person, click here [cecilcreekfarms.eventbrite.com](http://cecilcreekfarms.eventbrite.com)

**Questions?** Contact your NJDA Region 1 co-chairs Stephanie Long and April Schetler

*Connect with other dietetic professionals in South Jersey... and have fun doing it*

---

**How do you Build Your Networks? Break Out!**

By Cris Carlin, PhD, RD
Abbott Nutrition Therapeutic Nutrition Representative

**networking** (*action verb*):
- to build a network or net
- a system of lines or channels that cross and weave to form a tight fabric and catch opportunity.

Networking is a well-researched field with focus on developing the Art of Networking to enhance careers, build friendships, create job opportunities and even find a new love interest! To grow personally and professionally, we need to actively build networks connections within our family, work life, profession and social circle. And if we think of all of these networks as concentric circles, intersecting like a Venn diagram, you can see how vast your network and influence can be. A dietitian working in healthcare, strong networks are essential to advance your department goals, professional career and personal satisfaction!

**So how do you build your networking savvy?**
- **Assess who you know and who knows you:** Not just your RD/DTR pals, but other colleagues in the organization
- **Go to pertinent meetings:** Offer quality input to the group
- **Mind your manners!** Exchange ideas, not just your views or experience
- **Introduce yourself:** Shake hands when doing so
- **Exchange business cards:** If not provided by your company, get them printed for yourself inexpensively
- **Sit next to someone new:** At a meeting, sit with someone who you don't know or would like to know
- **Formally brag!** Make sure to tell management about you/your department's accomplishments and how nutrition supports the organization's goals

A strong network is rewarding! It keeps you from getting stale and keeps you relevant as a professional because will remain integral to advancement. Assess you current network circles and plan how to expand for personal and professional fulfillment. **Go ahead... break out!**

**Questions for Cris?** Email her, [click here](http://www.cecilcreekfarm.com)
**NJDA Launches New Website!**

We are excited to announce that the website has been completely revamped! It has many new features, including being mobile friendly. We hope that you find our new site both easy to navigate and visually appealing!

We encourage you to explore the all new eatrightnj.org!

---

**Region 2 is Hosting a Fall Networking Event!**
**Urban & Sustainable Farming with Garden State Urban Farms**

**Tuesday, October 27th; 5:30-7PM**
Garden State Urban Farm (GSUF)
Branch Brook Park, Newark, NJ
[gsuf.com](http://gsuf.com)

*The evening will include:* a greenhouse tour, networking, refreshments and a seminar led by Lorraine Gibbons, founder of Garden State Urban Farms (1.5 CEU credits).

Lorraine Gibbons is the founder of Garden State Urban Farms, which operates a hydroponic greenhouse right in the middle of Branch Brook Park in Newark, NJ. Join Lorraine and fellow RDs and DTRs for a greenhouse tour to learn more about urban and sustainable farming and its impact on our ability to feed our communities. This event is ideal for the nutrition professional with an interest in food access and/or urban farming. Be sure to join us for evening on the farm!

**Register:** Limited space available! $15 per person, click here urbansustainablefarming.eventbrite.com

**Questions?** Contact your region 2 chair Molly Fallon

**Location:** Print Google maps directions for: 19x Christopher Columbus Drive, Newark, NJ - DO NOT put this address in your GPS

*See you there!*

---

**Leading Change**
**By Jane Ryan, PhD, RD, FAND-NJDA, Immediate Past President**

This is an exciting time for us as nutrition professionals. However, we may be put into situations at times where we must help to facilitate change while maintaining morale, and productivity. To do this, it is important to leverage the skills and expertise of the health care team around us. How do we do this?

Develop a **sense of urgency** in your team. Help those around you to see the need for change and the importance of acting immediately.
Create a **guiding coalition** that has enough power to approve and implement change. Include your nutrition team, as well as nursing, case management, homecare, and quality teams.

Have a **clear vision** for change--how the future will be different from the present. Understand the mission and vision of your organization and align to your nutrition department goals.

**Keep communication coming!** Involve your team with timely, honest, varied, and consistent methods of communication. Update administration on your successes. Seize opportunities to present in front of interdisciplinary teams such as leadership, quality, nursing, education, and medical staff.

**Engage your staff** in the change processes.

Enjoy the "**short term wins**" to create an excitement in your workforce. Take a small doable portion of a task and complete it and implement to show the success.

**Be Persistent.** Don't give up when things get difficult and keep your team informed!

**Make change stick!** Attend meetings of other health professionals so that they remain interested and involve

Let's continuously work to advance the reach and impact of nutrition.


---

**Save the Date!**

Please save the date for the:

**84th Annual Meeting of the NJDA - Friday, May 6th, 2016**

Ocean Place Resort & Spa, 1 Ocean Blvd, Long Branch, NJ 07740.

Details and registration to follow.

---

**Nutrition Rewind:**

**A Q&A with Susan R. Gross MS, RDN, CSG, FADA, FAND**

**Susan, what are some of your significant career highlights?**

- Served as Atlantic County Extension Home Economist/Assistant Professor Rutgers University which involved appearing on numerous TV segments, a 6 year radio segment as well as writing weekly articles for area newspapers.
- Functioned as Statewide Coordinator of Nutrition Education and Training Program in NJ Department of Education for K-12 public and private schools.
- After working in government for 23 years, in semi-retirement co-founded Seashore Nutrition PA, a nutrition consultant firm, perhaps the first in NJ.
- Served as President of Southern District NJDA and as President of NJDA.
- Volunteer liaison between the American Dietetic Association and US Congressman's office to promote nutrition public policy. Congressman William Hughes then wrote the original legislation for Medical Nutrition Therapy.
What amazing experiences! How did you see the field of nutrition change over the years?
Nutrition shifted from the concern over which foods are required to avoid nutrition deficiencies and illness, to what food and supplements may be consumed to promote optimal health. The 2017 centennial of the academy celeb success from food as energy, micronutrient disease states, nutrition in public policy, chronic diseases and now, nutrition for optimal health.....And, we changed from white uniforms, white stockings and white shoes to lab coats!

Where do you see nutrition in the future?
My personal favorite degree for the future is a combination of human nutrition, genetics and informatics. 21st Century hot topics include human genetics and nutrition, genetically modified foods in human health, malnutrition, obesity, and longevity. Do the 5 Blue Zones give nutrition clues to the longevity quiz?

Eating isn't simple anymore! An incredible array of food choices makes eating a complex process. New nutrition science creates a greater need for the profession to assist consumers through the ever widening maze. The computer drives the need for nutrition services to a much higher level!

What advice can you share for new RDNs and DTRs?
Yesterday's principles remain. Possess strong ethical values. Be and look professional. Network via social media. certified. Leadership skills are essential. Own the word "NUTRITION"! We are dietitians for a healthier New Jersey. dietetics is your profession, then public policy needs to be your passion. Perhaps YOU may have the next great innovation, skill or leadership talent to move the profession forward! Dare, dream, take risks!

Are you a NJ nutrition professional with something to share?
Email your NJDA eNews co-editors, Cris Carlin and April Schetler, for more info!

Forward this email
SafeUnsubscribe®
This email was sent to info@eatrightnj.org by info@eatrightnj.org | Update Profile/Email Address Rapid removal with SafeUnsubscribe™ | About our service provider.

Try it FREE today.
New Jersey Dietetic Association | 1255 Whitehorse-Mercerville Rd. | Building B, Suite 514 | Trenton | NJ | 08619