

DECEMBER/JANUARY 2024-2025 | ISSUE XXVI

# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

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Utah

Academy of  
Nutrition and Dietetics

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## HARNESSING OUR RD SKILLS: OFFSETTING RISING FOOD COSTS

Written by Kary Woodruff, PhD, RDN, CSSD  
Finance Committee Chair 2024-2025

We've all felt the sting of rising food prices in recent years. Consider egg prices: in 2020, the average cost of a dozen eggs was \$1.51; in October 2024, it was \$3.37 (1). In 2022, the inflation rate for food prices hit 10.4% (2)! This rapid rise was partly due to supply chain disruptions and changing consumption patterns caused by the COVID-19 pandemic.

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The good news is that inflation rates are declining. The Consumer Price Index (CPI), a measure of economy-wide inflation that includes food as a major component, is divided into two smaller groups: food-at-home and food-away-from-home. As of October 2024, the 12-month inflation rate was 1.1% and 3.8% for food-at-home and food-away-from-home, respectively (3). In 2025, prices for all foods are predicted to increase by 2.5% (1.6% for food-at-home, 3.1% for food-away-from-home) – this matches the annual inflation rate for food prices over the past 20 years (4). So, in essence, prices seem to be leveling off.

However, this might not reflect our frustration when we see how much of our money is spent on food. What we're experiencing is disinflation (= falling inflation), which is different from deflation (= lowering prices). Luckily, wages are rising at a higher rate than inflation, around 3.9% in the past two years (5), which can help consumers meet the rising food costs. While we have limited control over our wage and pay raise, we can rely on the proven strategies we've mastered as registered dietitians to keep food costs down:

- Eat at home! As evidenced above, inflation for food-away-from-home is two to three times that of foods purchased for at-home consumption.
- Meal planning/prepping. The tools we learned in our nutrition education set us up to (a) have the ingredients we need to eat at home and (b) enjoy the cost savings of planning ahead.



- Consider the ingredients you already have before purchasing more food. This can reduce the amount of food we buy at the store.
- Balance buying in bulk. The cost per unit can be much cheaper when we buy a gallon-sized tub of oats, but if they go bad before you can eat them, there's food and financial waste.
- Take advantage of weekly coupons and grocery store sales. By factoring these prices into your meal planning, you can even purchase hot buys and incorporate them into dishes you can freeze for future use.
- Are you an impulse buyer? Consider ordering ahead and picking up your groceries. This helps you to stick to your list and avoid unnecessary purchases.

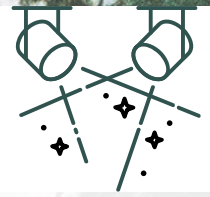
This is by no means an exhaustive list (I know my audience – I'm preaching to the choir!). The good news is that inflation rates seem to be leveling off, and salaries are slowly rising. In the meantime, we can stick to our tried-and-true strategies to offset painful food bills.

#### Sources Cited:

1. <https://www.usinflationcalculator.com/inflation/egg-prices-adjusted-for-inflation/>
2. <https://www.usinflationcalculator.com/inflation/food-inflation-in-the-united-states/>
3. <https://www.ers.usda.gov/data-products/food-price-outlook/summary-findings/>
4. <https://www.usinflationcalculator.com/inflation/food-inflation-in-the-united-states/#:~:text=The%20average%20price%20of%20food,4%202.6%202.1%20%2D4.9%203.3>
5. chrome-extension://efaidnbnmnnibpcajpcglclefindmkaj/https://www.bls.gov/news.release/pdf/eci.pdf



# UAND MEMBER SPOTLIGHT



## Maryann Schneider MEd RDN, CD Advocacy Committee

### ***How many years have you been a dietitian? How long have you been a member of UAND?***

I've been a dietitian for 15 years. I've been a member of UAND for about 7 years.

### ***How has UAND membership been of value to you and your career?***

I have always loved the UAND conferences. I appreciate the opportunity to learn from the speakers and to network with fellow Utah RDs. I think the UAND conference committee does a wonderful job of putting together a great conference each year. I appreciate their hard work and the benefits that I've seen in my career as a result.

### ***What is your favorite recipe or food tradition?***

I love making bread. I've been making bread since high school and there's nothing quite like the smell of baking bread - it's delicious.

### ***What is your favorite book or movie?***

Anne of Green Gables (the book)

### ***What advice do you have for young dietitians?***

You don't have to be perfect to be a great dietitian.

### ***Where do you currently work and what do you love about it?***

I currently work at Utah State University as a Professional Practice Assistant Professor and the DPD director. I love that I get to work with the dietitians of the future. Dietetic students are the best and I feel privileged that I get to see their enthusiasm and passion as they begin their journey in dietetics.

### ***What's your favorite moment of your career so far?***

I love being able to be involved in projects that I'm passionate about and that I feel really make a difference in the health and wellbeing of our communities. For example, helping WIC participants work through breastfeeding difficulties, helping a day care center implement a farm to fork plan, or helping students understand the science behind whipping up egg whites.

### ***How do you spend your free time?***

I like to hike, travel, read, and watch a good movie/TV show. Since I have a toddler right now, most of my free time is currently spent chasing her around, playing at playgrounds, and helping her explore the world.

### ***What is the best advice that you have ever received?***

I don't know that it's advice per se, but I love the mindset shift from pursuing health as a goal to having health as a value.

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Want to be featured? Submit your Member Spotlight Questionnaire [\*\*HERE\*\*](#)





## ANNOUNCEMENTS AND MORE

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# UAND ANNUAL FOOD AND NUTRITION CONFERENCE



**Date:** Thursday, March 27th and Friday, March 28th, 2025

**Location:** Viridian Event Center, 8030 S 1825 W, West Jordan, UT 84088

**More information coming soon!**

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## UAND LEGISLATIVE DAY

Save the date!

February 12th, 2024

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# ANNOUNCEMENTS AND MORE

## UAND MEET-UP AT FNCE



We had  
a great  
time  
getting  
together  
at FNCE!







# Future Vision

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The Board of Directors for the Academy of Nutrition and Dietetics has identified four key objectives in support of a future state vision based on discussions with members:

- 1 We are an advocacy and public policy POWERHOUSE.
- 2 We are recognized as a STEM profession.
- 3 We are perceived by the public and other health care professionals as the NUMBER ONE food and nutrition experts.
- 4 We demonstrate OPERATIONAL EXCELLENCE.





## ANNOUNCEMENTS AND MORE



# Key Objectives

In 2025, the Academy has identified the following specific priorities related to the four key objectives. Learn more by visiting

<https://www.eatrightpro.org/about-us/our-work/academy-change-journey>

**FOCUS AREA:**  
ADVOCACY

Invest in and fully deploy the resources necessary to increase access to Medical Nutrition Therapy.

**FOCUS AREA:**  
PUBLIC, RESEARCH  
AND MEDIA

Work collaboratively with strategic partners to understand public opinions and perspectives.

Launch a media campaign to position RDNs as the premier food and nutrition practitioners equipped to enhance the nutritional status of individuals and communities.

Develop, expand and disseminate resources and research on emergent nutrition topics.





## ANNOUNCEMENTS AND MORE



# Key Objectives

**FOCUS AREA:**

MEMBER/  
INTERPROFESSIONAL  
EDUCATION

Evaluate and enhance the Academy's Evidence Analysis Library through the lens of interprofessional collaboration and education.

Determine what is needed to have dietetics added as a STEM field under the professional classification.

**FOCUS AREA:**

ORGANIZATION/  
STRUCTURAL  
BARRIERS TO  
SUSTAINED  
GROWTH AND  
RELEVANCE

Create a new Academy strategic plan.

Pause committee/task forces and other activities that do not directly support the FY25 organizational priorities. Reestablish the charges of continuing committee/taskforces based on the priorities.

Modernize and invest in the Academy's financial and technological structure.

Develop a blueprint for the Academy's governance and organizational structure for the future.





# ANNOUNCEMENTS AND MORE

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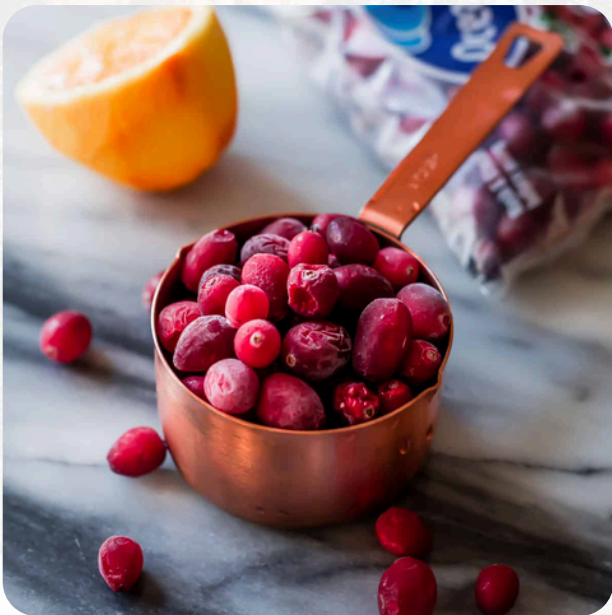
## RECIPE CORNER: CRANBERRY ORANGE SCONES

Credit: Sally's Baking Recipes



### Scones:

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 2 1/2 tsp baking powder
- 1/2 tsp salt
- 2 tsp orange zest
- 1/2 cup (8 tbsp) unsalted butter
- 1/2 cup heavy cream
- 1 large egg
- 1 tsp pure vanilla extract
- 1 heaping cup frozen cranberries



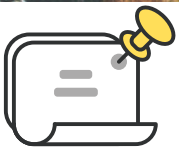
### Orange Glaze:

- 1 cup confectioners' sugar
- 2-3 tbsp fresh orange juice

Full Recipe linked [here](#).

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## ANNOUNCEMENTS AND MORE

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### UPCOMING LEARNING OPPORTUNITIES

Academy of Nutrition and Dietetics: **Disability Culture: Patient and Client-Centered Nutrition Counseling for People with Disabilities.** \$24 for members, \$54 for non-members.

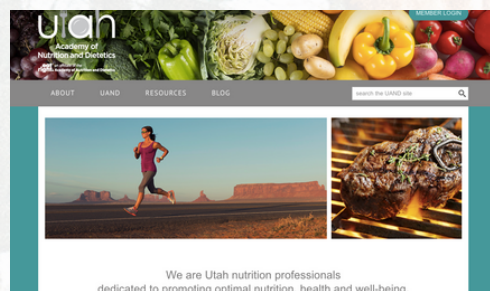
Academy of Nutrition and Dietetics: **Enhancing Bariatric Care: Addressing Malnutrition, Sarcopenic Obesity and Refeeding Syndrome in Surgery Patients.** \$24 for members, \$54 for non-members.

Browse Dietitians on Demand library of **on-demand webinars** [here](#).

Well Resourced Dietitian has a library of **63 free CEUs** [here](#).

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**CHECK OUT  
OUR WEBSITE!**  
[eatrightutah.org](http://eatrightutah.org)



How can we make the website work for you? Let us know by e-mailing [socialmedia@eatrightutah.org](mailto:socialmedia@eatrightutah.org)

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