



Tidewater Academy of
Nutrition and Dietetics

Fall 2015

Member Spotlight

Meet your Co-Presidents-Elect

Jennifer Hoffman

Jennifer was born and raised in Kentucky completing her degree in Dietetics at the University of Kentucky (GO CATS!). She was a member of Sigma Kappa sorority and a cadet in Air Force ROTC where she received her commission as a second lieutenant in 2008.



She spent a few years in Pensacola, FL as a strike navigator before deciding to return to her dietetics career. Jennifer took a detour before ending up in Virginia and attended Ole Miss receiving her Masters in Food and Nutrition Services in 2012. Jennifer moved to Virginia Beach to be with her husband in the Navy, Andy, who she met in flight school while in Pensacola.

She currently works various jobs in the area to include PRN at Lake Taylor Transitional Care Hospital as a clinical dietitian, Optima Health in health and preventative services, DeVry University as an adjunct faculty as well as other consulting type work. She enjoys the variety of consulting and splitting her time among a variety of settings, particularly community wellness.

Jennifer is currently in the process of obtaining her PhD in Public Health with the long term goal of conducting research and teaching in a university setting. In the meantime, Jennifer has developed an appreciation for health policy and programming.

In her spare time Jennifer enjoys loving on her fur babies (a cat and dog), cooking (but more so eating), golf, picking around on the guitar, and her favorite summer activity: "rocking out" at concerts!

Kameo Snyder

Kameo Snyder has been a registered dietitian for 15 years working fulltime in both education and clinical settings. She currently works for Optima Health in their Health Promotion Department and serves as an Adjunct Professor, teaching nutrition at Old Dominion University; this August, she earned her Master's in Public Health (MPH) from Liberty University.



A native Californian and current Virginia Beach resident, Kameo has held several high profile roles in the field of nutrition and dietetics. With a BS in Dietetics from UC Davis, Kameo started her career with an internship at Napa State Hospital, ultimately becoming the Assistant Director of Dietetics. In 2008, she accepted the role of Chief of the Outpatient Nutrition Clinic at David Grant Medical Center located at Travis Air Force Base, where she was able to develop nutrition programs and evaluate evidence based patient outcomes. Notable projects included the investigation of nutrition intervention on lipid reduction using the National Cholesterol Education Program (NCEP/ATP III) and a study for the CDC's National Diabetes Prevention Program called the IDEA Trial.

In addition to working for the State of California and Department of Defense, Kameo has worked in multiple acute care hospitals, nursing homes, and an HIV resource center in the heart of the San Francisco Bay Area. She developed a nutrition education program for CKD patients called Renal READI for private practice nephrologist, and owned a fitness studio for over 15 years.

Job Openings

Lead Dietitian (Full Time)

Morrison Healthcare

Norfolk

[Click Here to Apply](#)

Diabetes Educator (Full Time)

Children's Hospital of the King's Daughters

Norfolk

[Click Here to Apply](#)

Dietitian (Full Time)

Westminster Canterbury

Virginia Beach

[Click Here to Apply](#)

Dietitian (Labor Pool)

Riverside Health System

Hampton

[Click Here to Apply](#)

Calling all presenters!

If you or someone you know would like to present a CEU in the 2016-2017 membership year, or if you have an idea for a topic, please let us know! We are always on the look out for dynamic speakers and subjects for our CEU events. Please email tidewaterdieteticassociation@gmail.com with your ideas!



NSU Scholarship

Are you a junior or senior at NSU studying dietetics? Apply now for a \$300 scholarship from TAND. Applications are due by 12/1. Email tidewaterdieteticassociation@gmail.com for more details.

Quick Thanksgiving Recipes

Need a quick, healthy dish to take to the Thanksgiving table this year? Here are some tasty options!

Lemon Herb Roasted Beets

Makes: 4 servings, about 2/3 cup each

Active Time: 10 minutes

Total Time: 30 minutes

Ingredients

- 1 1/2 pounds golden or red beets, trimmed and cut into 1-inch pieces or wedges
- 4 teaspoons extra-virgin olive oil or canola oil
- 2 tablespoons chopped fresh or 2 teaspoons dried herbs, such as marjoram, oregano and/or rosemary
- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon lemon juice

Preparation

Position rack in lower third of oven; preheat to 450°F.

Combine oil, herbs, lemon zest, salt and pepper in a large bowl. Add beets; toss to coat with the seasoning mixture.

Spread the beets evenly on a rimmed baking sheet.

Roast, stirring once or twice, until the beets are tender and browned, 20 to 25 minutes. Toss the roasted vegetables with lemon juice.

Yukon Gold & Sweet Potato Mash

Makes: 6 servings, about 2/3 cup each

Active Time: 15 minutes

Total Time: 40 minutes

Ingredients

- 1 pound Yukon Gold potatoes, peeled and cut into 1 1/2-inch chunks
- 1 pound sweet potatoes, peeled and cut into 1 1/2-inch chunks
- 1/2 cup low-fat milk
- 2 tablespoons butter
- 1 teaspoon brown sugar
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preparation

Place potatoes and sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat and cook until very tender when pierced with a fork, 20 to 25 minutes.

Drain the potatoes, then mash them in the pot to the desired consistency. Place milk and butter in a small bowl and microwave on High until the butter is mostly melted and the milk is warm, 30 to 40 seconds. (Alternatively, place in a small saucepan and heat over medium until the milk is warm.) Stir the milk mixture, sugar, salt and pepper into the mashed potatoes until combined

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Upcoming CEUs

2015 Virginia Farm
to Table Conference
Dec 2-4th, 2015
Weyer's Cave, VA



[Click here for more information](#)

Don't Forget!

The 2015 TAND Holiday Social will be held at 7pm on December 3rd at Keegan's in Virginia Beach Town Center.



*Happy
Holidays!*

2015 may be winding down, but the TAND year is only half-way through! Make sure you renew your membership if you haven't yet. Encourage your friends and colleagues to join as well!

Membership is only \$25 for RDs/DTRs and \$15 for students and gets you at least 6 CEUs per year and multiple networking opportunities.

Please visit eatrighttidewater.net for event information, past newsletters, membership forms, and more!

We hope you have a safe and enjoyable holiday season!

- 2015-2016 TAND Board

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