Dear NJAND members,

We are looking forward to all the events and opportunities lined up for this fall season and we encourage you to get involved and become active members in promoting our organization’s strategic plan.

As part of our strategic plan, we have been actively identifying organizations that are mission- and vision- aligned to promote optimal health for all New Jersey residents. To accomplish this, the NJAND has developed an Alliance Partnership Agreement. This agreement was developed to be mutually beneficial to us and our partner organizations. The agreement includes benefits such as assigning liaisons to both organizations, sharing and promoting educational materials and conferences/workshops with our partners and advocating for policies that promote the health and wellness of NJ residents. We hope to officially solidify partnerships this Fall. If there are any organizations you think we should partner with, please reach out to Megan Squires at ExecutiveDirector@eatrightnj.org.

This coming October, The Academy of Nutrition and Dietetics (AND) will be hosting the annual Food and Nutrition Expo (FNCE) in Washington, D.C. The NJAND has consistently supported the annual Foundation Gala. This year the
The gala will be held during FNCE on Mon, October 22. To support the foundation, NJAND has purchased 2 tables (20 seats) for NJAND members to attend. Currently, all seats are taken, but you can be added to a waiting list in case a seat becomes available. We will also be coordinating a casual networking event at FNCE. Stay tuned for updates via our weekly eblast for more information. Also, please save the date for our 87th Annual Meeting which is planned for Friday, April 26, 2019, at The Imperia in Somerset, NJ.

Upcoming election nominations will be due in early December for our open board positions including President-Elect, Treasurer-Elect, Regional Co-Chairs for all 3 regions, Nominating Chairs for all 3 regions, and Secretary. If you are interested in running for one of these board positions or would like to nominate someone for a position, please contact Megan Squires at ExecutiveDirector@eatrightnj.org.

This fall, our regional co-chairs and our PNG (Professional Networking Group) Coordinators will be busy planning events to help members network, build skills and acquire CPEU's. Please also consider participating in our Wildtree Fundraiser event and live webinar which will be held in November prior to Thanksgiving. Event details will be listed on our weekly eblast and social media pages. If you don't already, please follow and "like" us on Instagram, Facebook, LinkedIn and subscribe to our YouTube Channel.

The NJAND is excited to share our "I AM THE NUTRITION EXPERT" campaign videos. A series of 5 videos have been released every Monday starting September 17 and will continue to be released until Mon, Oct 15th. Each video showcases the RDN as "THE Nutrition Expert" and focuses on different practice settings where an individual might seek out an RDN: retail, private practice, group counseling and health expo/academic. Our call to action after each video is for the public to seek out their RDN Nutrition Expert on our campaign page. Our goal is for these videos to go viral so we encourage you to share and reshare them on your social media outlets. Please use hashtags "THEnutritionexpert and #eatrightnj when posting. The Academy of Nutrition and Dietetics as well as ShopRite have provided support for the project and will aid in their dissemination to the public. Check out our public relations and communications on our newly created YouTube Channel and make sure to subscribe.

YouTube Channel:  
https://www.youtube.com/channel/UC0bBEJKrvV2T_W1V4YU1bEg

On September 13th, A1582, the Dietitian/Nutritionist Licensing Act was voted out of the Assembly Health and Senior Services Committee. The votes: 9 yes, 2 no, and 2 abstained. Consumer Protection Coordinator, Rosemary O'Dea, NJAND Executive Director Megan Squires, Past President, Denise Langevin, Past President, Felicia Stoler and I testified before the committee. Dan Dychtwald, NJAND's State Regulatory Specialist, attended for support. The committee is asking NJAND to consider a dual licensure bill that would provide both RDN's and CNS's (Certified Nutrition Specialists) with separate licenses that would include title protection and a scope of practice for each. The AND has supported this strategy and provided us with a model bill to consider adopting when negotiating terms with the CNS's. We will be arranging to meet and negotiate with the CNS's in the coming months before the bill is up for vote again. Many thanks to AMG, our lobbying group, who prepared us well and positioned us for success by arranging a strategic sponsorship with Senate Majority Leader Loretta Weinberg. We want to thank all of you who wrote letters or made phone calls on our behalf. This is the time to reignite our grassroots efforts through our Ambassador program. We will need the support
of every legislative district in future hearings. Recently an e-blast was sent out in an effort to seek additional Ambassadors to bolster our grassroots efforts. Training has been done in the past and will be provided to them. If you are passionate about licensure for RDN’s in NJ, please consider signing up to be an Ambassador by contacting Rosemary O’Dea at rosemaryodea@comcast.net.

We are grateful for the precious time, diligent efforts and inspiring achievements of all of our members who are responsible for ensuring our organization thrives and who are making positive changes for the future of our profession.

Muuna cottage cheese is uniquely rich and creamy, protein-packed goodness with real fruit pieces. Each nutritious single-serve cup contains 15g protein, 9g sugar, 130 calories, probiotics, calcium, potassium, and vitamins A & C. Choose from a variety of delicious fruit-on-the-bottom flavors including pineapple, strawberry, blueberry, peach, mango, black cherry, vanilla and raspberry. Melt-in-your-mouth creamy Muuna is also available in single serve plain with 19g protein and no added sugar, and in multi-serve containers of Lowfat plain and Classic plain. Compare award-winning Muuna to your favorite cottage cheese or yogurt!

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Or email global@rowan.edu

Advocacy and Public Policy News
We are pleased to report that on Thursday, September 13, 2018, the
Assembly Health and Senior Services Committee voted favorably on A-
1582, a bill designated the "Dietitian/Nutritionist Licensing Act." The
legislation would establish a seven-member State Board of
Dietitians/Nutritionists in the Division of Consumer Affairs, to oversee the
licensure of individuals practicing dietetics/nutrition, including four
licensed dietitians/nutritionists, a physician, a public member and a State
executive department member. New Jersey is one of only three states
without any form of regulation on the practice of nutrition and dietetics.

Thank you to those who took action by participating in the Action Alerts
or contacted their local representative in an effort to promote health and
wellness initiatives! Action Alerts are a quick, easy way to reach out to
legislators about specific issues or pieces of legislation. You will receive
notification of Action Alerts through the weekly e-blasts and the
Academy's Eat Right Weekly publication. It takes less than 5 minutes, but
makes our voices heard! Please review the following legislative action
agendas for the state and national level.

State Legislative Agenda:
We are currently advocating strongly for licensure in the state of New
Jersey. Establishing licensing and practice standards for dietitian
nutritionists will protect the public and will ensure New Jersey
consumers access to safe, evidence-based dietetic/nutritional advice
and services provided by qualified practitioners through established
practice standards.

National Legislative Agenda:
SUPPORT THE PREVENTING DIABETES IN MEDICARE ACT: We are
asking members to reach out to your members of Congress to support
the Preventing Diabetes in Medicare Act (H.R. 3124/S. 1299). This bill
would allow Medicare coverage of medical nutrition therapy for
patients with prediabetes. Please take action today: support access
to nutrition services provided by RDNs.
SUPPORT THE PREVENTATIVE HEALTH SAVINGS ACT: As the
chronic disease epidemic continues to worsen, the need is critical for
legislation that will allow Congress to accurately assess the full savings
of enacting prevention-focused measures. The conventional 10-year
budget window that is used by the Congressional Budget Office fails
to give Congress a complete picture of long-term savings from disease
prevention efforts. The Academy is asking members to take action: Ask your members of Congress to co-sponsor the Preventive Health Savings Act (H.R. 2953/S. 2164). This bill would encourage a sensible economic review of proposed health policies and programs that Congress believes will improve public health.
SUPPORT THE EXPANDING ACCESS TO DIABETES SELF-
MANAGEMENT TRAINING ACT: We are asking you to reach out to
your members of Congress to gain support for the Expanding Access
to Diabetes Self-Management Training Act (H.R. 5768). This bill would remove barriers that patients face to diabetes self-management training in Medicare, improving utilization of this important benefit. Please take action today to build support for access to nutrition services provided by RDNs.

If you would like general resources about advocacy or the Academy's efforts, please visit:

Academy of Nutrition & Dietetics: Advocacy
Academy of Nutrition & Dietetics: On The Pulse of Public Policy
The College of Saint Elizabeth has officially launched their own food recovery chapter. With the help of Campus Kitchens Project, CSE was able
to have a soft opening on September fourteenth. A friendly "chopped"-style competition took place in the campus foods lab where four teams competed to create a meal and dessert using recovered food. Three teams consisted of students and one team of faculty.

The food recovery chapter is officially up and running and has recovered approximately 21 pounds of food. The Foods and Nutrition Department at CSE is had a screening of the documentary "A Plastic Ocean" on October eleventh. Following the screening, there was a discussion to evaluate how the students can reduce plastic use.

The CSE Nutrition and Wellness Club has planned many exciting events including a guest speaker to talk about the positive impacts of olive oil. The Academy of Nutrition and Dietetics Foundation is the largest provider of dietetic scholarships for all levels of study. The 2019-2020 scholarship application period will begin in February of 2019.

All scholarship information can be found at the Foundation's website: http://eatrightfoundation.org/scholarships-funding/#Scholarships.

For future editions, I will be collecting articles from student representatives that will cover current projects and events. Please email me at: rgalan@cse.edu.

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**Tips in Technology**

*Submitted by Jeanette Kimszal, RDN, NLC*

Are you looking for a place to streamline all of your client’s information? Look no further than Nutrium.

Nutrium is an online nutrition software created with the goal to simplify your daily tasks when dealing with clients. It allows you to register important information about your clients, creating meal plans as well as goals.

There is also a mobile feature making it easier to keep in touch with clients in between visits. Clients can send messages, view goals, log weights, and confirm appointments all through the app.

Jeanette Kimszal
The software was created by a developer who was seeing a nutritionist and felt there was not enough communication between visits. He lost motivation from the time he left the office until his next appointment. He wanted to create something that would help motivate others to stay on top of their nutrition goals. From there Nutrium was born.

Unlike the telehealth software, Nutrium is strictly for patient management with a recording of personal data, goals, and meal planning and would be a good complement for those RD’s who want to track a lot of data on their clients, such as anthropometric measurements, food habits, and medical history. You can also put in any goals you want your client to achieve whether it is weight or food related. You can have your clients message you via the app for conversations with the click of a button.

The downside of this software is that it is not HIPPA-compliant. Since the company is based in Europe they are still in the process of working on this. They do however take privacy very seriously and go to great lengths to keep all the data private.

Costs vary based on your practice size. For a smaller practice, you will be spending about $30 to $45 a month depending on the package you pick. If you have a large practice and want unlimited client access, the cost will be $80-$100 per month.

Want to see it in action? Check out the video tutorial I recorded at https://youtu.be/_ffWlMEUJuU

Want to try out the program for free? Sign up for their 14-day trial at https://nutrium.io/.

-- Jeanette Kimszal, RDN, NLC

Post and Search Jobs!

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!

South Jersey PNG Event
The South Jersey Professional Networking Group met up on September 19th at Oliva Dolce in Moorestown. Oliva Dolce is a small shop supplying extra virgin olive oils from all over the world as well as balsamic vinegars and other specialty food products. Nine people attended the event, which included olive oil tasting, cooking demos with olive oil and vinegars and a little bit of shopping. The shop’s owner, Bob, taught us how to choose olive oils based on chemistry, smell and taste. It was a great night of networking, learning and chatting with friends.

South Jersey PNG will be hosting one more event in 2018, so keep an eye out for our next date! Email Allyson Mitidieri (allyson.mitidieri@gmail.com) to be added to the email list.

Professional Networking Groups and Listservs bring members together!
The number of professional networking groups has grown to nine 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
- Hunterdon County
- Hudson County
- Jersey Shore
- South Jersey
- Bergen County

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 joining a professional networking group or listserv can email Megan Squires, MS, RDN at: executivedirector@eatrightnj.org.

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.

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**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?