January

Key Dates in January 2023

1st Call for FNCE® 2023 Poster Session Abstracts opens

1st New Year’s Day

4th National Spaghetti Day

6th National Bean Day

9th National Apricot Day

11th National Milk Day

12th National Curried Chicken Day

16th Martin Luther King Jr. Day

19th National Popcorn Day

21st National Granola Bar Day

24th National Peanut Butter Day

January 15-21: National Fresh Squeezed Juice Week

National Birth Defects Prevention Month

National Glaucoma Awareness Month

National Hot Tea Month

National Oatmeal Month

National Slow Cooking Month

National Soup Month

Thyroid Awareness Month

Talking Points

10 Food Safety Tips for the Slow Cooker (National Slow Cooking Month)

Slow cookers are a convenient way to prepare a delicious meal — such as overnight oatmeal, a dip or stew — with minimal effort. Slow cookers are a dream come true for any multitasker, but if you neglect food safety, the dream could quickly turn into a nightmare. Follow these 10 tips to reduce your risk of foodborne illness with any dish you slow-cook. 


- Before preparing your meal, start by washing your hands, utensils and work area. While you prep, keep perishable ingredients in the refrigerator until they’re needed. This includes frozen items that need to thaw.

- Prepare meats and vegetables separately. Meats should be cut into smaller pieces to ensure they cook all the way through. After adding ingredients to the vessel, the slow cooker should be no more than two-thirds full.

- Avoid removing the lid to retain heat while cooking and use a food thermometer to check doneness. Store leftovers in shallow containers and refrigerate within two hours of removing from the pot.

Present a Poster Session at FNCE® 2023

From October 7-10, the Academy will host the Food & Nutrition Conference & Expo® in Denver, Colo. Interested in sharing your original research, project or program report? Consider submitting an abstract to present a poster session.

https://eatrightfnce.org/program/present-fnce/posters-presenters

- An abstract is a brief, written summary (no more than 250 words) of the specific ideas or concepts to be presented and a statement of their relevance to practice or research.

- A poster presents content using charts, graphs, illustrations and/or photographs and highlights the important parts of a study/program and its practice applications.

- The Call for Abstracts will open on January 1, and the submission deadline is February 16. If your outcomes will not be finalized by the February 16 deadline, you can submit a late-breaking abstract between May 1 and May 31.

Sample Social Media Posts

Try this easy and delicious chili popcorn next time you have #FamilyMovieNight at home: sm.eatright.org/ChiliPopcorn #recipe #kidseatright #eatright

During #GlaucomaAwarenessMonth, opt for whole foods for vitamins, minerals and antioxidants that promote eye health: sm.eatright.org/EyeHealth #eatright

Academy members: Are you frequently quoted for your expertise in news media? Learn about and apply to the Academy’s National Media Spokesperson Program: sm.eatright.org/Spokesspeople #eatrightPRO

Make sure at least half of your grains are whole grains! Try incorporating these five foods into an upcoming menu: sm.eatright.org/FiveGrains #eatright

Share your original research at #FNCE 2023 in Denver by presenting a poster session! Get more details: sm.eatright.org/FNCE2023posters #eatrightPRO
In 2023, make smart resolutions that become healthy, lifelong habits.

Resolutions, like goals, should be measurable, action-oriented and time-bound. For food and nutrition resolutions and goals, consulting with a registered dietitian nutritionist is a great place to start.

For those trying to eat more balanced, nutritious meals, share tips for choosing nutrient-rich foods.

For folks trying to cook more at home, share leftover safety tips, as well as culinary lingo to better understand the basics of common food preparation techniques.

Friends, patients and clients trying to be more physically active in the new year can use these tips to incorporate a 30-minute workout into any schedule.

Finally, make a family resolution to teach kids the importance of food, nutrition and healthy eating skills. Start by enjoying one family meal together every week, an act that can have important, long-lasting benefits.

Sample Social Media Posts

Set smart goals in 2023 with the help of a registered dietitian nutritionist. For more info, visit sm.eatright.org/LifestyleGoals eatright

Always prepare meals with food safety in mind! Review these essential tips: sm.eatright.org/EatSafely eatright

Following healthful recipes is easier if you understand cooking vocabulary. Brush up on your culinary lingo: sm.eatright.org/CookingLingo eatright

Is your NewYearsResolution to meet current physical activity recommendations? To some, 150 minutes per week may seem like a lot, but you can break it down to fit your schedule. Learn more: sm.eatright.org/30workout eatright

Ring in the new year by building healthy lifelong habits with the whole family. For tips, visit sm.eatright.org/HealthyEaters eatright kidseatright
Encourage fellow nutrition and dietetics professionals to use Academy of Nutrition and Dietetics Foundation resources.

The Academy Foundation assists nutrition and dietetics students and professionals in their academic endeavors; recognizes credentialed food and nutrition practitioners for their outstanding contributions; funds innovative research to enhance evidence-based practice; and provides resources through public education efforts. To receive assistance from the Foundation, you can apply for research grants, awards, fellowships, scholarships and disaster relief.

The Foundation offers a variety of awards and research grants for members, which are given to students, practitioners and educators. Many Foundation awards recognize the outstanding achievements of Academy members, encouraging individuals to grow as professionals and achieve excellence in new and developing areas of food and nutrition. Other opportunities include international awards and awards for continuing education and program development. For those conducting research, the Foundation provides grant funding for innovative nutrition and dietetics research. Applications for annual Foundation awards and research grants are due February 21 at 10 a.m. Central time.

The Foundation awards hundreds of scholarships annually and is the world’s largest provider of dietetic scholarships to students at all levels of study. In 2022, the Foundation awarded a record $860,250 to 309 students and dietetic interns. For the 2022-2023 academic year, more than 64% of Foundation scholarship funding was awarded to individuals of diverse backgrounds and cultures. Scholarship opportunities are available for individuals enrolled in dietetic technician, undergraduate, graduate and doctoral programs, as well as dietetic internships! The scholarship application for the 2023-2024 academic year opens February 15, with a deadline of April 18 at 10 a.m. Central time.

The Foundation also collaborates with the Academy’s Research, International and Scientific Affairs Team to create and offer fellowship opportunities for current and future credentialed practitioners. As fellowship opportunities become available, they will be announced on the Foundation’s website and applications will be posted in the Foundation’s portal.

Throughout the year, stay up to date with Foundation award, grant, scholarship and fellowship opportunities, and share them with friends and colleagues on social media!

Sample Social Media Posts

January and February: Grace L. Ostenso Nutrition & Public Policy Fellowship – Apply today! The Foundation seeks a doctoral-prepared, RDN Academy member to serve with the American Association for the Advancement of Science. The fellowship begins Sept. 1. Learn more: sm.eatright.org/ApplicationPortal #eatrightPRO

Are you in search of funding for nutrition and dietetics research? Check out the Academy Foundation’s current research grant opportunities! Applications are due February 21: sm.eatright.org/ApplicationPortal #eatrightPRO

Did you know Foundation award opportunities exist for nutrition practitioners, educators and students? Apply by February 21: sm.eatright.org/ApplicationPortal #eatrightPRO #dietetics

By completing the Academy Foundation’s online scholarship application, you are automatically considered for hundreds of Foundation scholarships! Apply by April 18: sm.eatright.org/ApplicationPortal #eatrightPRO

The Academy Foundation is the only charitable organization devoted exclusively to supporting #nutrition and #dietetics professionals, by empowering them to help consumers live healthier lifestyles! Support the Foundation: sm.eatright.org/ApplicationPortal #eatrightPRO
During #BlackHistoryMonth, learn about Black dietitians’ contributions to the nutrition and dietetics profession. Then, check out these five ways you can continue to celebrate Black History Month:

[sm.eatright.org/BHM] #eatright

February is #NationalCannedFoodMonth! Canned foods are convenient, affordable and can play an important role in an overall healthy diet. Learn more:

[sm.eatright.org/CannedFood] #eatright

February 20-26: During National Eating Disorder Awareness Week, dispel the misconception that eating disorders only affect women and girls. Learn more:

[sm.eatright.org/EatingDisorders] #NEDAwareness

Make your voice heard! Vote in the Academy’s National Election starting February 1. Learn more:

[sm.eatright.org/Election2023] #eatrightPRO

The Academy Foundation is the world’s largest provider of dietetic scholarships to students at all levels of study! To be considered for a 2023-2024 academic year #scholarship, complete the application:

[sm.eatright.org/ApplicationPortal] #eatrightPRO

Key Dates in February 2023

1st  Membership renewal for 2023-2024 opens online
1st  Voting in the Academy National Election begins
3rd  National Wear Red Day (heart disease awareness)
4th  National Homemade Soup Day
4th  World Cancer Day
9th  National Pizza Day
12th  Super Bowl Sunday
14th  Valentine's Day
15th  Foundation scholarship application opens
15th  Voting in the Academy National Election closes
16th  National Almond Day
16th  Call for FNCE® 2023 Poster Session Abstracts closes
18th  Maha Shivratri
20th  Presidents’ Day
21st  Applications due for Foundation awards and research grants (10 a.m. Central time)
22nd  Ash Wednesday
26th  National Pistachio Day
27th  National Strawberry Day
February 20-26: National Eating Disorder Awareness Week
February 27-March 3: Obesity Care Week
AMD/Low Vision Awareness Month
American Heart Month
Black History Month
National Canned Food Month
National Cherry Month
National Children’s Dental Health Month
National Grapefruit Month
National Snack Food Month

Talking Points

**After-School Snack Ideas (National Snack Food Month)**

During National Snack Food Month, serve up these after-school bites to help keep your kids fueled while achieving nutrition goals.

[https://www.eatright.org/food/planning/meals-and-snacks/nifty-after-school-snack-ideas]

- For a hummus fondue, stir low-sodium vegetable broth into hummus until smooth. Serve cool with cubes of whole-grain bread and fresh cut vegetables.

- Scoop out segments from a large orange half. Cut a sliver off the rind on the bottom so it sits flat. Fill the orange bowl with whole-grain cereal and milk of choice. Arrange orange segments around the orange bowl like they’re sun rays.

- Create a “smoothie soup” by blending one cup frozen fruit of choice with ½ cup each vanilla yogurt and 100% fruit juice of choice. Serve as chilled soup in a bowl.

- Always keep food safety in mind. Foods should not sit out unrefrigerated for more than two hours or for more than one hour when the temperature is 90 degrees Fahrenheit or above.

- When a refrigerator isn’t available, pack shelf-stable foods such as trail mix, granola bars, single-serve applesauce or washed whole fruit.

**9 Candy-free Ideas for Valentine’s Day (Valentine’s Day)**

Think outside the heart-shaped box this Valentine’s Day and serve snacks that are as nutritious as they are festive! Check out these party treat choices that offer low-fat dairy, whole grains, fruits and vegetables — many of which can even be assembled in the classroom.

[https://www.eatright.org/food/cultural-cuisines-and-traditions/holidays-and-celebrations/9-candy-free-ideas-for-valentines-day]

- Celebrate with fruits that are red, the unofficial color of Valentine’s Day: apples, grape tomatoes, red grapes and red peppers.

- Create a “pink drink” by blending strawberries and low-fat milk for a protein-packed, naturally sweet drink.

- Serve freshly cut vegetables, whole-grain pita chips or crackers and low-fat cheese cubes to dip into tomato salsa.

- Create “Banana Split Love Boats.” Split a peeled banana down the middle and top with low-fat vanilla Greek yogurt and sliced heart-shaped fruit.
February is American Heart Month. Celebrate with smart choices that support a healthy heart.

**Healthy food choices and an active lifestyle** can have a big impact on your heart’s health. This month and all year long, share resources and tips with family, friends, patients and clients to better understand and combat heart disease contributors.

While there are risk factors, such as age and family history, that cannot be controlled, encourage patients and clients to focus on other risk factors of heart disease, such as **high cholesterol**, **high blood pressure** and **high triglyceride levels**. Other recommendations to share include watching **sodium intake**, eating foods that contain **dietary fiber** and following other heart health tips for **women** and **men**.

It’s also never too early to encourage **heart-healthy habits for the whole family**. Making nutritious food choices and engaging in physical activity throughout the day are two excellent ways to help keep your family’s hearts beating strong.

Nutrition and health recommendations are best when tailored to the individual, so encourage friends and family to **visit a registered dietitian nutritionist** as part of their health care team.

Sample Social Media Posts

Healthy food choices and an active lifestyle can have a big impact on your heart’s health. Learn more this February, during #AmericanHeartMonth: [sm.eatright.org/LoveYourHeart](sm.eatright.org/LoveYourHeart) #eatright

Meet with an #RDN to discuss heart-healthy food, nutrition and lifestyle choices during #AmericanHeartMonth: [sm.eatright.org/NutritionExpert](sm.eatright.org/NutritionExpert) #eatright

During #AmericanHeartMonth, learn why lowering your sodium intake may benefit your health: [sm.eatright.org/SodiumFacts](sm.eatright.org/SodiumFacts) #eatright

Dietary fiber may help prevent heart disease by helping reduce cholesterol. Learn more during #AmericanHeartMonth: [sm.eatright.org/fiber](sm.eatright.org/fiber) #eatright

Keep your family’s hearts beating strong by making nutritious food choices and working in physical activity throughout the day. Learn more: [sm.eatright.org/HeartHealthyFoods](sm.eatright.org/HeartHealthyFoods) #eatright #kidseatright
March

Key Dates in March 2023

1st  Last day to apply for the Academy’s Inclusion, Diversity, Equity and Access (IDEA) Awards and Grants
1st  Last day to submit nominations for 2023 National Academy Honors and Awards
4th  World Obesity Day
7th  National Cereal Day
8th  Holi
8th  Registered Dietitian Nutritionist Day
9th  International School Meals Day
9th  Nutrition and Dietetics Technician, Registered Day
9th  World Kidney Day
16th  National Artichoke Hearts Day
17th  St. Patrick’s Day
19th  National Poultry Day
26th  National Spinach Day
26th  Purple Day (epilepsy awareness)
27th  National Spanish Paella Day
28th  American Diabetes Association Diabetes Alert Day*
30th  National Doctor’s Day

March 6-7: Purim
March 5-11: National Consumer Protection Week
March 6-10: National School Breakfast Week
March 12-18: Sleep Awareness Week
March 13-19: Brain Awareness Week

March 28-30: Nutrition and Dietetics Advocacy Summit
March 22-April 21: Ramadan
National Colorectal Cancer Awareness Month
National Frozen Food Month
National Kidney Month
National Noodle Month
National Nutrition Month*
Women’s History Month

Talking Points

Frozen Foods: Convenient and Nutritious (National Frozen Food Month)
Frozen foods are an affordable way to get your daily dose of fruits and vegetables. During National Frozen Food Month, learn about the benefits of adding frozen foods to your shopping list, plus get tips on safety and more.
https://www.eatright.org/food/planning/smart-shopping/frozen-foods-convenient-and-nutritious

• Generally, frozen foods retain their vitamins and minerals and there is no change to the carbohydrate, protein or fat content. Additionally, frozen foods are affordable, convenient and can be a benefit for individuals with limited kitchen space or utensils.
• When selecting frozen foods, look at the Nutrition Facts label and ingredients list. Choose foods that are lower in saturated fat, added sugars and salt and higher in dietary fiber, vitamin and mineral content.
• For best results, follow cooking methods specified on the package. Plan ahead with food safety in mind and thaw frozen foods in the refrigerator or, when pressed for time, place frozen food in a leak-proof plastic bag and submerge it in cold water until thawed, replacing the cold water every half hour. Cook immediately after thawing.

Get to Know Your School Lunch Program (International School Meals Day)
February 9 is International School Meals Day. Celebrate by learning about the history of the National School Lunch Program and how it has changed since its inception.
https://www.eatright.org/food/planning/away-from-home/get-to-know-your-school-lunch-program

• Established in 1946, the National School Lunch Program continues to operate under the U.S. Department of Agriculture, or USDA.
• Thanks to the USDA’s Healthy, Hunger-Free Kids Act of 2010, school meals look a lot like MyPlate these days. That means a bigger focus on fruits and vegetables! Additionally, half of all grains are whole grains and protein sources include fish, skinless chicken and lean meat, as well as plant-based protein.
• Schools now offer 1% flavored milk, in addition to unflavored fat-free and low-fat options.
• Families who meet income eligibility guidelines may qualify for free or reduced-cost lunches through the USDA.
• To learn more, get to know your foodservice and nutrition staff!

Sample Social Media Posts

March 13-19: It’s #BrainAwarenessWeek! Learn more about the connection between brain health and fish consumption. Then, celebrate by serving fish for dinner this week. Learn more: sm.eatright.org/FishHealth #eatright

March 5-11: During #NationalConsumerProtectionWeek, learn about the Incident Reporting Tool from the Academy of Nutrition and Dietetics. Document success stories and report any incidences of harm to help keep all consumers safe: sm.eatright.org/IncidentReporting #eatright #eatrightPRO

March 22 marks the beginning of #Ramadan, during which many Muslims abstain from food and drink from dawn to dusk. Learn more about fasting during Ramadan: sm.eatright.org/RamadanFasting #eatright

March 22 marks the beginning of #Ramadan, during which many Muslims abstain from food and drink from dawn to dusk. Learn more about fasting during Ramadan: sm.eatright.org/RamadanFasting #eatright

March is #NationalKidneyMonth. Learn how an #RDN can help with kidney disease: sm.eatright.org/KidneyRDN #eatright
March is National Nutrition Month®.

During National Nutrition Month®, and every month, good nutrition is Fuel for the Future. Share these resources with clients, friends and family.

Meet nutrition goals by forgoing fad diets and focusing on a variety of foods from all food groups in various forms, including frozen and canned goods. As always, make space for your favorite cultural foods and traditions.

Save money while keeping yourself and your family fueled. Start with a meal plan and make smart choices by utilizing foods at home first, as well as using a grocery list and shopping sales at the store. Resources such as SNAP, WIC and local food banks are available for eligible households to help make access to food and healthy eating an easier to reach goal.

Fuel your family from home by developing cooking skills and incorporating new foods from around the world. Get creative with your leftovers to avoid tossing them. When possible, eat with family and friends to create memories and enjoy nourishing meals together.

Fuel your future and the future of the planet by eating with the environment in mind. Incorporate more plant-based foods and try purchasing foods with minimal packaging. When possible, buy seasonal foods and shop locally, or try growing food at home.

Wednesday, March 8 is Registered Dietitian Nutritionist Day and Thursday, March 9 marks Nutrition and Dietetics Technician, Registered Day. Make an appointment to see a registered dietitian nutritionist who specializes in your unique needs. Learn about how nutrition needs change from youth to adulthood, and receive personalized nutrition information to meet your health goals.

Sample Social Media Posts

Celebrate #RDNday by honoring someone who has made a difference in your career with a tribute gift to the Academy Foundation! Learn more: sm.eatright.org/FoundationDonation #eatrightPRO #NationalNutritionMonth

During #NationalNutritionMonth, meet with an #RDN who specializes in your unique needs. Find a food and nutrition expert in your area: sm.eatright.org/NutritionExpert #eatright

Fuel your future while you protect the planet. Check out these 6 tips to minimize your carbon footprint: sm.eatright.org/Foodprint #eatright #NationalNutritionMonth

Fuel your future and your family without breaking the bank. Learn more about healthy shopping on a budget: sm.eatright.org/HealthyBudget #eatright #NationalNutritionMonth

Nutrition needs vary by age. Learn more about fueling your child’s future: sm.eatright.org/GrowingBodies #eatright #NationalNutritionMonth
Help support the future of nutrition and dietetics.

The Academy of Nutrition and Dietetics Foundation is the only charitable organization devoted exclusively to supporting nutrition and dietetics professionals. The Foundation serves as the philanthropic arm of the Academy and does not receive any portion of member dues, relying solely on donations to thrive.

There are many ways to support the Foundation! The simplest way to donate is to make a tax-deductible gift online. Your donation can be specifically designated to one or more Foundation programs: the Annual Fund, awards, scholarships, research or Inclusion, Diversity, Equity and Access (IDEA) Fund. You also can make a planned or estate gift through charitable annuities and trusts, beneficiary designations of IRAs and other qualified plans or an IRA charitable rollover.

For National Nutrition Month®, honor someone who has made a difference in your career with a tribute gift to the Foundation. Your friend, colleague or loved one’s family will be notified with a personalized acknowledgement letter.

Another easy way to support the Foundation is to make a donation when renewing your annual Academy membership dues. Academy membership renewal opens online on February 1.

Throughout the year, encourage your fellow nutrition and dietetics professionals to support the Foundation and spread the word on social media!

Sample Social Media Posts

The Foundation’s #MakeIt1Million scholarship campaign will raise $1 million over the next three years. Visit the campaign’s website to donate and download shareable graphics: sm.eatright.org/MIAM #eatrightPRO

The Academy Foundation has established the Inclusion, Diversity, Equity, and Access (IDEA) Fund for donors to support Foundation initiatives for individuals of diverse backgrounds and cultures. Donate online by selecting the IDEA Fund for your gift: sm.eatright.org/FoundationDonation

Now is the perfect time to set up a monthly recurring donation to the Academy Foundation, which provides year-round support for scholarships, awards, research grants and more! sm.eatright.org/FoundationDonation #eatrightPRO

Keep up with all the latest Foundation news and announcements, including scholarship, award and grant announcements. Subscribe to the Foundation’s weekly Kids Eat Right Monday Message and Foundation News: sm.eatright.org/KERSignUp #eatrightPRO

To celebrate NationalNutritionMonth, make a donation to the only charity exclusively dedicated to supporting our profession! Donate to the Academy Foundation: sm.eatright.org/FoundationDonation #eatrightPRO
Coming Soon:

April  National Preceptor Month
May   Food Allergy Action Month
June  Men's Health Month

Follow the Academy on social media!

For professional news and updates:

- [Facebook](https://www.facebook.com/eatrightPRO)
- [Twitter](https://twitter.com/eatrightPRO)
- [LinkedIn](https://www.linkedin.com/company/eatrightpro/)
- [YouTube](https://www.youtube.com/user/EatRightPROtv)
- [Instagram](https://www.instagram.com/eatright_PRO/)

For messaging to share with clients and consumers:

- [Facebook](https://www.facebook.com/EatRightNutrition)
- [Twitter](https://twitter.com/eatright)
- [YouTube](https://www.youtube.com/user/EatRightTV)
- [Pinterest](https://www.pinterest.com/kidseatright/)

The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.