A Message from the President

Elizabeth Nossier, MS, RDN

Dear NJAND members,

It has been a pleasure serving you as President these last few months. I am so grateful to you all for your continuous support and encouragement. Our Executive Board met in September to re-evaluate our strategic plan with the consultation of an industry expert specializing in strategic partnerships, Coltrane Stansbury. We held discussions around key stakeholders, strategic planning and partnerships to help renew our Board’s perspective and approach in making progressive and innovative changes to the plan. Our Board voted to adopt the AND’s revised Mission and Vision, as well as add the following Guiding Principles which reflect our values and priorities. Specific strategies and objectives to implement each guiding principle are underway and should be voted on by the Board before the New Year.

**Vision:** A world where all people thrive through the transformative power of food and nutrition

**Mission:** Accelerate improvements in global health and well-being through food and nutrition

**Guiding Principle 1:** Integrate research, professional development and practice to stimulate innovation and discovery

**Guiding Principle 2:** Collaborate with mission-aligned partners to solve New Jersey’s food and nutrition challenges now and in the future

**Guiding Principle 3:** Support food systems, policies and practices in New Jersey that impact food, nutrition, wellness and healthcare sectors

**Guiding Principle 4:** Have a statewide impact in eliminating all forms of malnutrition

**Guiding Principle 5:** Amplify the contribution and branding of nutrition practitioners and expand workforce capacity and capability

The demand and request for networking events based on member feedback to connect NJAND members around NJ has led to the development of several...
professional networking groups (PNG’s): Jersey Shore, South Jersey, Essex and Hudson Counties, African American, Northern NJ Dietitians in Private Practice, and Greater Morristown Area, who have been successful in arranging several events last year with more interesting events planned for the upcoming year. Additionally, Regional events in South, Central, and North Jersey have offered members networking and CPEU related experiences and opportunities at minimal cost. We encourage you all to make meaningful connections with your colleagues around NJ by participating.

Check out our weekly e-blast, Facebook, Instagram, and Twitter for up-to-date information regarding upcoming events or email our Executive Director, Megan Squires, MS, RDN, at ExecutiveDirector@eatrightnj.org for more information on how to get involved. Contact me anytime to share your ideas, concerns, and thoughts (they are always welcome) at President@eatrightnj.org.

Our Public Relations and Communications committee, along with expert members, are working on a statewide media campaign, including video, radio, and social media communications, to address the need for an increase in public awareness of our role and expertise. This was identified as an area requiring stronger focus by the Executive Board and members. Plans to highlight member accomplishments and involvement in research initiatives and social media posts to engage the public in trendy food/nutrition related conversation around food and nutrition are also underway.

Our Public Policy team has been working on strategies to increase member input on both national and statewide legislative issues that affect our services and futures as food and nutrition professionals. What we choose to do today will affect what happens to us tomorrow, so let's ensure we have a place at the table and our voices are heard when it comes to policies that affect us.

Much of the progress and privileges we now have as practitioners are a result of volunteer members who consistently took action, and contacted key stakeholders to provide comment and guidance on laws and regulations pertaining to Food and Nutrition Services. Please follow their lead and take action today. I promise it will take you less than 2 minutes to make a difference!

I look forward to connecting with all of you throughout the year at various events and at our annual meeting, which will be held on May 11th, 2018. Please save the date. See you there!
Thoughts from the Immediate Past-President
Submitted By Kathleen Carozza, MA, RDN

As the Immediate Past-President, I wanted to first thank everyone for their time, talent, and support last year. We started our new year with a Board Retreat in September organized by our new President, Elizabeth Nossier and Executive Director, Megan Squires. The program gave us the opportunity to reflect on what we've
accomplished and align our strategic plan with the Academy’s second century vision. I look forward to moving in this new direction with the rest of the board.

As a resident of Morris County and faculty member of the College of Saint Elizabeth, I attended several of last year’s Greater Morristown Area Professional Networking Group (PNG) meetings. This fall, we combined our first meeting with a continuing education program of the College of our Department of Foods and Nutrition’s 100th Anniversary Celebration. LaChell Miller, MS, RD, CC presented her research, "The Impact of Culinary Education on School-aged Children." There were also multiple displays by students in the undergraduate, graduate, and dietetic internship programs. The main event was a presentation by Father Leo Patalinghug, the "Cooking Priest," who won Throw Down! with Bobby Flay. His fun and interactive food demonstration and message of the importance of sharing meals to meet our most basic needs for connection and communication were well received.

We are looking for new leadership for the Morris Area Professional Networking Group! If interested, please contact Megan Squires, MS, RDN, at executivedirector@eatrightnj.org.

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**Adaptogens - A quick fix?**

*Submitted by Monika Mahajan, MS, RDN*

I read a quote the other day: "Good morning, let the stress begin!". It struck me as funny but true - we are all under constant stress and illnesses have been linked to the increase in stress. A quick fix to combat stress can certainly be appealing. I often come across patients who are enamored of a long list of over-the-counter supplements - or adaptogens - that are touted to reduce stress by boosting immunity and well-being. Are these supplements really helpful?

Adaptogens are defined as substances that enhance the body’s resistance and vitality in the face of stress. While this concept is relatively new for western medicine, it has been integral to Ayurveda (Rasayana), Tibetan, Chinese (Qi tonic), and even African and (Manyasi) medications. Dr. Nikolai Lazarev, a Russian scientist, was the first to use the word “adaptogen” during his research on substances that produced a “state of non-specific resistance” to boost productivity and performance in soldiers and athletes. Hans Selye, a Hungarian endocrinologist, proposed the theory of stress called “general adaptation syndrome” which is the body’s response to the demands placed upon it. Adaptogens could act as a restorative tonic that counters the effects of stress by increasing the body’s resistance and strengthening immunity.

Today herbal supplements have grown to be a billion-dollar market. Their use is being touted as 2017’s biggest natural beauty and wellness trend and is
endorsed by celebrities like Gwyneth Paltrow. They are even referred to by some as miracle pills. And while they may have some benefits that help boost resistance and bolster general well being, there is little FDA regulation on what goes into these bottles.

Some studies have revealed that adaptogens exhibit neuroprotective, antifatigue and anti-depressive effects by acting on your adrenal system that regulates the response to stress. However, these study results should be taken with a grain of salt because only a handful were well designed and were mostly conducted in India or China. The studies were mostly small, or some were done on animals. In some, subjects were given a concoction making it difficult to know which herb really made an impact.

Another confounding factor is that in the West, these substances were studied as a single herb in a purified extract form however, traditionally, they have been used in whole form or in combination with other herbs.

Growing up in India, I am used to drinking chai with a concoction of Tulsi, ginger and turmeric with honey to fight colds. These are some common adaptogens that are a part of an Indian pantry. But other times I needed a more specific prescription by a trained Ayurvedic physician.

It is important to note that some adaptogens can have a negative impact if overused or may interfere with medications that you might already be taking. For example, Arnica, bitter orange, or ginseng may interfere with blood pressure medications. Black cohosh prescribed for hot flashes, painful menstruation or uterine spasms can interfere with medications like acetaminophen or atorvastatin.

Adaptogens might be useful, but we need more large, well-designed studies that use the actual herb in its natural form rather than a purified extract to best understand their effects. In the meanwhile, before self-prescribing, you should consult with your nutritionally oriented physician or an Ayurvedic practitioner.
This past Saturday, October 28, 2017 the Special Olympics of New Jersey (SONJ) held their annual Fall Games at Mercer County Park.

NJAND teamed up with TCNJ’s Health and Exercise Science undergraduate students (led by Associate Professor Dr. Jill A. Bush) to provide healthy snacks and beverages to the athletes between games. Athletes were led through a “hydration station”, creating their own fruit-infused water beverages.

Athletes expressed enthusiasm for learning more about nutrition while enjoying personalized refreshments. It was a great experience for both athletes and volunteers!
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NJAND Student Scope

Submitted by Ryan Galan

Junior, Food & Nutrition Program, College Of St. Elizabeth

My name is Ryan Galan and I am a junior in the Foods and Nutrition program at the College of Saint Elizabeth. I will be writing the student section of the New Jersey Academy of Nutrition and Dietetics Newsletter. For future editions, I will be collecting articles from student representatives that will cover current projects and events that their institutions are involved with. Please email me at: rgalan@cse.edu.

The Academy of Nutrition and Dietetics Foundation is the largest provider of dietetic scholarships for all levels of study. The deadline for scholarship applications is Monday, April 17th. All scholarship information can be found at the Foundation’s website: http://eatrightfoundation.org/scholarships-funding/#Scholarships.

NDTR Rep and NJAND Secretary Supports our NDTRs!
I hope that this start of Autumn finds you all well. I did receive a couple of requests for our ListServ since our last newsletter and I intend to implement another survey of NJ DTR’s to keep current with your needs.

If you know of some DTR’s that are unaware of the ListServ, have them e-mail me at healthyfoodcounts@gmail.com and I will add them to the list.

If anyone attended FNCE this year, please contact me with any stories that I can feature. Be sure to read the e-blasts for information on programs you may have missed as well as information on networking events throughout the 3 regions of New Jersey.

NJAND volunteers have been working very hard to assist all NJ RD’s and DTR’s in reaching out into our communities to spread the word about proper nutrition. We all need to work together to ensure that the public perception of nutrition comes from evidence-based, knowledgeable nutrition experts. As you know, nutrition misinformation is all over the internet. It is of pivotal importance, therefore, that we stay connected as New Jersey dietetics leaders. NJAND, as our state affiliate for the Academy of Nutrition and Dietetics, is the BEST way to stay connected. I’d love to hear stories about how you, or another dietetics professional you know, has made a significant difference in our communities. If you have a story to share, please e-mail me at healthyfoodcounts@gmail.com. I hope to see some of you at our upcoming events!

NJAND Advocacy and Public Policy News

Submitted by Meredith Hesselein, MS, RDN

Do you know what is happening under the umbrella of our profession, from community issues to health-focused political agendas? Do you keep abreast of current political events and understand what the legislative maneuvers mean for our future? Did you know we do it for you?

Whenever there are changes to current policy or legislation, the Academy of Nutrition & Dietetics takes steps to ensure its members are informed through their Advocacy Center. We then pass this along to you in the form of a Call to Action. Simply follow the link shared with you through the NJAND email, review the email/letter formulated by the Academy regarding the topic you are addressing, and click send! Let’s join our voices together and be too loud to ignore!
Here is a review of recent legislation:
Preventing Diabetes in Medicare Act
Treat and Reduce Obesity Act
Nutrition Education in the Farm Bill

Please consider the communities and individuals we represent and provide care for by taking a moment to visit our Advocacy Center. Let your local representative know we are paying attention and we will be heard!

Click here to Take Action Today!

NJAND Member
Partner Highlight:
Mandy Enright, MS, RDN, RYT

Mandy Enright, MS, RDN, RYT currently serves as Media Representative for NJAND. Mandy became a second career dietitian in 2014 after working as an advertising executive in NYC for almost a decade. Since earning her RDN credential, Mandy created Team with ME: Nutrition & Fitness Consulting LLC, a full-service company specializing in weight management, couples’ nutrition therapy, corporate wellness, and nutrition communications. She is the creator of the couples’ nutrition blog Nutrition Nuptials. Mandy also holds several fitness certifications, including one in yoga, and is a Team Leader for Wildtree Mealtime Solutions, helping busy people simplify mealtime planning and prepping. You can say Mandy practices what she preaches!

Most recently, Mandy started a coaching business for dietitians. Having spoken with many dietitian colleagues over the years while she was still in school and since becoming a credentialed dietitian herself, Mandy recognized the lack of training in useful business skills.

Today, so many dietitians are looking to work in more entrepreneurial capacities, yet they are not equipped with the proper business skills for success. In an effort to decrease this knowledge gap, Mandy has started The BAR Method, a 12-week program targeted to entrepreneurial dietitians to teach them critical skills in Branding, Advertising, and Relationship Building. Learn more about working with Mandy for Dietitian Coaching Services.
NJAND is now posting employment opportunities on our website. This is a free service for members and is something members are requesting. Jobs must be nutrition and dietetics related. They will be posted within four business days of receipt and stay posted for a minimum of two weeks.

Find and Post Jobs Here!

Summer Meals supported by American Dairy Association!

Summer Meals Bridge Nutrition Gap Between School Years
Submitted by Stacey Jackson, MS, RDN, CDN

The United States Department of Agriculture (USDA) Summer Food Service Program (SFSP) ensures all children 18 and under have access to free, nutritious meals during the summer. The meals must meet USDA nutrition standard—which call for milk, fruits and vegetables, grains, and meat/meat alternates—and provide nutritious food to children who may otherwise go hungry when school is not in session. American Dairy Association North East teamed up with city officials and anti-hunger advocates to launch FREE summer meal programs in Jersey City, Camden, and Paterson. "We know that the vast majority of our students rely on school meals during the academic year and that when school is out, hunger sets in for many of these children," said Paterson Council President Ruby Cotton.

According to the USDA, only one in ten children eligible for free summer meals actually receives meals, leaving 19 million children unserved. When school is out, families can spend up to an additional $300 a month to feed children. The
availability of free summer meals is vitally important to the health of children and helps stretch the food budget. "For many of our students, school meals are a key source of their daily nutrition," said Dave Buchholtz, Paterson Public School's food service director. "Hunger does not take a summer break and neither should good nutrition."

For more information on summer meals, visit [http://www.dairyspot.com/summer-toolkit/](http://www.dairyspot.com/summer-toolkit/), or contact Stacey Jackson, MS, RDN, CDN via email at sjackson@milk4u.org or by calling 315-481-6016.

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Professional Networking Groups and Listservs bring members together!

The number of professional networking groups has grown to seven throughout the state. We have the following covered, but are open to more! The purpose is for RDNs and NDTRs as well as nutrition students to get to know each other better, develop professional relationships and talk about life and the profession.

- African American (meeting primarily in north jersey)
- Central Jersey
- Essex County
- Greater Morristown Area
- Hudson County
- Jersey Shore
- South Jersey

Listservs now focus on four professional practice areas as follows:

- NDTR
- School Nutrition
- Functional Medicine
- Pediatrics

The purpose of the listservs is to share information about particular areas of practice using electronic means. Sharing information, answering questions and supporting each other in practice allows for professional growth, especially for those feeling isolated in their area of practice. Members interested in developing other state listservs are welcome to do so.

If you are interested in forming either a new Professional Networking Group or Listserv, please e-mail Megan Squires, MS, RDN at executivedirector@eatrightnj.org
Hudson County Professional Networking Group Happy Hour & Meet Up Yoga in the Park!
Submitted by Lauren Pendergast, RDN

On October 4th, the Hudson County Professional Networking Group had an awesome networking happy hour at Lutze Biergarten in Jersey City. Members were dietitians and a student in Hudson County. They had a wonderful time discussing the internship, nutrition career options, their jobs and various other topics. It was a beautiful night to sit outside and enjoy delicious beverages and great conversation.

On June 27th, the Hudson County Professional Networking Group had an amazing yoga event. One of NJAND's own, Pamela Terlizzi, taught an awesome yoga class for members. It was a beautiful night on Pier A in Hoboken. The weather was perfect, the sky was blue and members practiced yoga right by the Hudson River. After a great class, members shared some cheese, crackers, fruit, hummus and homemade bread and had great conversation. It was a great event for exercise, networking and delicious food!

Essex County PNG
Submitted by Katelyn Collins, RDN

The Essex County Professional Networking Group met for happy hour in West Orange on a Tuesday night in September. Even though it was rainy outside, there were bright smiles inside as the (large!) group mingled and learned about each other's backgrounds and areas of interest. If you would like to stay up-to-date with the latest on our PNG meetups and other nutrition-related events in Essex County, you can join our private Facebook group here: https://www.facebook.com/groups/1024984214268996/.

Academy Resources for Members and the Media!

Get the most out of your membership!
Did you know the Academy provides updated media information, sample public service announcements and info-graphics for your use?

Follow the link, EatrightProMediaResources. Upon following the link, click on the menu tab, then on "Trends and Reviews" where you will find reviews of nutrition related apps and books!

Looking for graphics to use for your social media or nutrition education material? Did you know the USDA Agricultural Research Services offers a variety of food, farm and nutrition related graphics and pictures that are free and legal to use?

College of Saint Elizabeth Celebrates 100 Years of Preparing Leaders in Foods and Nutrition

Submitted by Kathleen Carozza, MA, RDN and Anne Buison, PhD, RDN

The College of Saint Elizabeth was founded in 1899 and was one of the first Catholic Colleges in the US to offer degrees to women. In 1915, the Foods and Nutrition Program gave its first degree in Home Economics. Over the years, women were prepared in consumer sciences, textiles and clothing design as well as foods, nutrition and dietetics. In the 1990s the Department of Home Economics was changed to the Department of Foods and Nutrition and also began to offer an AP4, supervised practice program (dietetic internship).

In addition, the master’s degree in nutrition became one of the first master’s level programs offered at the College. This year, the faculty and staff prepared a 100 the anniversary celebration of the department’s focus on dietetics, foods and nutrition. Father Leo Patalinghug, the “Cooking Priest,” was present for an event with our students in the afternoon and a public event in the evening. Find out more about him at GraceBeforeMeals.com. The Department of Foods and Nutrition currently offers a BS in Foods and Nutrition with two concentration options: General Studies or Nutrition and Dietetics (Didactic Program in Dietetics), an on-line master’s degree in nutrition and a combined master’s in nutrition and dietetic internship.

If you are an alumni of the College of Saint Elizabeth and aren’t receiving information from the College, contact the Alumni Office at alumni@cse.edu.
CSE Staff and Students celebrated the College of Saint Elizabeth’s Food and Nutrition Department’s 100th Anniversary

Make Money Counseling Clients Directly from your Smartphone Using Eduplated

Looking for a new way to gain additional skills and make some extra cash? A new mobile application called Eduplated is making it easier for you to counsel clients in the comfort of your own home.

Today’s technology has made interacting with clients easier than ever. You can use FaceTime, Skype, and now thanks to a new company called Eduplated, you can even text them!

Eduplated is an online platform which provides on-demand access to certified nutritional professionals. It is a nutritional counseling service that links RDNs with clients using a secure messaging app.

There are 2 membership plans: platinum and gold. The gold membership offers clients 2 weekly interactions and the platinum membership includes unlimited interactions. RDN’s get paid a monthly fee of $25 or $50, respectively. While it is
an on-demand app, if you are going to be out of town or unavailable, you just need to inform your company contact and turn off the "online" button.

Counseling topics are weight management, food allergies, diabetes, disease prevention, disordered eating, pediatrics, prenatal/postnatal, and sport-specific nutrition so the company is seeking out dietitians with different specialties to meet the needs of their clients. Everything is done through the app. You are actually not allowed to contact your client outside of the app. You can send out meal plans, photos, and recipes via the app by using a Google document link.

I first heard about this company back in January when I saw their job posting listed on Indeed.com. Intrigued by what they were doing, I applied and eagerly awaited the launch. It seemed like months had gone by before I heard anything from them after submitting all of the necessary paperwork. I started getting updates in late spring. (Like most apps, they needed to get the kinks out before they could go live.)

After fixing some technical glitches in early summer, and thanks to the great help I received from Erika, I was able to make my profile "live".

Being a part of this network has also landed me paid writing and video opportunities. I wrote a series of blog posts on women through the ages as well as video Q&A on their Facebook page.

If you join and don't get matched right away don't worry. The same thing happened to me. In the beginning it was kind of slow, but in the last two months I have been matched with two clients.

While Eduplated won't help me quit my day job yet, it is a good way to earn income on the side. The company is still in the initial stages so it is a great time to get in on the ground floor. Find out more at Eduplated.com.
FRIDAY, MAY 11, 2018

THE 86TH ANNUAL MEETING OF
THE NEW JERSEY ACADEMY OF
NUTRITION AND DIETETICS

The Grove

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