Crookston’s Tri-Valley Opportunity Council a vocal supporter of legislation

A bipartisan bill that would provide school districts across the state with a reimbursement for feeding students healthy, local foods through farm-to-school initiatives was introduced in the Minnesota Legislature Wednesday. Senator Mike Goggin (R-Red Wing) and Representative Todd Lippert (DFL-Northfield) are the chief authors of the bill (H.F. 811), which would also provide technical assistance to growers seeking to sell to schools.

“In my hometown of Red Wing, 50 percent of kids depend on free or reduced-price meals for their lunches,” said Sen. Goggin. “We need good food for those kids to eat. Local foods are fresh and taste better, and kids who get to eat local are much more interested in eating healthy. Those healthy eating habits stick with them for the rest of their lives.”

More than half of students in Crookston schools qualify for free and reduced meals.

According to a 2017 study, more than 1.6 million Minnesotans lack access to healthy food. Farm to School programs provide children with more opportunities to eat locally grown, healthy foods, which promote growth, nutrition and positive lifelong eating habits.

“Making the connection about where food comes from early is important,” said Jami Lee, who, as Child Nutrition Services Manager at the Tri-Valley Opportunity Council Head Start program in Crookston, has experience sourcing food from local farms. “Not only do kids in our program eat better, they also have a deeper understanding of how food is produced and a real connection to the farmers in our community.”

Farm to School initiatives support growers and the broader local economy as well. Farmers participating in these programs gain access to new, stable markets to supplement their incomes and help them maintain their livelihoods. Increased demand for the processors and distributors required to run Farm to School programs provides an economic boost for local communities. In fact, according to the National Farm to School Network, every dollar invested in farm to school programs generates $2.16 to the local economy.

“Farm to School provided the income we need to grow and stabilize our farm business,” said Ben Doherty, a Land Stewardship Project Member who, along with Erin Johnson, owns and operates Open Hands
Farm in Northfield. “We have been able to triple our business, hire more employees and support other local businesses.”

“Direct access to institutions like schools gives farmers an increasingly stable and diversified income,” said Rep. Lippert. “Opening up this market can be a true game changer, helping a farmer grow their business in remarkable ways, and it also invests money back into the local community.”

House File 811 and the yet-to-be designated Senate File will have hearings before the House and Senate Agriculture Committees before going to the floor for a full vote.

Farm to School advocates include:
—Institute for Agriculture and Trade Policy
—Land Stewardship Project
—Minnesota Farmers Union
—Partners to End Hunger Coalition
—Minnesotans for Healthy Kids Coalition
—Renewing the Countryside

Farm to Head Start

“Farm to Head Start” is a type of Farm to Early Care initiative. Farm to Early Care initiatives connect young children with healthy, locally grown foods and support farmers in their communities.

Farm to Early Care’s three core components are serving locally grown foods in Early Care meals and snacks, offering food and farming-related educational activities for children and organizing food and farming-related family engagement activities.

Tri-Valley Opportunity Council operates a unique Head Start program, serving the children of migrant farm workers who travel to Minnesota during the growing season.

The Institute for Agriculture and Trade Policy recognized the opportunity to create a meaningful connection for children between their families’ deep ties to farming and the foods in their meals through Farm to Head Start activities.

Relatively new to her position as Tri-Valley’s Nutrition Services Manager, Jami was eager to find new ways to help children develop positive eating habits. She also recognized the potential for Farm to Head Start to help meet that goal, and was enthusiastic about the idea of supporting farmers while teaching children where their food comes from. Both IATP and Tri-Valley saw Farm to Head Start as a chance to highlight the crucial work migrant families do to feed the community.

SUPERVISED PRACTICE EXPERIENCES IN THE COMMUNITY

Here at St Benedict’s we had a strange turn of events in late February when the full-time clinical dietitian (unexpectedly departed) her position. Having Lexi*, both her personality and her preparation, allowed me to change the course of my role here very quickly and smoothly.

She was very adaptable and eager to take on more ‘work’ as a student but was also very aware of how to work and knowledgeable of how to help.

I have had many students in both clinical and food service roles here, as well as having my own practicum experience in this environment. She was definitely in the top portion of students. I grant that she has a good attitude and eagerness to learn which will make her successful, but I also wanted to be sure to tell your team that she was prepared. She was confident, comfortable and able to communicate - with the residents, with families, with interdisciplinary team members and most importantly with me about the direction of her time here. I hope her evaluation of me as a preceptor and St. Benedict’s as a site was as positive as our experience with her.

Thank you for working with us here at St. Benedict’s to have a UND student.

Please consider us in the future for either the food service or the clinical rotations again. I’m sure Lexi, in her new role as the clinical RD, will be an asset to what learning opportunities we have to offer your students.

Bridget A. Bullinger, RD, LRD
Director of Culinary Services
St. Benedict’s Health Center

*Alexis Wagner, BS Dietetics ’19, will join St. Benedict’s healthcare team summer 2019
Thank you to all our past and current preceptors for their commitment to students and the profession! Your work is crucial to the Department of Nutrition & Dietetics (N&D) mission and students’ success during education and into their professional careers.

N&D offers the Wenberg Preceptor Award that supports professional development for N&D preceptors and recognizes preceptor efforts. This past year’s recipients were Susan Thorson and Danielle Tretbar.

Susan Thorson is a recipient of the 2019 Wenberg Preceptor Award enabling her to attend the Food and Nutrition Conference and Expo in Philadelphia, PA, October 26-29. Susan is a Clinical Dietitian at Altru Health System in Grand Forks, ND. She has served as a preceptor to UND students since 1990. Her activities as a preceptor to N&D students include teaching nutrition assessment, diet education, malnutrition physical assessments, etc. When asked how attendance to FNCE may impact UND student experience, Susan wrote: “Participating in FNCE 2019 would allow me to attend education sessions and be updated on the most recent and cutting edge areas of nutrition. I am especially interested in the new IDDSI initiative and malnutrition/physical assessment. These are just a few areas that I could teach hands-on to the students while serving as a preceptor.”

Danielle Tretbar is a recipient of the 2019 Wenberg Preceptor Award enabling her to take online coursework to earn the Certified Diabetes Educator credential. Danielle is a Registered Dietitian at CHI St. Joseph’s Health in Park Rapids, MN. She has served as a preceptor to UND students for the last five years. Her students work alongside her, providing medical weight management, diabetes and bariatric services. As a preceptor, Danielle assists them to develop independence and critical thinking skills. When asked how attendance for the professional training may impact UND student experience, Danielle wrote: “As I continue to expand my knowledge in diabetes education, this will directly impact the students I have an opportunity to supervise. This course will fulfill my continuing education hours needed to successfully become a CDE. I truly believe when preceptors set high goals that it encourages students to strive to be the best provider they can be. Completing the CDE course and exam will give me the knowledge and experience to assist those interested in doing the same.”

N&D Preceptors are encouraged to apply for the award! Learn more about the opportunity at our web page: Wenberg Preceptor Award Application.

We are UND Proud
Dustin Frize, ’01
2019 Outstanding Preceptor Award

Dustin serves as a preceptor for all dietetic students completing their 90-hour food production rotation at UND Dining Centers as well as for one or two students completing 200 hours of food service management practice each summer. He also works with dietetic and human nutrition majors to promote health and wellness interventions for the campus community.

Recognized for the vital contributions Dustin has made to the profession and to the education of future practitioners, he will be acknowledged with the award at the 2019 Food and Nutrition Conference & Expo™ (FNCE®) in Philadelphia in October.

As one of only six awardees chosen from many nominations across the country, he is truly the best of the best!

CPEU Credit for Preceptors

Did you know you can now earn CPEUs for precepting dietetic students?

The Commission on Dietetic Registration (CDR) now offers CPEUs for this important work and contribution to the profession! Please contact us if you’re interested in serving as a preceptor at 701-777-2539 or email to und.nutritiondietetics@und.edu

ACEND defines a preceptor as a practitioner who serves as faculty for students/interns during supervised practice by overseeing practical experiences, providing one-on-one training, and modeling professional behaviors and values.

In order to receive CPEU credit:
• The precepting must occur during the current recertification cycle.
• The preceptor must complete the Verification and Self-Reflection Form provided by the program director. The form should be retained by the preceptor as documentation to be submitted to CDR if audited

A maximum of 3 CPEUs per year or a total of 15 CPEUs per 5-year reporting period can be awarded to RDNs and NDTRs for this activity.

Refer to the CDR website for more information on CPEU credit for preceptors.
MESSAGE FROM THE DEAN

Dr. Diana Kostrzewski was appointed interim dean as of January 1, 2019. She is a UND alumna and native of Warren, MN, who brings a wealth of experience to her role, including a 40-year career in nursing and nursing education.

It is an honor to serve as the Interim Dean of our college. I am also pleased to be back in the Red River Valley after being gone from the area for 20 years.

I often share that nutrition was not my favorite subject in my pre-licensure nursing program decades ago. As I grew older and wiser in my profession, it became apparent to me that the foundation of our health depends on good nutrition. Without a doubt, our programs send graduates out into the world to do very important work!

Thank you to our dedicated faculty and staff who ensure we have quality nutrition and dietetics programs. I am ever amazed at the intentional, personal, and professional investment demonstrated by each on the team. I am also proud of our students and graduates, who will positively affect the health of many, as they share their knowledge related to food, diet, and nutrition.

NUTRITION EDUCATION IN THE MARKET

Faculty Research: Amir Alakaam, PhD, MS, RDN, LN, MBChB
Assistant Professor

Aiming to increase fruit and vegetable intake, and to improve healthy eating in the Grand Forks community, I initiated a community-based nutrition education research program in summer 2018. The program was delivered at the Town Square Farmer’s Market and provided free nutrition information. Free tokens, redeemed for fresh local produce, encouraged participants to put the knowledge into action. Last year more than 300 participants benefited from the program; preliminary data showed that individuals who participated in the program felt more confident purchasing fresh produce and returning to the market. The successful program was awarded funding from the Main Street GF Longest Table Initiative and from the city of Grand Forks to be implemented again this summer beginning in June.

N&D STUDENTS PRESENT RESEARCH

N&D Undergraduate and Graduate Students presented at the CNPD Research & Scholarship Day on April 18.

PROGRAM UPDATES

The Community Nutrition program is now the Human Nutrition program with some exciting curriculum changes. To learn more, visit https://cnpd.und.edu/nutrition-dietetics/human-nutrition.

The online, part-time MS in Nutrition program is popular and has grown from five students in 2015 to over 30 students in 2019.

The University has approved an Accelerated Bachelor’s/Master’s (ABM; 4 years + 1 year) degree program for dietetics.
STUDENT ASSOCIATION FOR NUTRITION & DIETETICS

SAND

Student Organization Fair

National Nutrition Month - Flash Fruit Mob at Memorial Union

Traveling Art Pub Teambuilding Event

STUDENTS PARTICIPATE IN SERVICE LEARNING
ALUMNI & FRIENDS
SUPPORT

Generous Donors Allow N&D to award $43,500 in Scholarships!

Several recipients were in attendance at the Spring N&D Banquet. Pictured left to right: Back Row: Taya Helstad, Jenna Porter, Katie Salfer, Amanda Metty, Davis Koppinger, Noah Haagenson, Amanda Reinke. Front Row: Lindsey English, Kara Ramey, Bailee Kolden, PoYi Lai, Emily Anderson, Molly Davies, Kaddie Levine, Camille Merschman

YOUR SUPPORT IS VITAL

Each year the Department of Nutrition & Dietetics is able to provide thousands of dollars in scholarship funds for nutrition and dietetic majors. This is the direct result of generous giving on the part of alumni.

Please consider making a gift to the department and be a difference-maker for students in the Nutrition & Dietetics program at the University of North Dakota. Your gift will help provide a great learning environment and a distinctive student experience at an affordable cost for our students.

Gifts may be made online at www.UNDalumni.org/Nutrition or checks can be made payable to the UND Foundation and sent to the following address: UND Foundation, 3501 University Ave, Stop 8157, Grand Forks, ND 58202-8157.

Questions about gifts to the Department may be directed to Laine Lyons, Director of Development at the Alumni Association Foundation at 701.777.6627.

N&D Students Attend North Dakota Nutrition Council Annual Conference with Alumni Support from Giving Hearts Day

Lindsey E
Erin L, Ashley C
We are UND Proud of Doris Wang on being selected by her peers for the NDEP West Central Region Outstanding Dietetic Educator Award in the Coordinated Program category for 2019! She received her award at the NDEP Central Region Meeting in Cleveland, Ohio in March. Doris also celebrated 25 years at UND this year.

Congratulations, and thank you, Doris, for your dedication to high academic and professional standards and being a great role model and mentor for your students and colleagues!
Tell us about your current or past work.
I currently work for NDSU Extension in Bottineau County as the Family & Community Wellness agent. I started working in this position in January 2019. Working for Extension allows me to provide health and wellness education to individuals in Bottineau County and really expand wellness aspects into the community. Prior to my current position I worked in clinical dietetics practice. I worked for the Department of Veterans Affairs outpatient clinic in Bismarck, North Dakota for five years before working for about a year at the 5th Medical Group clinic at Minot Air Force Base, North Dakota. I am lucky to have enjoyed every position I have had, all within North Dakota!

What’s the best part of your job or what excites and energizes you about it?
Although I have only been in my current position for a few short months, I have found many things that make me eager to get to work every day. I have the opportunity to promote nutrition and wellness in my hometown community, which makes each person and situation I work with a little sweeter. Each day at work is different from the previous, which is something I enjoy. Although my focus is on nutrition education within the community, I also get to collaborate with many different individuals in healthcare as well as within agriculture regularly and enjoy the networking and community program development.

Tell us about you.
I was born and raised in Bottineau, North Dakota. I was an only child growing up, but never felt like it as time was always spent with friends. I grew up playing and loving sports and knew that after graduating high school in 2009 that I wanted to pursue a career in wellness. As I was growing up, there were several trips to Grand Forks to visit family, and I think I always knew that I wanted to go to UND. Once graduating from UND in 2013, I decided to continue my education right away while working part-time. Once achieving my Master of Public Health degree in 2015 from NDSU, I then began working full-time. Since then, I have moved from Bismarck back to Bottineau County and currently live in Westhope, N.D.

What’s your favorite way to spend time outside of work?
I enjoy spending time with my friends and family. I don’t like to miss out on any fun adventures! I enjoy traveling as well and try to visit a few different places every year! I have found that traveling every few months makes the North Dakota winters much more tolerable!

Tell us a favorite memory from UND.
I have so many wonderful memories of UND I am not sure I can pick just one! I can think of numerous fun Alpha Phi sorority events, hockey games, and campus activities off the top of my head. One great memory was getting to travel – for school! My senior year I attended FNCE – the Food and Nutrition Conference and Expo, which was held in Philadelphia that year. This was an incredible trip I took with three of my other Dietetic classmates, who I am still good friends with today! We were able to attend the largest nutrition conference in the United States and sightsee along the way.

What advice do you wish you could go back in time and give yourself as a student?
A piece of advice I would share would be to remember it is okay to make mistakes. In the professional world of Dietetics, we are always learning more about the science of nutrition, and it is completely normal to not always know the answer right away. Ongoing learning and education will continue to happen, so try not to stress out over every question and situation!

To what do you attribute your success?
I contribute any success to my parents, and their way of living. They never placed stress or pressure on me but made sure that I knew that I could be successful if I worked hard enough. They were great at letting me grow into who I wanted to be and let me develop my own expectations for myself.
Jody (Heinz) Rosendahl | BS Home Economics ‘88

Tell us about your current or past work.
Currently the Director Food and Dietetic Services at the Quentin N Burdick Memorial Health Care Facility in Belcourt, ND. I have held this position for the past 27 years. Duties include responsible for the Medical Nutrition Therapy function of a general medical and surgical hospital and ambulatory care center. Coordinate the dietary services within the facility to include the inpatient area and food service. Oversee a staff of one RDN/LRD, Cook Forman and five dietary staff. Prior to this job I was a Clinical Dietitian at St. Joseph’s Hospital in Minot and my first job after graduation was in Great Falls, Montana at Parkview Nursing home.

Tell us about a favorite memory from UND.
The best memory I have of UND was getting together as class, since there was only 5, and studying as a group. It was a neat experience as we were very close and developed some lifelong friendships. I also feel lucky that we had such close relationships with our instructors. Not just UND memory but a highlight of my career was when I received the Recognized Young Dietitian of the Year in 2000 for the state of North Dakota.

What’s the best part of your job or what excites and energizes you about it?
Working with the patients and seeing progress. I love it when patients meet their goals and feel good about themselves.

Tell us about you.
Graduated from Rolla High School. Attended UND from 1983-1988. Raised on a farm and now married to a farmer. I have three daughters and a son. My youngest daughter is currently a PT student at UND. I am the proud grandmother to 3 little girls and one boy. I love to follow my children in sports and in my spare time I enjoy reading, playing pickle ball, racquetball, riding bike, snowmobiling, travel and especially spending time at the lake with my family.

What advice do you wish you could go back in time and give yourself as a student?
I would continue on with my education and obtain a higher-level degree instead of joining the workforce and then thinking you will go back to school.

To what do you attribute your success?
Hard work and dedication to my job. I love the work I do and the people I serve.

WE’D LOVE TO HEAR FROM YOU!
Alumni are asked to share updates and news for our next newsletter. Photos are always a welcome addition! Please include your program and year of graduation.