DEPARTMENT GOALS:

- Enrich the student environment so as to develop nutrition and dietetics professionals who think critically, practice ethically, translate evidence into practice, and maintain a commitment to lifelong learning.

- Facilitate collaboration by conducting meaningful scholarly activity which impacts the nutritional health and well-being of individuals and communities.

- Enhance the quality of life by instilling a desire for personal and professional growth in students through participation in professional activity and community engagement.

- Create and maintain a departmental culture where value and respect is shown with emphasis on integrity, teamwork and wellness.

Growth Continues

Since the last department newsletter a lot has happened in the department. Our student enrollment has increased slightly which is causing us to examine how many sections and how often we will need to offer classes. Not a bad problem to have. Our current enrollment figures are:

Pre-Dietetics/Dietetics Majors: 85 students
Community Nutrition Majors: 32 students
Nutrition Minors: 19 students

We got an extension on the Masters of Science program in Nutrition and Dietetics to August, 2015. We are putting forth some curriculum changes with the program slated to start August, 2015 by offering the distance program in Nutrition Education and Counseling. Learn more about the program by visiting UND.edu/online/degrees/nutrition. The N&D Advisory Board, led by Donna Bernhardt, has really helped us look at what we want this graduate program to look like and has been a great advocate for us.

We also got our digital signage up which is located outside the main office in 20 O'Kelly. The signage allows us to promote some of our student video projects with UND Dining services, promote service learning opportunities, and starting next semester promote nutrition education messages to UND students. We also launched our Nutrition and Dietetics Nutrition Education Facebook page in February, 2015. The page will showcase our student lead projects in the department. Please keep an eye out for that.

The department received some awards this past spring. Georgianna Walker received the Outstanding Diabetic Educator in a Coordinated Program award from the Area II region of the Nutrition and Diabetic Educators and Preceptors group. In addition, Davi Bohn, our preceptor with Valley Eldercare received recognition and a travel award as the Area II Outstanding Diabetic Preceptor. Congratulations to both of these ladies on these well-deserved recognitions.

The mission of the Department of Nutrition and Dietetics is to prepare students to be practice ready food and nutrition professionals who impact the quality of life for North Dakotans and beyond.

The department is seeking a faculty member to fill a tenure track position in the dietetics program which will begin fall, 2015. The department is also continuing to enhance its outreach to community members by continuing our involvement in the Make 2015 Your Year to Get Fit campaign and hosting nutrition and fitness classes and other events at the UND Wellness Center located in the Faber Student Center.

Our students continue to be involved in service learning projects for not only the Grand Forks community but for the state of North Dakota. This fall we had 13 students help with the Special Olympics Health Promotion event at the state soccer and bocce games. In addition, the junior dietetic students helped to design, prepare and serve the lunch at Project Connect in Grand Forks which helps homeless families in the community get hooked up for services to help them get through the winter months. Ashley Pauna, president of SAND and her officers have done a great job promoting service learning opportunities in the community.

We have also worked a little on the structure of the department. Last summer we painted and carpeted the main office. We got some new furniture for the student computer lab making it easier for students to gather in the room and work on projects. We also got our digital signage up which is located outside the main office in 20 O’Kelly. The signage allows us to promote some of our student video projects with UND dining services, promote service learning opportunities, and starting next semester promote nutrition education messages to UND students. We also launched our Nutrition and Dietetics Nutrition Education Facebook page in February, 2015. The page will showcase our student lead projects in the department. Please keep an eye out for that.

We hope to see some of you visit the department in 2015 when you are up on the UND campus. Remember our door is always open.
Dr. Gayle Roux Named College of Nursing and Professional Disciplines Dean

In August, 2014, Gayle Roux (pronounced “rou”) was named Dean of the College of Nursing and Professional Disciplines. Dean Roux was born and raised in Iowa. Prior to joining UND she served as professor and Interim Dean of the College of Nursing at Texas Women’s University (TWU) in Denton, Texas. Dean Roux and her husband, Robert Pawloski, a private consultant for Denton, Texas. Dean Roux and her husband, Robert Pawloski, a private consultant for Professional Disciplines. Dean Roux was born and raised in Iowa. Prior to joining UND she served as associate dean at Loyola University Chicago School of Nursing and at TWU. Her education includes a Bachelor’s and PhD in Nursing from TWU.

SAND has had a great year. We kicked off the fall semester with a pumpkin decorating contest and got to know each other while enjoying some fall themed snacks. We were represented at numerous volunteer events such as a fun run at Choice Fitness, Project Connect, and bell ringing for the Salvation Army. In December, Career Services came to our meeting and shared all about resume and cover letter writing. It was a fun and informative afternoon. We wrapped up the semester by making fleece blankets for Project Linus, a non-profit organization that provides homemade blankets to pediatric patients. The blankets we made were given to children that were affected by the Larimore bus accident. Spring semester is always a busy time for students, but SAND was still able to participate in a few great service learning projects. For National Nutrition Month, SAND partnered with the Department of Nutrition and Dietetics to put on the annual food drive. To kick off the food drive, SAND members went out into the community, door to door, and collected food donations. Almost 4,000 pounds of food being collected throughout the month of March. A huge thank you to everyone who helped to make this year a success!

In September, 13 students from Nutrition and Dietetics as well as graduate students from Public Health and students from Public Health and Nutrition collaborated with the first Health Promotion event at the North Dakota Special Olympics soccer and bocce tournament. The goals of the health promotion event were to encourage and enhance healthy behaviors: reduce risky behaviors; and improve self-efficacy. During a 75 minute period the students and faculty screened 52 Special Olympic athletes. This was a wonderful experience for students to do screening for obesity, osteopenia/ osteoporosis and hypertension, all of which are common among these special athletes.

Update from the President of the Student Association of Nutrition and Dietetics

SAND has had a great year. We kicked off the fall semester with a pumpkin decorating contest and got to know each other while enjoying some fall themed snacks. We were represented at numerous volunteer events such as a fun run at Choice Fitness, Project Connect, and bell ringing for the Salvation Army. In December, Career Services came to our meeting and shared all about resume and cover letter writing. It was a fun and informative afternoon. We wrapped up the semester by making fleece blankets for Project Linus, a non-profit organization that provides homemade blankets to pediatric patients. The blankets we made were given to children that were affected by the Larimore bus accident. Spring semester is always a busy time for students, but SAND was still able to participate in a few great service learning projects. For National Nutrition Month, SAND partnered with the Department of Nutrition and Dietetics to put on the annual food drive. To kick off the food drive, SAND members went out into the community, door to door, and collected food donations. Almost 4,000 pounds of food being collected throughout the month of March. A huge thank you to everyone who helped to make this year a success!

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Project Connect

In November, 2014 students in the department helped in numerous ways at the Grand Forks Project Connect. Project Connect is an annual one-day event that brings together businesses and agencies in the community to help those who are homeless or may become homeless gain access to services that help them with housing, food, medical care, mental health services, public transportation, and job placement. Students in the Food Production class planned, prepared and served the luncheon for the event. Senior dietetic students had a display on using canned foods to lower the costs of healthy meals. In addition, SAND members helped with set up/take down and served as client guides. Over 130 residents from the community and veterans participated in the event.

Service Learning a Priority for Nutrition and Dietetics

In November, 2014 students in the department helped in numerous ways at the Grand Forks Project Connect. Project Connect is an annual one-day event that brings together businesses and agencies in the community to help those who are homeless or may become homeless gain access to services that help them with housing, food, medical care, mental health services, public transportation, and job placement. Students in the Food Production class planned, prepared and served the luncheon for the event. Senior dietetic students had a display on using canned foods to lower the costs of healthy meals. In addition, SAND members helped with set up/take down and served as client guides. Over 130 residents from the community and veterans participated in the event.
The Department of Nutrition and Dietetics has the good fortune of generous alumni who, through endowments, create opportunities to support students, faculty and program development. Each year undergraduates majoring in Community Nutrition and Dietetics are awarded scholarships to help alleviate the cost of education. Recent recipients are:

2014-2015 N&D Scholarship Awardees:
- Olive C. Bushby Scholarship
  - Nicole Anderson
  - Anna Carlson
  - Ashley Pauna
  - Alexandra Pullin
  - Allison Reuer
  - Jocelyn Rozeveld
  - Hailey Schminke
  - Shelby Stein
  - Sydney St. Germaine
  - Kjerstin Swenson
  - Tera Watson
  - Erin Wysocki
- Ina Montgomery Scholarship
- Kayla Hinrichsen
- David & Marjorie Rognlie Scholarship
- Katie Olson
- Tyler Titcomb
- Dorothy Nelson Sommerfield Scholarship
- Laura Slaathaug
- Burness G. Wenberg Scholarship
- Anastasia Larson

2015-2016 N&D Scholarship Awardees:
- Olive C. Bushby Scholarship
  - Hawo Ahmed
  - Hannah Bateman
  - Sarah Blomquist
  - Devon Butz
  - Anna Carlson
  - Haley Cunningham
  - Nichol Frey
  - Linsey Johnson
  - Nicole Kleyer
  - Jenna Lindquist
  - Fatima Mohamed
  - Kristin Torgerson
- Ina Montgomery Scholarship
  - Ashley Pauna
- David & Marjorie Rognlie Scholarship
  - Ashley Pauna
- Dorothy Nelson Sommerfield Scholarship
  - Kristin Torgerson
- Burness G. Wenberg Scholarship
- Regin Gallagher
  - Laura Pietig
  - Ashley Pauna
  - Shelby Stein

Mabel Curry is Remembered

Mabel Curry, MS, (1920-2015), died January 20, 2015, in Apple Valley, MN. Mrs. Curry joined UND in 1959 and remained until her retirement in 1985. She was Chair of the then Home Economics Department (now Department of Nutrition and Dietetics) from 1979-1983 and was promoted to Associate Professor in 1968. She taught in the areas of foods and nutrition, consumer buying and housing and furnishings. She received the University Outstanding Teacher Award twice. Her strong interest in architecture, design and the arts were “woven” into her teaching. She was fond of saying, “Good nutrition will help you live longer but knowledge of the arts will make your life more interesting”.

Prior to coming to UND, she worked as a dietitian in universities, a bomber plant during World War II, and in a school lunch program. She taught home economics and general science in several junior and senior high schools before beginning her higher education professional experiences.

Former faculty, students and her family note that Mrs. Curry was a strong promoter for proper nutrition throughout her life. Her family was careful to note that the meal after her memorial service would, of course, be nutritious featuring her recipes!

For a story or lesson learned from her please send it to UND Alumni website. If you have a favorite resource to share alumni memories of Mrs. Curry on the department Alumni website. If you have a favorite story or lesson learned from her please send it to the department.

Memorial gifts in honor of Mabel Curry may be made to the Department of Nutrition & Dietetics. Please contact Mark Brickson at 701-777-5512 or markb@undfoundation.org if you have questions regarding a memorial contribution.
Darci Bohn (B.S. Dietetics, 1991) was recognized as Area II’s outstanding preceptor at the 2014 Academy of Nutrition and Dietetics annual conference in Atlanta, Georgia in October. In addition to her recognition at the Nutrition and Dietetic Educators and Preceptors (NDEP) meeting she was also featured at the Academy Member Showcase at the conference. This award, funded by the Academy of Nutrition & Dietetics Foundation and the (NDEP) group, is intended to recognize individuals for the vital contributions they have made to the education of dietetics students. Darci is a Board Certified Specialist in Gerontological Nutrition (CSG), and she is employed as a clinical dietitian at Valley Eldercare Center in Grand Forks. With well over twenty years of working with UND dietetic students, Darci was readily identified by students and faculty members from the Department of Nutrition and Dietetics as a worthy recipient of this honor. As one of seven recipients in the nation Darci represented the states of Iowa, Minnesota, Michigan, Missouri, Nebraska, North Dakota, South Dakota and Wisconsin. Exerpts from letters of support that were written by faculty members and students serve as a testament to Darci’s positive influence in shaping future dietitians:

“Georgianna Walker is approachable and open to student views and promotes full class involvement.”

“Her prior experience as a dietitian and her commitment to her students makes her an exceptional role model and treats all students as a respected future dietitians. I feel that my time with Darci was an experience I will always remember in my journey as a university student. Darci is a Board Certified Specialist in Gerontological Nutrition (CSG), and she is employed as a clinical dietitian at Valley Eldercare Center in Grand Forks. With well over twenty years of working with UND dietetic students, Darci was readily identified by students and faculty members from the Department of Nutrition and Dietetics as a worthy recipient of this honor. As one of seven recipients in the nation Darci represented the states of Iowa, Minnesota, Michigan, Missouri, Nebraska, North Dakota, South Dakota and Wisconsin. Exerpts from letters of support that were written by faculty members and students serve as a testament to Darci’s positive influence in shaping future dietitians:

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Dr. Wanda Koszewski, Department Chair and Clinical Associate Professor was awarded Fellow Status in the Academy of Nutrition and Dietetics. The fellow recognizes Academy members who have distinguished themselves among their peers as well as in their communities by their service to the dietetic profession and by optimizing the nation’s health through food and nutrition. Dr. Koszewski received her fellow in August, 2014 and will be recognized at the 2015 FNCE conference in Nashville, TN.

Regin Gallagher, junior dietetics student at UND, was recently elected as the incoming student representative to the Accreditation Council for Education in Nutrition and Dietetics Board of Directors (ACEND BOD) for 2015 - 2017. The board is governing the unit of the federally-recognized accrediting agency for education programs preparing students for careers as registered dietitian nutritionists (RDN) and dietetic technicians, registered (DTR). ACEND serves and protects students and the public by assuring the quality and continued improvement of nutrition and dietetics education programs. One student from all accredited dietetics programs in the U.S. is elected each year to represent the student perspective on the ACEND BOD. Regin was elected through a nomination and interview process with final selection by a majority vote of the board. Her term begins June 1, 2015. She will complete her first year as the student representative-elect. The following year she will become a voting member. Her responsibilities include participation in the Academy Student Council Advisory Committee during her first year on the board, and she will be given opportunities to participate in committee work and ACEND trainings. Regin will travel to the Academy of Nutrition and Dietetics headquarters in Chicago twice each year to participate in face-to-face board meetings.

Regin is an accomplished student leader at UND. She has been recognized with the UND Wellness Center Employee of the Year Award, 2014, the Lillian Elisha Student Leader Award, 2014, and most recently she was the first student to be awarded with the Robert H. Boyd UND Champion Award, 2014.

For more information on the Accreditation Council for Education in Nutrition and Dietetics, visit their website at www.eatright.org/ACEND

Dr. Koszewski Named Fellow of the Academy of Nutrition & Dietetics

Regin Gallagher Named to ACEND Board of Directors as Incoming Student Representative

Summer 2015

Dr. Koszewski Named Fellow of the Academy of Nutrition & Dietetics

Scholarship Award Winners: (left to right) Ashley Pauna, Anastasia Larsson, Kayla Hinrichsen, Tyler Tiltcomb, Katie Olson, Laura Slaaetaug, Sydney St. Germaine, Kjerstin Swenson, Jocelyn Rozweld, Allison Reuer, Alexandra Pullin
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“arcs’s influence on students goes well beyond teaching the mechanics of nutrition care. She sets high standards and gladly shares her work space with students to create an environment in which they can succeed, but expects them to follow through with energy and commitment of their own”;

“Students are impressed by the fact that she builds relationships with every resident she works with. She then challenges students to do the same”; “Darci’s positive influence is a benefit to every student who enters the UND Coordinated Program in Dietetics. We are so fortunate to have such a capable and caring role model for our students to learn from. Congratulations Darci, for this well-deserved award.”

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**Georgianna Walker Recognized as Outstanding Dietetic Educator**

Georgianna Walker, MS, RD, LRD, New Rockford, North Dakota, was selected as 2014 Outstanding Dietetic Educator in a Coordinated Program for the Area II region of the Nutrition and Dietetics Educators and Preceptors (NDEP) group recognizes outstanding efforts made by educators and preceptors each year. The NDEP group, Area II includes Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota and Wisconsin. Georgianna was chosen for the award based on her achievements and outstanding letters of recommendation. Her students reported that Professor Walker “has served as a mentor to me and many of my classmates” and that her “prior experience as a dietitian and her commitment to her students makes her an outstanding instructor who is able to make a lasting impression on my education.” In the classroom, another student appreciates that Professor Walker uses “a variety of creative manner to teach and apply the clinical information such as menu planning assignments, case studies, as well as numerous interactive class discussions.” An alum reports that Georgianna “is approachable” and “open to student views and promotes full class involvement.” Another alum reported that Professor Walker’s “time and energy she put into providing feedback [on case studies] was like nothing I have ever experienced from a Professor during my undergraduate schooling.” “Her door was always an open door and I would never hesitate to stop in for assistance.”

Georgianna is an outstanding educator in the Department of Nutrition and Dietetics and has been with the University of North Dakota for over seven years. She is also a leader in the dietetics profession and currently serves as Chair of the North Dakota Board of Dietetics Practice. Prior to joining the UND, she worked with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and was a Consultant Dietitian at multiple health care facilities in North Dakota. Georgianna will receive her award in Chicago, Illinois on March 27, 2014. Ms. Walker was nominated for the award by the North Dakota Academy of Nutrition and Dietetics (NDAND) and will also be recognized at their state meeting in Fargo, North Dakota on April 24, 2014.

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"Food was the foundation of my life, and I have always believed that food is basic to an individual’s health and well-being. A balanced diet was the key to health and happiness. Good nutrition is the foundation of a healthy lifestyle. The best diet is one that is individualized to fit the needs of each person. It is important to choose foods that are fresh, and never from a can or box. A diet that includes plenty of fruits and vegetables, whole grain products, lean meats, poultry, fish, and dairy products will help you live a longer, healthier life. A balanced diet is essential for good health. It’s not just about what you eat; it’s also about how you eat. Take time to enjoy your meals and savor the flavors. Enjoy every bite and make each meal a special occasion. A balanced diet is the key to a healthy life. A balanced diet is essential for good health. It’s not just about what you eat; it’s also about how you eat. Take time to enjoy your meals and savor the flavors. Enjoy every bite and make each meal a special occasion. A balanced diet is the key to a healthy life. A balanced diet is essential for good health. It’s not just about what you eat; it’s also about how you eat. Take time to enjoy your meals and savor the flavors. Enjoy every bite and make each meal a special occasion.

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Named Dean

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Before her tenure at TWU, Dr. Roux served as associate dean at Loyola University Chicago School of Nursing and at TWU. Her education includes a BS in Nursing from the University of Nebraska and Master’s and PhD in Nursing from TWU.

Her research interests center around inner strength in women surviving chronic illnesses including cancer, heart disease and multiple sclerosis; she has an impressive research and publication record. Her primary teaching experience is in graduate nursing education. She is certified by the American Academy of Nurse Practitioners. She was inducted as a Fellow in the American Academy of Nursing in 2011 because of her leadership in both practice and research involving women’s health.

The faculty is excited to work with Dean Roux as we move forward both as a department and college. She is a strong supporter of our work especially advocating for the activation of the Master’s Program. You can get a sense of who she is by reading her Welcome on the CNDP website at: http://nursing.und.edu/dean-welcome.cfm.

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Nicole Frey and Tera Watson serve burritos for lunch to Project Connect participants and volunteers

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SAND has had a great year. We kicked off the fall semester with a pumpkin decorating contest and got to know each other while enjoying some fall themed snacks. We were represented at numerous volunteer events such as a fun run at Choice Fitness, Project Connect, and bell ringing for the Salvation Army. In December, Career Services came to our meeting and shared all about resume and cover letter writing. It was a fun and informative afternoon. We wrapped up the semester by making fleece blankets for Project Linus, a non-profit organization that provides homemade blankets to pediatric patients. The blankets we made were given to children that were affected by the Larimore bus accident. Spring semester is always a busy time for students, but SAND was still able to participate in a few great service learning projects. For National Nutrition Month, SAND partnered with the Department of Nutrition and Dietetics to put on the annual food drive. To kick off the food drive, SAND members went out into the community, door to door, and collected food donations. Almost 4,000 pounds of food being collected throughout the month of March. A huge thank you to everyone who helped to make this year a success!

Nicole Frey and Tera Watson serve burritos for lunch to Project Connect participants and volunteers

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In August, 2014, Gayle Roux (pronounced “rou”) was named Dean of the College of Nursing and Professional Disciplines. Dean Roux was born and raised in Iowa. Prior to joining UND she served as professor and Interim Dean of the College of Nursing at Texas Women’s University (TWU) in Denton, Texas. Dean Roux and her husband, Robert Pawloski, a private consultant for evaluation services to education and social programs, enjoy outdoors activities including bike rides and cross-country skiing.

Before her tenure at TWU, Dr. Roux served as associate dean at Loyola University Chicago School of Nursing and at TWU. Her education includes a BS in Nursing from the University of Nebraska and Master’s and PhD in Nursing from TWU.

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In September, 13 students from Nutrition and Dietetics as well as graduate students from Public Health and students from Public Health Nursing helped with the first Health Promotion event at the North Dakota Special Olympics soccer and bocce tournament. The goals of the health promotion event were to encourage and enhance healthy behaviors; reduce risky behaviors; and improve self-efficacy. During a 75 minute period the students and faculty screened 52 Special Olympic athletes. This was a wonderful experience for students to do screening for obesity, osteopenia/ osteoporosis and hypertension, all of which are common among these special athletes.
Faculty members will alumni who stay connected with the department and with each other. share job openings, meeting notices and other opportunities of professional interest.

The intent of this page is to use it as a tool to develop a strong network of Nutrition and Dietetics. To be added to the group or to share a.

Tyler Titcomb
Jenny Schmidt
Jocelyn Rozeveld
Kaci Phelps
astasia Larson
A Stevie Gerrells
Maggie Yutrzenka
Alexandra Taracido
Jami Nunn
Roselle Martin
Cory Garber
Community Nutrition

Have you joined the UND Nutrition and Dietetics Alumni Facebook page? We’d love to have you. The intent of this page is to use it as a tool to develop a strong network of Nutrition and Dietetics alumni who stay connected with the department and with each other. Faculty members will share job openings, meeting notices and other opportunities of professional interest, and group members are invited to do the same. To be added to the group or to share a post, send an email to und.nutritionanddietetics@UND.EDU.

Chair’s Column

Growth Continues

Since the last department newsletter a lot has happened in the department. Our student enrollment has increased slightly which is causing us to examine how many sections and how often we will need to offer classes. Not a bad problem to have. Our current enrollment figures are:

Pre-Dietetics/Dietetics Majors: 85 students
Community Nutrition Majors: 32 students
Nutrition Minors: 19 students

We got an extension on the Masters of Science program in Nutrition and Dietetics to August, 2015. We are putting forth some curriculum changes with the program slated to start August, 2015 by offering the distance program in Nutrition Education and Counseling. Learn more about the program by visiting UND.edu/online/ degrees/nutrition. The N&D Advisory Board, led by Donnamarie Bernhardt, has really helped us look at what we want this graduate program to look like and has been great advocates for us.

Our students continue to be involved in service learning projects for not only the Grand Forks community but for the state of North Dakota. This fall we had 13 students help with the Special Olympics Health Promotion event at the state soccer and bocce games. In addition, the junior dietetic students helped to design, prepare and serve the lunch at Project Connect in Grand Forks which helps homeless families in the community get hooked up for services to help them get through the winter months. Ashley Pauna, president of SAND and her officers have done a great job promoting service learning opportunities in the community.

We have also worked a little on the structure of the department. Last summer we painted and carpeted the main office. We got some new furniture for the student computer lab making it easier for students to gather in the room and work on projects. We also got our digital signage up which is located outside the main office in 2010. The signage allows us to promote some service learning projects for not only the Grand Forks community but for the state of North Dakota. Our students continue to be involved in service learning projects for not only the Grand Forks community but for the state of North Dakota.

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The department received some awards this past spring. Georgianna Walker received the Outstanding Dietetic Educator in a Coordinated Program award from the Area II region of the Nutrition and Dietetic Educators and Preceptors group. In addition, Darcy Bohm, our preceptor with Valley Eldercare received recognition and a $1000 award as the Area II Outstanding Dietetic Preceptor. Congratulations to both of these ladies on these well-deserved recognitions.

Enrich the student environment so as to develop nutrition and dietetics professionals who think critically, practice ethically, translate evidence into practice, and maintain a commitment to lifelong learning.

Facilitate collaboration by conducting meaningful scholarly activity which impacts the nutritional health and well-being of individuals and communities.

Enhance the quality of life by instilling a desire for personal and professional growth in students through participation in professional activity and community engagement.

Create and maintain a departmental culture where value and respect is shown with emphasis on integrity, teamwork and wellness.

The mission of the Department of Nutrition and Dietetics is to prepare students to be practice-ready food and nutrition professionals who impact the quality of life for North Dakotans and beyond.