

The Prospector

fall, 2019 edition

A note from the President:

Hello CAND Members,

The CAND board has been busy throughout the summer and plans to bring the momentum into the fall season. Thank you all who completed the survey that we sent out in August. This will help guide our efforts to build the brand of dietetics in Colorado in a way that is meaningful to our members.

This summer, we have participated in volunteer events, built our marketing strategy, presented to the district associations, and taken big steps towards building meaningful relationships with legislators and government officials in the state. Below is a picture of Kristina and I with the NCDCA after we presented the CANDs plan and public policy efforts for the year. Keep an eye out for upcoming volunteer and membership benefits events. These will be promoted on our email list serve, social media, and website.

We have sent out several messages on our email list serve this year. If you are not receiving these messages, please send an email to eatrightcolorado@gmail.com with the correct information so we can ensure that our messages are reaching you. We also love to hear from our members, so please reach out if you have any idea, questions, or want to get involved!

Mark your calendars! We will be hosting the 2020 CAND Annual Conference at CU Denver – South Campus on Friday, April 17th. We hope to see you there!

James Fazio, MBA, RDN
CAND President 2019-2020



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Check out the links below for updates and events!

	<u>Denver Dietetic Association</u>
	<u>@DenverEatsRight</u>
	<u>eatrightdenver</u>



NORTHERN COLORADO DIETETIC ASSOCIATION

The Northern Colorado Dietetic Association launched its 2019-2020 membership year with a presentation by the CAND President, James Fazio, MBA, RDN, and CAND Public Policy Chair, Kristina Comer, MS, RDN. During their presentation, James and Kristina covered upcoming CAND events, the 'Build the Brand' message, how a bill becomes a law, and legislative efforts CAND has been supporting and advocating for. There was also an engaging, in-depth discussion on Colorado licensure for dietitians.

October's NCDCA meeting, presented by Hannah Coakley, MSPH, RDN, LDN, explored how dietitians can integrate mindfulness and grounding techniques into their practice. And November's meeting, titled "Inclusivity and Dietetics," will be presented by Nicole Schmittou, MS, RDN.

For our CAND-sponsored social event, the NCDCA will be hosting a yoga and beers event on Saturday, October 26th from 9-11am at Zwei Brewing in Fort Collins. A maximum of

30 people are welcome to join the yoga class, which will be from 9-10am. For the first 20 people who sign up, the yoga class will only cost \$5! The last 10 people to sign up for the class will have to pay the full price of \$15. Everyone is welcome to join the networking event from 10-11am, even if you were unable to sign up for the yoga class! If interested in attending, please register [here](#) or on [Facebook](#).

We're looking forward to seeing what the membership year brings!

Rebecca Robbins, MS, RDN, SNS

**OCTOBER 26TH
9-11AM
ZWEI BREWING**

NORTHERN COLORADO
DIETETICS ASSOCIATION

**YOGA
& BEERS**

NETWORKING EVENT

Follow NCDCA on social media to keep up to date on events in northern Colorado.



Southern Colorado Dietetic Association



Check out <https://www.eatrightsoco.org/> for updates and events!

Marketing & PR

Things are starting to pick up here at the CAND! The Marketing/PR team has been busy with health fairs in Fort Collins and the Denver metro area:



Jamie Erskine, Lana Olsson, and Caitlin Dunbar represented the CAND at the City of Fort Collins Health Fair on October 2nd where the theme was “pool party.” Pictured: Caitlin Dunbar.



Carrie Weitzel and Sarah Kinney provided a booth at the Women’s Health & Beauty Expo in Lakewood in October 5th. Pictured: Carrie Weitzel and Sarah Kinney.

Thank you to our volunteers for helping us promote registered dietitians as the nutrition professionals of Colorado!

We are working on creating t-shirts for the CAND and will have them available to members soon.

	Eatright Colorado
	@EatrightColo
	eatrightcolorado

Marketing & PR (continued)



If you haven't already, take a look at this [year's schedule](#).

Going to FNCE this year? We would love to see your pictures! Tell us what you liked the most about this year's event.

Send pictures and statements to besleeper1@gmail.com.

National Nutrition Month 2020 will be here before we know it! CAND has some fun activities in store and we encourage all of our members to get involved with this upcoming year's theme: Eat Right, Bite by Bite. Get ready to send us your pictures and tell us what you did to celebrate!

Pictures will be put into the Spring 2020 newsletter.



Carrie Weitzel, RD & Sarah Kinney, MBA, RDN

Volunteering

Calling all volunteers! You may already know there are lots of benefits to volunteering, but have you heard about the two latest ones from CAND? We're raffling off swag bags full of fun gear and inviting you to a happy hour. All you have to do is volunteer (and tell us about it).

Between October and May, we're giving away one swag bag a month to a lucky volunteer! Entering is easy: every time you volunteer tag CAND on social media- let us know where you're volunteering and what you're up to (or, shoot Kate an email with the same info at kate@livewellrd.com)! Every time you volunteer (and tag us), you'll get another raffle entry for the month. We'll randomly draw one winner each month, starting in September.

Didn't win? No worries- just for tagging us on social media, you'll be invited to our quarterly volunteer appreciation happy hour! Join us to meet and network with your fellow volunteers.

Here are a few upcoming opportunities:

September-November- 9Health Fair.

9Health Fair (in its 40th year) needs Registered Dietitians, Dietetic Technician- Registered (DTR) or dietetic students under the direct supervision of a Registered Dietitian. Fairs generally last from 7 am -12 pm and many are on Saturdays. Locations all over Colorado. Go to 9Healthvolunteer.org to find out more, including which fairs are near you and get signed up. The purpose of the nutrition screening is to teach participants the importance of proper nutrition such as fruits/vegetables, portion control and calcium intake for a healthy body.

Ongoing- Culinary Medicine Classes at Anschutz Health and Wellness Center.

The Anschutz Health and Wellness Center is currently looking for volunteers to teach in their regular Culinary Medicine class every Tuesday evenings from 5:30-6pm. A full kitchen (range, oven, sinks, microwave, pans, utensils) is opened up for instructor use. All ingredients for the chosen recipe are provided in addition to one other support person for set up, delivery, and takedown.

The topic schedule is open to the dietitian or volunteer's chosen topic. They are really interested in having a vegan class and/or a sports nutrition focus but are open to other ideas too! For more information contact Cristina Rebellon at Cristina.rebellon@cuanschutz.edu.

Follow CAND on Instagram and Facebook to learn about more opportunities coming soon (hint: some of them may involve craft breweries!)

Kate Bloxson, RDN

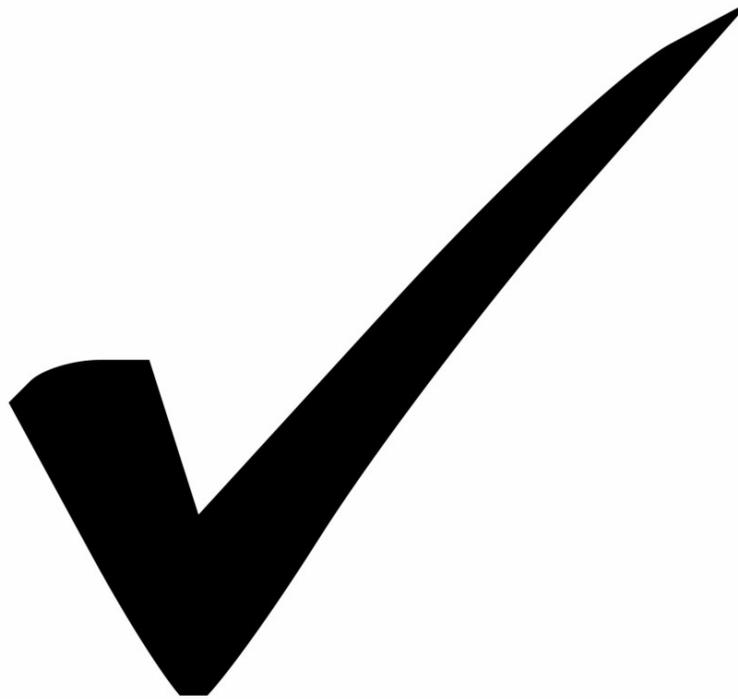
Available CAND Board Positions

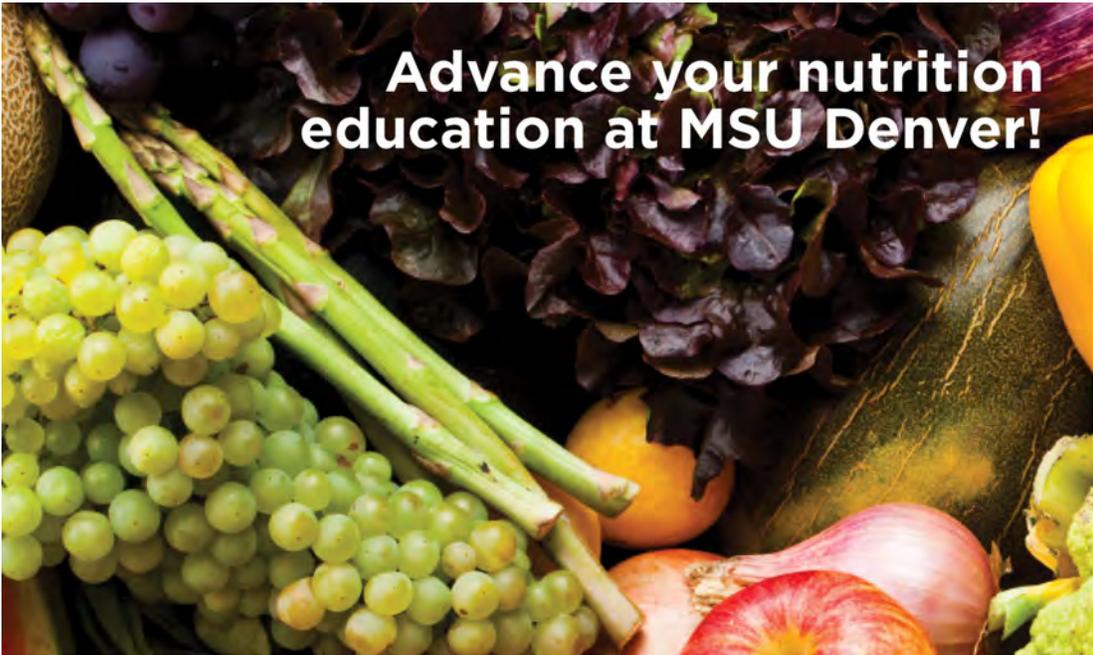
- Nominating Committee Chair
- Consumer Protection Coordinator
- State Regulatory Specialist
- Fundraising Coordinator

If you would like more information, please reach out to eatrightcolorado@gmail.com

We can provide full position descriptions and introduce you to board members who will work in your committee.

Thanks!





**Advance your nutrition
education at MSU Denver!**

**GRADUATE
DEGREES**

Program benefits:

- Convenient hybrid classes
- 8-week courses

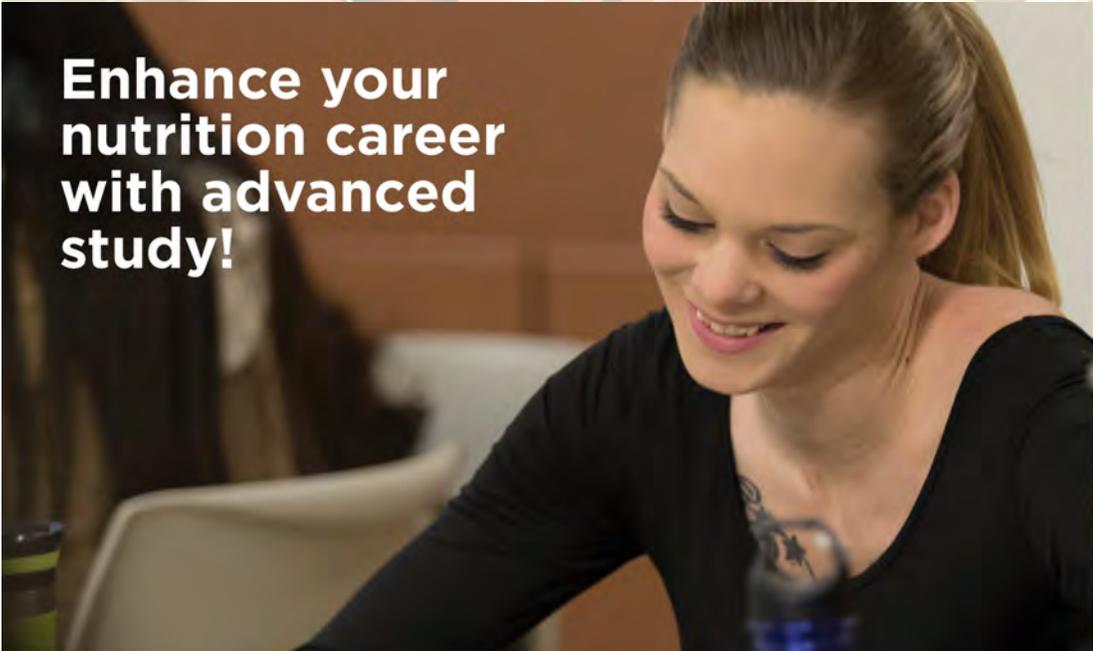


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Thank you for reading!

If you have anything you would like in the next edition of the Prospector, please email brittany sleeper at besleeper1@gmail.com.

Have a happy and healthy day!

Contact CAND for advertising in our newsletter.