

The NYSAND e-newsletter serves to inform members of current news related to food & nutrition, and NYSAND activities.

A FAREWELL MESSAGE FROM YOUR 2025-2026 PRESIDENT

Hello NYSAND members,

Thank you for the honor of serving as your president in 2025/2026. Together, we survived a year of major challenges but also achieved many successes. Some of the highlights include;

- We proactively changed management from Lutine Management to Interim Director (since November 2025), Diana Monaco RDN, CDN, FAND. Diana did an excellent job steering affairs until June 5, 2026. Diana, we are grateful to you for helping us hold it together during the transition period. Effective May 26, 2026, our permanent Association Manager is Julia Jarrell, RDN, PMP, of Jarrell Association Management. **Welcome to the NYSAND team, Julia!** *Thank you to the NYSAND Board and the transition committee members led by Carol DeNysschen, PhD, RDN, and Kristina Titomihelakis, PhD, RDN!*
- We finalized NYSAND's Strategic Plan (2025 - 2030), focusing on three pillars (Public Policy and Reimbursements, Strong Districts and Regions, and Fiscal Stability and Growth). The new plan and infographic are posted on the website! Please review them here: [NYSAND Strategic Plan for 2025-2030](#). *Thank you to the Strategic Plan Committee members led by Catherine Brown, MS, RDN.*
- The NYSAND Finance Committee opened a NYSAND Swag shop to raise funds. We encourage you to continue to shop for networking activities. *Thank you to the Finance Committee members led by Catherine Conway.*
- We achieved a lot on public policy. On January 26, 2026, we held the NYSAND Lobby Day, where we focused on five priority areas of NYSAND. Licensure was central to these efforts. We held a town hall afterward (February 24, 2026) and provided an update at the Annual Business Meeting in the recent Annual Meeting Expo (AME) on April 24, 2026. Here are the five NYSAND priorities;
 - Licensure - S 607-A/A8968-A
 - Insurance lookback bill - S5209A/A3365
 - Medically tailored meals - S1912A / A7365
 - Comprehensive coverage of obesity - S3104/A4211
 - Minimum SNAP benefits - A1318/S665



Brenda Ariba Zarhari Abu
2025-2026 President



Julia Jarrell
NYSAND Association Manager

PRESIDENT'S FAREWELL MESSAGE CONT...

- The Licensure bill was passed in the Senate but could not be passed in the Assembly due to a time lapse to review requested amendments to the bill. **Please read page 6 of this newsletter for Licensure updates.** We need to have it pass in both houses in the same session to be able to move it through the process of becoming law. *Thank you to our Lobbyists at Roffe Group of Robinson & Cole LLP and the Public Policy Committee members led by April Ho, RDN, CPT, CDN, and Terri Provost, PhD.*
- NYSAND had a very well-attended gathering at FNCE 2025. At this event, NYSAND members who received Academy of Nutrition and Dietetics Awards were recognized.
- Our AME themed “Bridging research, culture and clinical care” was held on April 24, 2026, in Pleasantville, NY, with over 230 in-person and about 80 online participants. Deanne Brandstetter, MBA, RDN, CDN, FAN, the Academy of Nutrition and Dietetics President 2025–2026, was the keynote speaker! Thank you to all speakers, post presenters, sponsors, vendors, and attendees for a great day of networking and knowledge exchange. *Thank you to the AME Committee members led by Egondy Onuoha, MS, RDN, CDN, IBCLC, CDCES, GPC, FAND, FILCA, and Catalina Duque.*
- We updated our bylaws to keep them up to date with the many evolutions of NYSAND. A key change was the separation of the Treasurer–Secretary role into two separate roles to ensure efficiency. *Thank you to the Bylaws/Handbook Chair, Coral C. Clarke, RDN, CDN, IFNCP.*
- We streamlined the Communications and Public Relations Committee. *Thank you to the co-chairs of the committee, Kristine O'Connor, MLA, RDN, and Allison Bowers, MPH, RDN, CDN.*
- The Central and Eastern regions are the newest regions to join the two already formed regions. As such, NYSAND is now made up of four regions and a district. **[Learn more about your region/district here.](#)** *Thank you to the Districts-to-regions transitions Committee led by Michelle Barber MS, RDN and Virginia Vorhis MS, RDN.*
- NYSAND continues to grow strategic partnerships with these organizations;
 - Food as Medicine (Western NY and NYC)
 - Department of Health, and 1115 Waiver and associated affiliates
 - Northwell Health
 - Various universities in New York
- *Thank you to the committees and individuals who have helped to facilitate these strategic partnerships.*

Thank you to Regional and District leaders and all other committees that have worked tirelessly to ensure efficient operations of NYSAND. Thank you so much for supporting NSYAND. We have achieved a lot together. I am extremely proud of, and grateful to, our 2025/2026 team.

Cheers to a productive and active NSYAND in 2026/2027!! Thank you all for the opportunity to serve our profession through NYSAND!

Brenda Ariba Zahhari Abu PhD. RDN. CDN

NYSAND 2025–2026 President

baaihst@rit.edu



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A FAREWELL MESSAGE FROM YOUR 2025-2026 IMMEDIATE PAST-PRESIDENT

Hello NYSAND Members,

As I wrap up my term on the NYSAND leadership team, I've spent a lot of time reflecting on the past three years and everything our organization has navigated since COVID. Like many professional organizations, NYSAND had to adapt quickly to a changing landscape, and I'm incredibly proud of how much growth and rebuilding happened during that time.

The process wasn't always easy, but meaningful change rarely is. I'm especially proud of the work that went into rethinking pieces of the Annual Meeting & Expo, creating a sustainable budget, supporting the Districts to Regions transition, strengthening advocacy efforts across New York State, and seeing so many new volunteers step into leadership and committee roles with fresh ideas and energy.



Katie Brown

2025-2026 Immediate Past President

I want to sincerely thank everyone who gave their time to NYSAND along the way. Volunteer organizations only work because people continue to show up, contribute, and care about where the profession is headed. I also want to thank our members, especially those who stayed engaged and continued supporting our mission and policy work through periods of change and uncertainty. One of the biggest things I'll take away from this experience is how important it is for organizations to keep evolving. The next 10 years of dietetics are going to look very different from the last 10. Healthcare is changing rapidly, policy and reimbursement conversations are shifting, and dietitians will need strong advocacy and leadership more than ever. I truly believe NYSAND is helping lead that charge in New York State, and I'm excited to see how the next generation of leaders continues to push the profession forward.

I'm incredibly grateful for the opportunity to serve this organization and community.

Katie Brown, MS, RDN, CDN, LDN, FAND

NYSAND 2025-2026 Immediate Past President

NYSAND has launched an online swag shop! [Shop here.](#)

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A WELCOME MESSAGE FROM YOUR 2026–2027 PRESIDENT

Welcome NYSAND 2026–2027!

It is truly an honor to serve as your President for the 2026–2027 year. I am excited for what we will accomplish together as we move forward with a shared commitment to strengthening our profession, supporting one another, and creating meaningful opportunities for growth and connection.

My vision for this year is rooted in a simple theme: Together. Empowered. Moving Forward. Through organization, collaboration, respect, inclusivity, support, and a commitment to forward movement, I hope to build upon a strong foundation that empowers our members and advances nutrition and dietetics across New York State. Together, we can foster a community where every member feels welcomed, valued, and inspired to contribute.

Professionally, I am an Assistant Professor at CUNY Hunter College in the College of Health Professions, where my research focuses on improving health outcomes for cancer survivors by supporting healthier relationships with food and body image and enhancing quality of life throughout survivorship. I am also a Board-Certified Specialist in Oncology Nutrition, Certified Personal Trainer and Cancer Exercise Specialist, and an eating disorders specialist at Coastal Nutrition Counseling. These roles continually reinforce the importance of compassion, evidence-based care, and community in improving the health and well-being of those I serve.

Outside of work, you'll often find me spending time in nature with my two fur babies, Bam Bam and Sam, and the love of my life, George.

I look forward to learning, growing, and leading alongside all of you this year.

Kristina Titomihelakis, PhD, MS, RDN, CSO, CDN, CPT, CES

NYSAND 2026–2027 President

kristina.tito624@gmail.com



Kristina Titomihelakis
2026–2027 President



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A MESSAGE FROM YOUR 2026-2027 PRESIDENT-ELECT

Hello NYSAND Members,

I am incredibly honored and excited to serve as President-Elect for NYSAND for 2026-2027. Becoming more involved over the past year has been such a rewarding experience, and I am truly grateful for the opportunity to learn from and work alongside such an inspiring group of leaders and colleagues.

Thank you again for allowing me to serve this organization and our profession. I look forward to collaborating on future initiatives, participating in many exciting events, and continuing to help strengthen NYSAND while advancing the field of nutrition and dietetics across New York State.



Deborah Marcello
2026-2027 President-Elect

Deborah Marcello, DCN, RDN, CDE

NYSAND 2026-2027 President-Elect
deborahmarcellord@gmail.com



New York State
Academy of Nutrition and Dietetics

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NYSAND 2026-2027

TOGETHER. EMPOWERED. MOVING FORWARD.

 <p>ORGANIZATION</p> <p>Building strong foundations and streamlining processes for lasting impact.</p>	 <p>FORWARD MOVEMENT</p> <p>Embracing progress and innovation to advance our profession.</p>	 <p>COLLABORATION</p> <p>Working together to achieve more and create meaningful connections.</p>	 <p>RESPECT</p> <p>Valuing each individual and fostering a culture of trust and professionalism.</p>	 <p>INCLUSIVITY</p> <p>Embracing diversity and ensuring everyone feels welcome and empowered.</p>	 <p>SUPPORT</p> <p>Empowering our members and communities to thrive together.</p>
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One Vision. One Community. Stronger Together. ❤️

AN UPDATE ON NYS LICENSURE BILL: S 607-A/A8968-A

Dear NYSAND Members,

As the 2026 legislative session has concluded, we want to update our members on the status of the licensure bill. While the bill did not pass the Assembly before the end of the session, significant progress was made this year.

As many of you may know, the New York State Legislature operates on two-year cycles, and 2026 is the second year of that two-year cycle. At the end of this calendar year, all bills introduced, if not signed into law, will expire and therefore have to be re-introduced in 2027 for action. As New York State is a bi-cameral legislature, meaning it is made up of two chambers - Senate and Assembly - both houses must act independently of each other on all legislation. Any bill that is to become law must pass each chamber in an identical form for it to be sent to the governor for action. Each house has different processes and rules for passage of bills. This year the licensure bill was acted on by the Senate, but not the Assembly. In 2027, at the start of a new two-year legislative cycle, we will again introduce the licensure bill and push for its passage in both the Assembly and the Senate.

Throughout the legislative process, extensive collaboration occurred among legislators, staff, and stakeholders to address concerns and refine the bill. Although remaining technical issues were not fully resolved before the session ended, there was no opposition to the policy itself, marking an important milestone in advancing this effort.

NYSAND and our advocacy partners will continue working with legislators and the State Education Department during the off-session to position the bill for success in 2027.

Thank you to our lobbyists, the NYSAND Public Policy team, and all our members for their continued advocacy, support, and engagement. These collective efforts have helped move this initiative further than ever before, and we remain committed to achieving licensure for our profession.

We encourage you to stay involved by attending our virtual Public Policy Town Halls throughout the coming year. These events are a great way to stay informed about advocacy initiatives and learn how you can support our efforts.

You'll also have opportunities to meet and network with Public Policy members at upcoming networking events this September and October. Keep an eye on future emails for more information!

Thank you again for all of your hard work and dedication.

Best,

Kristina on behalf of NYSAND Leadership and Public Policy Committee



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CONGRATULATIONS TO OUR 2026 AWARD WINNERS!



Outstanding Dietitian of the Year Award

Brandon Lee, DHSc, RD, CSSD, CCRP, FAND

The Outstanding Dietitian of the Year award recognizes members who have made distinguished contributions to advancing the profession.

Dr. Lee is a dedicated practitioner, writer, speaker, and researcher with a diverse background spanning clinical nutrition, long-term care, collegiate teaching, sports performance, and human nutrition research.



Outstanding Dietetics Student of the Year

Hannah Latour, B.S.

The Outstanding Dietetics Student Award program recognizes the emerging leadership and achievement of students.

Hannah is graduating with her masters at University at Buffalo (UB) in May. She is an Alpha Eta Honor Society inductee, who holds a Graduate Assistant position in the Employee Engagement and Success department at UB, and is Co-President of the UB Nutrition Club.



Recognized Young Dietitian of the Year Award

Jahnavi Nayankumar Shah, MS, RDN, CDN

The Recognized Young Dietitian of the Year Award recognizes competence and activities of younger dietitians and to encourage continued participation and leadership.

Jahnavi works at Cohen Children's Northwell Health Physician Partners Pediatric Specialists, and Co-founded "PowerKids" — Staten Island's first pediatric weight management program — demonstrating her commitment to building impactful, community-centered care.



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CONGRATULATIONS TO OUR 2026 AWARD WINNERS!

Outstanding Achievement in Public Relations and Communications Award

Toby Amidor, MS, RD, CDN, FAND

The Outstanding Achievement in Public Relations and Communications Award recognizes those who have consistently and actively been involved in the promotion of evidenced-based nutrition through the media.

Toby is the founder of Toby Amidor Nutrition, PC, a Wall Street Journal bestselling cookbook author, and a regular contributor to many national online publications.



Excellence in Legislative Advocacy

April Ho, RDN, CDN, CPT

The Excellence in Legislative Advocacy award is given to a member that has been consistently and actively involved in the promotion of the profession of dietetics in any legislative and policy initiative.

April Ho works at the University of Rochester Center for Community Health and Prevention providing medical nutrition therapy and personal training to individual patients.



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THE 2026 ANNUAL MEETING & EXPO FEATURED AND PRESIDENT, DEANNE BRANDSTETTER AS THE KEYNOTE SPEAKER



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THE WERE OVER 230 IN-PERSON ATTENDEES & 80 VIRTUAL



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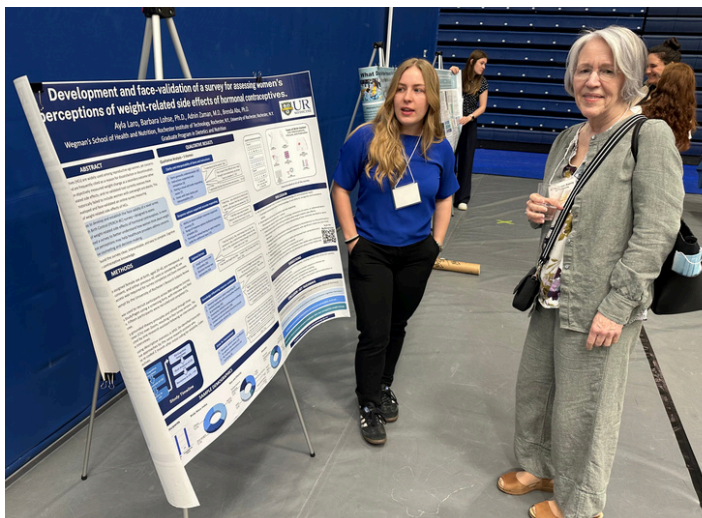
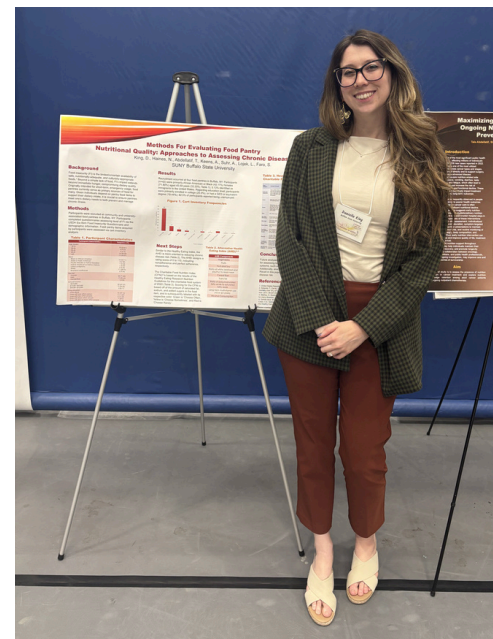
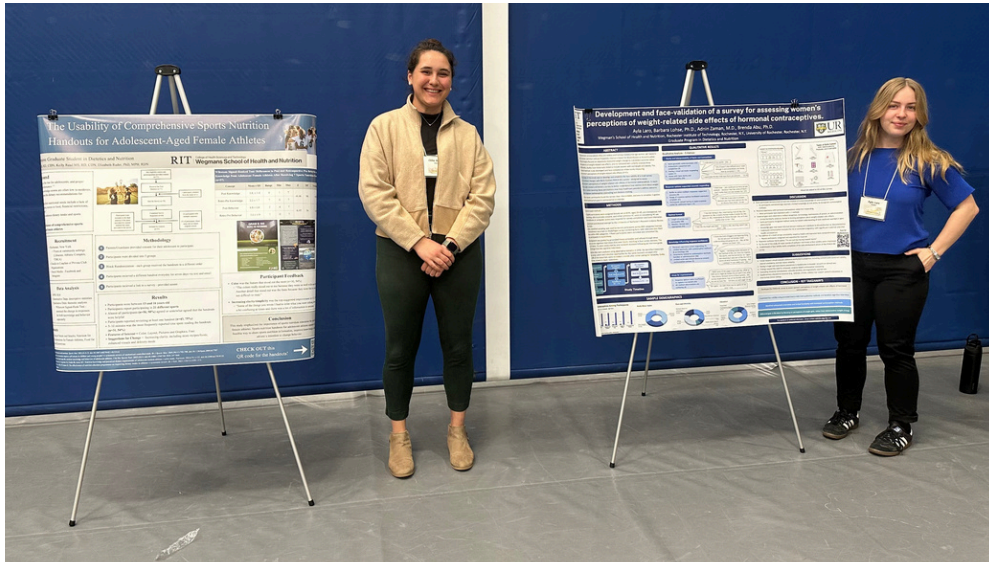
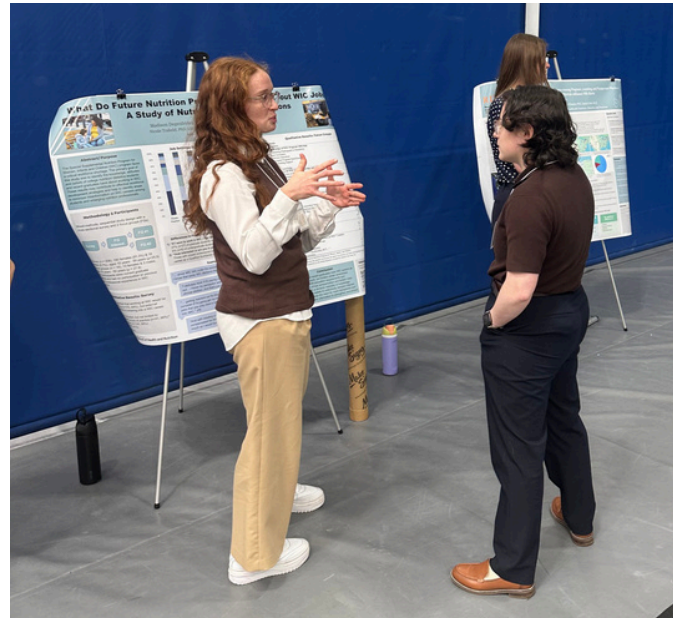


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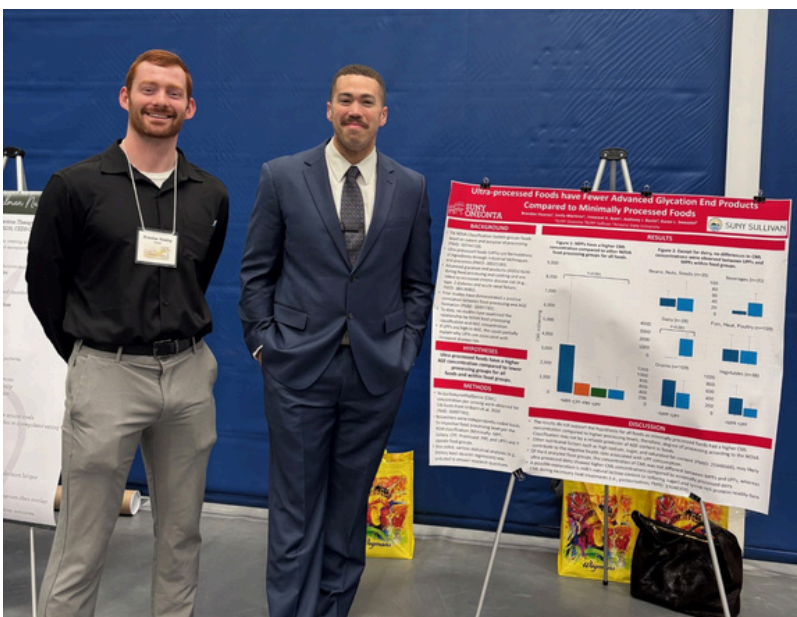
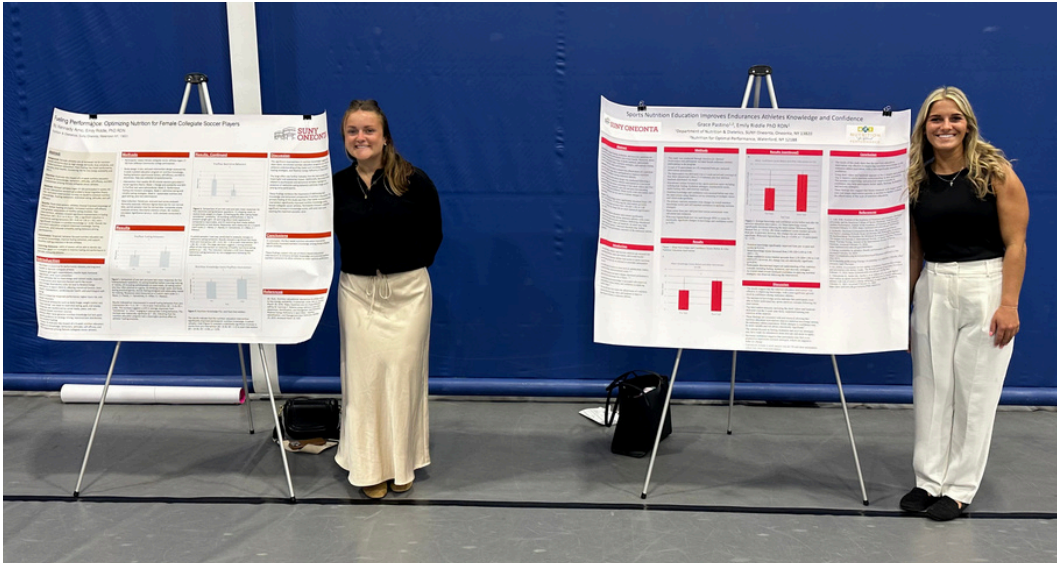


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2025-2026 PRESIDENT, BRENDA ARIBA ZARHARI ABU HANDS OFF THE GAVEL TO 2026- 2027 PRESIDENT, KRISTINA TITOMIHELAKIS



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STUDENT INNOVATION MEETS FOOD SAFETY: A BLUEPRINT FOR SMARTER DINING AT SYRACUSE UNIVERSITY

Syracuse University Dining Services has long been committed to providing a safe and high-quality dining experience for its campus community. To this day, SU Dining relies on handwritten logs to track food temperatures. This outdated approach introduces risk for inaccurate documentation and provides no mechanism for real-time alerts when temperatures fall outside of safe thresholds.

In response, undergraduate nutrition and graduate nutrition science students worked collaboratively to create a comprehensive quality improvement proposal advocating for the implementation of a Bluetooth-enabled continuous temperature monitoring system. Three evidence-informed systems were evaluated – Procurant, IntelliCheck, and Telsen – each offering automated temperature tracking, real-time alerts, and cloud-based recordkeeping capabilities. A phased twelve-month implementation plan was developed, beginning with a pilot program at Orange Hall before expanding campus-wide, allowing for staff training, system testing, and feedback before full-scale rollout.

The proposal was grounded in Hazard Analysis Critical Control Points (HACCP) principles and guided by a Key Performance Indicator framework designed to evaluate improvements in documentation accuracy, regulatory compliance, response time to temperature deviations, and overall operational efficiency. Intellicheck emerged as a particularly promising candidate, offering flexible hosting options, mobile accessibility, and vendor-supported staff training. These features would ease the transition and promote broad adoption among dining personnel.

While time constraints prevented the team from witnessing full implementation, the groundwork laid through this project provides Syracuse University Dining Services with a clear, actionable, and evidence-based pathway toward a safer, more efficient, and technologically current food safety monitoring system – one that reflects the university's broader commitment to the health and well-being of every student it serves.

Written by:

Cassidy Mosher

Syracuse University Master of Arts in Nutrition Science '26



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GLRAND HOSTED ITS FIRST REGIONAL AWARDS AND NETWORKING DINNER

On April 30, GLRAND hosted its first regional Awards and Networking Dinner at Eli Fish Brewing in Batavia, NY, bringing together more than thirty regional RD/RDNs, students, and guests for an evening of connection, recognition, and fellowship.

Highlights from the evening included:

- Recognition of the region's recent 50-year AND members: Sharon Audino, Jane Braband, Kathy Ippolito, Mimi Litsch, and Ginny Vorhis
- Recognition of the Nancy DeMuth Rhule Scholarship recipients: Madison Degenfelder, Rochester Institute of Technology; Susan Newkirk, D'Youville University
- Remarks from Dr. Brenda Abu, NYSAND President
- A gift basket raffle, with all proceeds supporting the Nancy DeMuth Rhule Scholarship Fund
- Voting on a new GLRAND regional logo

Additional 50-year AND members who were unable to attend were also recognized, including Margaret Jastren, Carol Whitlock, Myrna Paige, Linda Reitz, Gretchen Scalpi, and Miriam Lawrence.

Overall, the evening was a meaningful opportunity to celebrate members, strengthen regional connections, and support the next generation of dietetics professionals.



*50 year members, from left to right:
Ginny Vorhis, Mimi Litsche, Sharon Audino, Jane Braband and Kathy Ippolito*



Brenda Abu, Maddy Degenfelder and Kristie O'Connor- Maddy was one of the scholarship winners from RIT; Brenda & Kristie are faculty members at RIT



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GLRAND WOULD LIKE TO CONGRATULATE TWO WINNERS OF THE NANCY DEMUTH RUHLE SCHOLARSHIP

The Great Lakes Region would like to congratulate two winners of the Nancy DeMuth Ruhle Scholarship, Susan Newkirk and Madison Degenfelder.

In April, GLRAND was honored to award two \$250 scholarships. These students, one in each side of GLR's reach, demonstrate a passion for nutrition with a strong commitment to the community. Whether it is creating a nutrition education program, leading their peers, diving into research or guiding the underserved community, both Susan and Maddy have stood out as exceptional students.

Please join us in congratulating Susan and Maddy! We can't wait to see what they will accomplish as Registered Dietitians!



Madison Degenfelder



Susan Newkirk

GLRAND RANG IN NATIONAL NUTRITION MONTH WITH A SPIRITED COOK-OFF COMPETITION

The Great Lakes Region Academy of Nutrition and Dietetics (GLRAND) rang in National Nutrition Month with a spirited cook-off competition on March 11th, 2026, hosted at SUNY Buffalo State University. Under the theme "Power Up Your Plate with Whole Foods in Under 30 Minutes," four teams went head-to-head showcasing their culinary creativity with wholesome, time-smart dishes:

- Baked chicken piccata meatballs served with pearl quinoa and an arugula shallot salad
- Black bean burgers with cilantro lemon sauce and coleslaw
- Power-up protein balls
- Quinoa, grapefruit, and golden beet salad

Beyond the competition, attendees enjoyed a presentation on the updated Dietary Guidelines for Americans and put their nutrition knowledge to the test with a round of nutrition trivia, making it an afternoon of great food, learning, and community. Thank you GLRAND, Wegmans, and SUNY Buffalo State University Nutrition and Dietetics Department for sponsoring this amazing event!



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GREATER NEW YORK AND LONG ISLAND REGION HELD A NATIONAL NUTRITION EVENT



The evening was filled with networking, meaningful connections, great food, and an informative presentation from Rachel Stahl Salzman, MS, RD, CDN, CDCES on "Leveraging Technology to Improve Diabetes Care."



We were honored to receive a citation from Hon. Ragini Srivastava, Town Clerk of North Hempstead, recognizing the work of RDNs & NDTRs in advancing nutrition and health in our communities.



2025-2026 Board of Directors



Congratulations to Rosa Alaima Go, recipient of the Stacy Surkis Memorial Fund Award!

*Thank you to our generous sponsors—
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ROCKLAND COUNTY DEPARTMENT OF HEALTH RECEIVED NATIONAL NUTRITION MONTH PROCLAMATION



Michelle Kleinman, RDN, CDN, CLC accepting the proclamation

NATIONAL PUBLIC POLICY NEWS

HRSA EXPANDING NUTRITION SERVICES: NOTICE OF FUNDING OPPORTUNITY

DEPARTMENT OF EDUCATION ISSUES FINAL RULE ON GRADUATE AND PROFESSIONAL STUDENT LOAN LIMITS

MALNUTRITION CARE SCORE QUALITY MEASURE UPDATE



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There are several important action alerts available for you to take action on currently.
Take Action Now!

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 Login In to Academy account
 Go to Profile/Account Settings
 Update your email and save.

To update with CDR:

Go to CDRnet.org
 Login
 Update contact/mail in profile.

MEMBER UPDATES

ACADEMY AND ASN JOINT TASK FORCE PUBLISHES ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING RESOURCE GUIDE

2026 NATIONAL HONORS AND AWARDS RECIPIENTS

PRESIDENT'S MESSAGE — MAY 2026



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CDR SCHOLARSHIPS, AWARDS, AND GRANTS APPLICATION TIMELINES

Program Timelines:

Program	Current Status	Open Date	Deadline
Awards	Closed	September 1, 2026	November 18, 2026
Disaster Relief	Closed		
Fellowships	Closed	<i>Specific fellowship application deadlines will be posted below when open.</i>	
FNCE 2026 Practitioner Stipends	Closed	June 10, 2026	Stipends are available on a first-come, first served basis until stipends are all awarded.
FNCE 2026 Student Stipends	Closed	June 10, 2026	September 5, 2026
Research Grants	Closed	September 1, 2026	November 18, 2026
Scholarships	Closed	February 2027	To be determined
Year-Round Awards	OPEN	N/A	N/A

[Click here for more information](#)



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Stay ahead in your profession with CPE On-Demand—your exclusive access to FREE continuing education designed for Academy members. Explore expert-led modules on emerging trends, science-based nutrition, and the latest research – all at your own pace.



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CONTINUING EDUCATION OPPORTUNITIES

NYS FOOD SUMMIT

Date: June 16th from 9:00 AM – 5:00 PM

The NYS Food Summit is a biennial event organized by [The Alliance for a Hunger Free New York](#), [The Food Pantries for the Capital District](#), and the [NYS Food as Medicine Coalition](#). The event is designed to bring together food assistance providers, academics, advocates, and stakeholders across New York. The all-day, symposium-style event aims to educate and share best practices, research, and innovations in hunger relief and nutrition security efforts.

The 2026 NYS Food Summit will be held on Tuesday, June 16, at the [Albany Capital Center \(55 Eagle St, Albany, NY 12207\)](#). We hope to see everyone in person, but are also offering a robust virtual option. **The event is approved for 5.0 CPEUs.**

[Learn more about the agenda and registration](#)



LIVE WEBINAR: AI VISIBILITY FOR NUTRITION PROS: HOW TO GET YOUR CONTENT FOUND (AND USED)

Date: June 25th at 2:00 PM

As more patients turn to AI for nutrition advice, evidence-based content risks being overlooked in favor of whatever information is easiest for these tools to access and summarize. In this session, you'll learn how AI is reshaping nutrition communications—and gain practical strategies to ensure your expertise shows up where it matters most.

[Register Now](#)

LIVE WEBINAR: ADDRESSING SOCIAL DETERMINANTS OF HEALTH IN EATING DISORDER TREATMENT AND PREVENTION

Date: July 15th at 12:00 PM

Participants will explore how Social Determinants of Health (SDOH) including food insecurity, housing instability, and systemic discrimination—impact the onset, diagnosis, and recovery of eating disorders. We will examine data-driven evidence on how marginalized identities face unique barriers to care and how clinicians can integrate an SDOH-informed lens into their practice.

[Register Now](#)



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CONTINUING EDUCATION OPPORTUNITIES CONT...

LIVE WEBINAR: THE ROLE OF NUTRITION IN NEUROSCIENCE AND PSYCHIATRY

Date: July 23rd at 2:00 PM

This webinar will enlighten and discuss the importance of nutrition throughout the lifecycle for healthy brain development, healthy neurological systems and supportive of healthy mental health. It is the goal of the speaker to provide and share evidentiary science and discuss the evidence regarding the prominent importance of third-trimester nutrition for healthy eye, brain and mental health development.

[Register Now](#)

LIVE WEBINAR: FROM SCIENCE TO SOUNDBITES: COMMUNICATING NUTRITION TO THE PUBLIC

Date: August 27th at 2:00 PM

From mainstream media to social media, misinformation abounds when it comes to conversations about food and nutrition. Registered Dietitian Nutritionists have a unique opportunity to engage the public in more meaningful and productive conversations about food and nutrition. However, being an effective communicator requires much more than simply being comfortable in front of an audience and sharing good content. This webinar will help you take your communication skills to the next level by learning practical tips that you can implement today.

[Register Now](#)

SELF-STUDY COURSE: CULTURALLY INCLUSIVE COUNSELING GUIDE WITH A SPECIFIC FOCUS ON HISPANIC COMMUNITIES

Being culturally inclusive goes beyond acknowledging diversity but rather, embraces diversity to connect and build trusting, authentic relationships. It is the ability to recognize, respect, and value an individual's cultural background, perspective, and traditions, including traditional food preferences and cultural factors impacting food choices.

Awareness, sensitivity, keeping an open mind, continuing to learn, and adapting as needed are all key to cultural inclusion. As a health care provider, cultural inclusion helps to create an environment where your clients feel welcomed, supported, and able to be their genuine self. Creating this environment helps your clients accept and trust the education and guidance you provide. A better understanding of your client's background can not only help build trust, but it can also help shape your intervention, making it more meaningful and relevant for your client.

This complimentary continuing education course will discuss strategies on how to best support cultures outside of your own using the Hispanic population as an example. Knowledge of your client's background can help direct thoughtful education plans.

[Take Course](#)



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RESEARCH UPDATES

NUTRITION SUPPORT IN CRITICALLY ILL ADULTS IN INTENSIVE CARE UNITS: AN EVIDENCE ANALYSIS CENTER SCOPING REVIEW OF CURRENT SYSTEMATIC REVIEWS AND GUIDELINES

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Interested in contributing to NYSAND newsletters? Members should contact Emily Holdorf (eholdorfRD@gmail.com) for more info.



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