



DC Metro Academy of Nutrition and Dietetics

 an affiliate of the  
Academy of Nutrition and Dietetics

## Join the 2025–2026 DCMAND Board — Make an Impact in a Way That Works for You

We're looking for members to join the DCMAND Board for the upcoming term starting *June 1st*. You don't need prior board experience—just an interest in contributing to our community in a way that fits your capacity. Whether you have a lot of time to give or just a little, there's a place for you.

Here are the open roles:

### **Secretary**

Help keep us organized by taking meeting minutes and tracking key updates. It's a low, consistent time commitment throughout the year.

### **Member Events Chair**

Coordinate meaningful, inclusive events that help members connect and feel part of something bigger.

### **Member Relations Coordinator**

Welcome new members, share opportunities, and support efforts to make our community more engaging and connected.

If you're interested in getting involved, we'd love to hear from you. Reach out to [president\\_elect@eatrightdc.org](mailto:president_elect@eatrightdc.org) or click [here](#) to share your interest. We're happy to talk more and help you find a role that aligns with your strengths and availability.

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# DCMAND Annual Meeting Delivers Exceptional Education and Networking Opportunities

The 2025 DCMAND Annual Meeting held on May 9th at George Mason University's Van Metre Hall was a resounding success! Nutrition professionals from across the DC Metro area gathered for a day packed with exciting sessions and valuable networking opportunities.

Attendees benefited from a full day of exceptional presentations by leading experts in the field. The program featured Dr. Melissa Bernstein's session on "Food IS Medicine: RDNs Needed!!", Malina Malkani's important work on "Food Allergy Prevention in Action," and Dr. Holly Nicastro's presentation on "Nutrition for Precision Health." The afternoon continued with valuable insights from Travertine Garcia, Taylor Coleman, and Jackie Wincek on "Transforming School Lunches," followed by Tessa Nguyen's innovative approach to "Closing the Gap Between Food Apartheid & Food Security." Academy President Livleen Gill delivered meaningful remarks, and Karen Smith concluded the day with practical strategies for "Motivational Interviewing: Help Your Clients Go From I Can't to I Am."

The event offered 6.0 CPEUs and created numerous opportunities for members to connect with exhibitors and colleagues during breaks and the lunch session. The poster session returned this year and gave seven students from multiple dietetics programs across the DMV an opportunity to present their research and case studies to attendees. The annual membership meeting and awards presentation recognized the outstanding contributions of our members. Thank you to all attendees, speakers, exhibitors, and volunteers who made this event possible. Your participation and enthusiasm demonstrate the strength and vibrancy of our dietetics community in the DC Metro area!

Photos and presentation materials from the meeting will be available to members on our website next week.

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## Member Feedback Survey

Do you have feedback about your experience with DCMAND? We'd love to hear from you! Your thoughts and suggestions can help us best serve our members. Please fill out the member survey by clicking the link below. You will also get the chance to enter a raffle to win a \$25 gift card. The raffle ends on 5/21/25 and the

prize is available to one member.

[Member Survey](#)

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## Academy Membership Renewal

Don't forget to renew your Academy membership! The deadline to avoid the \$25 reinstatement fee is May 31. Visit [eatrightpro.org](http://eatrightpro.org) to renew. If you have questions about your membership and/or renewal, please contact Academy Member Services by calling 1-800-877-1600 ext 5000, or emailing [membership@eatright.org](mailto:membership@eatright.org).

### DC Metro Academy of Nutrition and Dietetics

[Director@eatrightdc.org](mailto:Director@eatrightdc.org)

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