



DC Metro Academy of Nutrition and Dietetics

eat right® an affiliate of the
Academy of Nutrition and Dietetics

It's a new membership year and we welcome a new DCMAND Board!

- President: Charmaine Jones, PhD, MS, RDN, LDN
- Past President: Jennifer Krasilovsky, RDN, CDCES, LDN
- Secretary: Sara Murray, MS, RD, PLLC
- Treasurer: Ellen Griffiths, MPH, RDN
- Treasurer-Elect: Keiy Murofushi, MS, RD
- Delegate: Audie Spear, RDN
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- Member, 1st Seat, PDC: Kathleen Pellechia, MS, RDN
- Member, 2nd Seat, PDC: Matthew Bond, MS, RDN
- Member, 1st Seat, Nominating Committee: Frances Perkinson
- Member, 2nd Seat, Nominating Committee: Jo Mandelson,
- Member Events Chair: Samantha Adas, MS, RDN
- Member Relations Coordinator: Caroline Jones MS, RDN, LDN
- Public Policy Chair: Nicole Pruitt, RDN, LDN
- Strategic Communications Chair: Sarah Wagner, MSPH, RD, LD
- Social Media Coordinator: Celia Bastin, RD
- Executive Director: Moira Guenther, MS

We have a few open positions we are working to fill:

- President-Elect
- Sponsorship Chair

If you're interested in joining the board or want to learn more about the open positions, please email nominating1@eatrightdc.org.

Join Us for a Nutrition Policy Networking Event!

Join fellow DCMAND and nutrition professionals for an evening of conversation and connection at our Nutrition Policy Networking Event on **Thursday, July 30, 2026, from 5:30 p.m. to 7:30 p.m.** We'll gather at the Academy office located at **1150 Connecticut Avenue NW, Suite 615, Washington, DC 20036** to connect with colleagues and hear about the latest in nutrition policy. Come make new connections, and catch up with friends and colleagues. We hope to see you there!

Please RSVP at [this link](#) and reach out to events@eatrightdc.org if you have any questions!



Learn the latest from leading
eating disorder experts.



Earn free CE credits

| Live and on-demand

Learn From Eating Disorder Experts and Earn Free CE Credits with Equip

Equip Academy is a virtual learning series for healthcare providers that explores the latest research and best practices around different eating disorder-related topics. Led by Equip clinical experts, this series is an opportunity to earn free CEs and deepen your eating disorder knowledge to better support your patients. Past topics include:

- **Not so “Atypical” Anorexia Nervosa:** Clinical History, Diagnostic Considerations, and Treatment Approaches
- **Beyond Picky Eating:** Assessment Strategies and Red Flags for ARFID
- **From Hospital to Home:** The Family’s Role in Recovery For High-Acuity Youth with Eating Disorders

- **OCD, Eating Disorder, or Both?** Differentiating, Identifying Risk Factors, and Sequencing Treatment

Upcoming events include:

- **Substance Use and Eating Disorders:** Practical Approaches for Treating Co-occurring Conditions
- **Autism and Eating Disorders:** Exploring the Complex Relationship Between these Conditions, and Their Treatment

Eligible providers can earn free CE or CME credits by attending events **live or viewing past events on-demand**, any time at your convenience. Learn more and register at equip.health/DCMAND

This content is brought to you by the generous financial support of [Equip](#).

Get Excited for FNCE 2026 in San Antonio



To register or book your hotel for FNCE 2026, go to the [website](#). Early registration deadline is September 2.

eat right. Academy of Nutrition
and Dietetics

FNCE[®] 2026

Food & Nutrition Conference & Expo[®]

San Antonio, TX | October 24-27

Registration is Open!

Powerful Connections.
Infinite Possibilities.



#FNCE



DCMAND Visits South Mountain Creamery

On May 30, DCMAND members spent the day at South Mountain Creamery for a behind-the-scenes look at dairy farming and milk production.

The tour gave us the opportunity to learn more about the journey from farm to consumer, including animal care, milk processing, and the day-to-day operations of a working dairy farm. Seeing these processes firsthand provided valuable perspective on an important part of our food system and sparked great conversations about the connection between agriculture, food, and nutrition.

Beyond the educational experience, the visit was a wonderful opportunity to connect with fellow DCMAND members, meet new colleagues, and spend time learning together outside of our usual professional settings.

A big thank you to the South Mountain Creamery team for welcoming us and sharing their knowledge and passion for dairy farming. We appreciate the opportunity to learn more about the work that goes into producing the foods we discuss with clients, patients, and communities every day.

We look forward to more opportunities to learn, connect, and explore together at future DCMAND events!




A SEAT
at every
TABLE

The conversations that shape **health and nutrition** are happening everywhere.

WE BELIEVE NUTRITION EXPERTS DESERVE A SEAT AT EVERY TABLE:

-  HEALTH CARE
-  COMMUNITIES
-  SCHOOLS
-  WORKPLACES
-  MEDIA
-  POLICY
-  FOOD SYSTEMS
-  ORGANIZATIONAL LEADERSHIP

Let's make sure nutrition experts are part of every *one.*

RDNs, NDTRs, and nutrition and dietetics professionals bring **evidence-based expertise** to help communities, organizations, and policies thrive.

When we show up, bring our expertise, and speak up, we help build a *healthier future for all.*

 Be the voice.
Take your seat.
aseateverytable.org

 Academy of Nutrition and Dietetics

“A Seat at Every Table” is the Academy’s multi-year campaign to elevate RDNs, NDTRs, and nutrition and dietetics professionals as credible, evidence-based nutrition experts in public conversations and decision-making spaces. It is partly a response to the growing amount of confusing or inaccurate nutrition information from social media, AI tools, and other non-expert sources. The main idea is that nutrition professionals should be present wherever nutrition decisions are being made: in health care, communities, schools, workplaces,

media, policy, food systems, and organizational leadership. The Academy provides a member toolkit with FAQs, social media posts, a LinkedIn article template, an infographic, and graphics to help members amplify consistent messaging. Ultimately this initiative is about making sure qualified nutrition professionals are not left out of important conversations about food, health, and nutrition policy. Please visit www.eatright.org/everytable to learn more!

 **HOUSE OF DELEGATES UPDATE**



AI is here— and it's reshaping *our profession.*

At the **April 2026** House of Delegates meeting, delegates explored how artificial intelligence (AI) is already transforming how we learn, practice, and deliver care.

 AI is being used **across settings** to support documentation, patient education, research, and workflow efficiency.

 **But one thing is clear:**
AI is a tool, not a replacement for RDN and NDTR expertise.

 INNOVATIVE LEARNING

 SMARTER WORKFLOWS

 ENHANCED PATIENT CARE

 STRONGER IMPACT

 RESEARCH & INSIGHTS

 AI



 **Key takeaway:**
Trust will define how AI shapes the future of nutrition and dietetics.

 **AI LITERACY**
Stay informed.
Stay ahead.

 **CRITICAL THINKING**
Evaluate. Question.
Think deeper.

 **ETHICAL USE**
Use AI responsibly.
Protect trust.

 **RDNs and NDTRs: Essential experts. Human insight. Limitless impact.** | **#EatRight** **#RDN** **#NDTR**

HOD Update: AI and the Future of Learning

At the April 2026 House of Delegates meeting, delegates explored how artificial intelligence (AI) is rapidly transforming education and practice in nutrition and dietetics. AI is already being used across settings to support documentation, patient education, research, and workflow efficiency—and is expected to become increasingly embedded in daily practice.

Delegates emphasized that while AI can enhance efficiency, it cannot replace the critical thinking, clinical judgment, and human-centered care provided by

RDNs and NDTRs. As a result, new competencies—such as AI literacy, ethical use, and the ability to evaluate and validate AI-generated information—are becoming essential.

The key takeaway: trust will define the future of AI in our profession. With strong leadership, clear standards, and a focus on maintaining professional expertise, AI presents an opportunity to elevate the role of nutrition professionals and strengthen the impact of our work. Do you have thoughts/concerns on AI and the future of dietetics? Feel free to reach out to the DCMAND Delegate by emailing delegate@eatrightdc.org to share your ideas.

DC Metro Academy of Nutrition and Dietetics

Director@eatrightdc.org

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