



FIRST COAST

Academy of Nutrition & Dietetics

Established 1997



April 2021 Newsletter

A Message from your FCAND Nominating Committee Chairperson

Thank you to all the FCAND nutrition professionals and friends for the great contributions you are making to your patients, clients, students, and the profession. You are an integral part of this organization, and with you, we thrive!

FCAND has several opportunities coming up that provide you with the opportunity to recognize other members or get involved. It is time for scholarships, elections, and awards!



Submit your scholarship application until April 5, 2021. Three \$200 scholarships will be awarded. One to an undergraduate student, one to a graduate student, and one to a member to go towards professional development. Review the [scholarship criteria and apply](#).

Elections are coming soon! We will be announcing a call for nominations for the following board members: **President-Elect, Treasurer-Elect, Secretary, Members-at-Large, and Nomination Committee Members**. If you are interested in getting involved, please [nominate yourself or another colleague to serve](#) on the board and ensure our association's continued success.

As our FCAND year winds down, we are also [calling for nominations for awards](#). We will be awarding two members this year for their outstanding work for the profession, the community, or their place of work. We know there are many FCAND members doing amazing things and who deserve to be recognized!

With such wonderful opportunities coming up soon, be sure to check out the website, participate, and get involved! FCAND is only as strong as the commitment of its members to our success!

- Jamisha Leftwich, DCN, RD, LD/N, CLC, FAND

Calendar of Events

[Apply for FCAND Scholarships](#)
Deadline April 5, 2021

[Nominations for FCAND Elections & Awards](#)
Deadline April 15, 2021

FCAND Election Period
April 19th- May 18th

Announcements

We welcome feedback to eatrightjax@yahoo.com.

Please submit your information to be included in our Member Highlights Section.

Know about a virtual, remote or in-person job?
Contact us to add it to our Job Board.

[Join FCAND today!](#)

Food Spotlight

Creative Ways to Eat More Fruits and Vegetables

By Sharon Lutheran, RD, LD/N

Even though many people know it is good to eat fruits and vegetables, 75% of Americans still have diets that are low in fruits and vegetables compared to the recommendations. Here are some fun and creative ways to help people eat more fruits and vegetables.

TIP 1

Choose foods that are in season.



You get more flavor, reduced cost, and increased selection. In Florida, the spring season brings asparagus, avocado, kale, kiwi fruit, strawberries, and swiss chard. If you aren't sure what is in season, look at the grocery store circulars to see what fruits and vegetables are on sales - these are typically in-season foods.

TIP 2

Get the family involved.



Start a family contest to see who can find a recipe with the most (choose your vegetable!), such as carrots.

TIP 3

Try veggies for dessert.



I recently found a recipe for a vegetable tart. I couldn't believe it. A vegetable recipe for dessert! But, I can't wait to try it!

TIP 4

Check out local farmers markets.



You get to meet the farmers in your hometown or state. You can learn about how your food is grown and learn more about the food and might get some storing and serving tips.

TIP 5

Grow your own fruits and vegetables.



This year I planted a lemon tree and four types of herbs and vegetables. Planters or containers are easy enough to be used by most people even with limited space and experience.

TIP 6

Go to a fruit or vegetable festival.



The Florida Strawberry Festival has been going on nearly every year for 91 years. More than 10,000 acres of strawberries are planted around Plant City each year. I would say that's enough for everyone to enjoy a few cups of strawberries!