

2021-22 PHCN DPG Outstanding Student of the Year Award



In the Spring of 2021, **Elizabeth Zaebs** earned her Master of Public Health degree at the University of Michigan, where she studied Nutritional Sciences with a concentration in Dietetics. Elizabeth is currently a Dietetic Intern with the University of Michigan School of Public Health Dietetic Internship Program. Upon the completion of her dietetic internship and credentialing exam, Elizabeth aspires to work in pediatric nutrition in a clinical setting. In a volunteer capacity, Elizabeth anticipates working with community nutrition organizations, potentially moving into that area for her full-time career once she becomes a CDR Board Certified Pediatric Specialist.

Elizabeth has been an active member of the Academy of Nutrition and Dietetics, particularly at the state level, where she has served as a Student Representative on the State Board of the Michigan Academy of Nutrition and Dietetics (MiAND) and as an active member of the Social Media, Conference Planning, and Licensure Committees. She is currently serving as a Website Correspondent for the MiAND Dietetic Licensure Committee in Michigan. If given the opportunity, Elizabeth hopes to expand upon this experience by serving on committees and in leadership roles for the Public Health Community Nutrition Dietetic Practice Group (PHCN DPG), and at the national level with the Academy of Nutrition and Dietetics.

As a MPH student, Elizabeth immersed herself into the campus community. As a member and volunteer with the U-M Public Health Action Support Team (PHAST), Elizabeth learned how to be a more thoughtful and strategic public health project worker, understanding the importance of equitable partnerships within public health projects. She was an active volunteer for her community food pantry, developing recipe books for the organization using pantry ingredients and posting nutrition education materials within the pantry. For four semesters, Elizabeth worked with Project Healthy Schools, serving as a Health Ambassador, teaching health and nutrition education lessons to elementary children. As a Farm to School Nutrition ambassador, she shared fresh, local produce with children, and gave lessons on the nutritional benefits of the foods. Elizabeth also served as a volunteer nutrition counselor for the University of Michigan Student-Run Free Clinic, which allowed her to apply lessons from the classroom while serving members of the community in need.

In her free time, Elizabeth enjoys traveling, reading, and spending time in the kitchen and garden. She lives in Brighton, Michigan with her husband and two Siamese fur kids. She is an active member of her sorority alumnae club and serves as a volunteer advisor for her collegiate chapter of Pi Beta Phi. Elizabeth is a new member and volunteer of the Daughters of the American Revolution. She also serves as feline transporter for Specialty Purebred Cat Rescue. Volunteering is important to Elizabeth, and she plans to always be involved in community initiatives and service work, both as a citizen of the community and as a future RD.

Elizabeth is very grateful for the support of the PHCN DPG, and she looks forward to giving back to this community in the years ahead.