

NetworkingNews

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Frozen Foods: A Fresh Look at Nutritional Value and Public Health Impacts



Chair Message

Hello NEP DPG Members,

I want to thank my Leadership Team and Executive Committee members for their service and engagement this past year. I want to thank you, our membership, for all you do to keep our DPG relevant and strong. We look forward to your membership in the 2025-2026 year. Here are some final thoughts:

Why become a member of NEP DPG?

The NEP DPG provides some excellent opportunities for professional development and networking. I have learned a great deal from my colleagues on the Leadership Team (LT) and Executive Committee (EC) and broadened my professional networks not only by adding new friends, but also by growing in my understanding of new sectors of dietetics engaging in nutrition education for the public.

What are two opportunities that became available to you by being a NEP member and serving on the board?

As a NEP member and EC member, I have been able to connect my professional duties more effectively with the duties of an Academy of Nutrition and Dietetics member. If I am honest, I had not given that a lot of thought prior to serving the DPG. Connections made because of being a DPG member have resulted in new collaborations professionally. In addition, it is giving me a chance to continue to support the next generation of dietitians after leaving the academic sector.

Where do you see the Academy and NEP DPG a year from now and 5 years from now?

This is an excellent question. I think we would all like to be able to see into the future and find the answer. In the last two years, as part of EC, I have seen the struggles the Academy of Nutrition and Dietetics and the DPG are having with membership and engagement firsthand. I hope as we continue to work toward improving those areas that both the DPG and the Academy will be stronger and as relevant to new and seasoned professionals as it ever has been.

As a leader...a colleague...as a person...Can you tell us something about yourself that every Academy member should know?

I am so thankful to have found the field of dietetics. It reflects compassion and enthusiasm, and talented professionals have played a key role in shaping my personal philosophies about health, life, and my values. Its diversity, both in human terms and professional opportunities, has helped me develop a variety of professional skills and competencies, and I'm not done yet! I am thankful to have the opportunity to contribute to this continued impact in the lives of AND students and members.

Academy members are passionate about nutritious food! Do you have a favorite dish that you enjoy cooking or ordering at a restaurant?

Having lived in the Midwest and growing up on canned or frozen fish (which I was grateful to have access to), I love! a good piece of fresh fish, simple or complicated.

All the best,

Melissa K. Maulding, PhD, RDN
maulding@illinois.edu



Incoming Chair Message

Dear NEP Members,

As your 2025-2026 incoming Chair for the Nutrition Education for the Public Dietetic Practice Group, I'm excited about the opportunities for the upcoming year.

By way of introduction, here is a little about me. I have been in nutrition education in one form or another for over 30 years. First as a dialysis dietitian, educating patients and their families on the important dietary modifications necessary for those in chronic renal failure. My next career position was with the Dairy Council of Arizona. Serving as Vice President of Sustainable Nutrition, I had the opportunity to help connect RDNs, dietetic interns, culinary students, pediatricians and other health professionals with farmers, dairy farmers and ranchers, to get the real story on where our food comes from. I've also been adjunct nutrition faculty at the local community college for several years, which helps me stay connected to the younger generation. I also serve on the management team for the LifeSteps® LifeStyle Change Program.

As this year unfolds, I look forward to working with the Executive Committee, the Leadership Team and YOU, the members of NEP!

Terri Verason, MS, RDN, FAND

Nutrition Education for the Public DPG

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Frozen Foods: A Fresh Look at Nutritional Value and Public Health Impacts

By Patricia Bannan, MS, RDN

In an era where convenience often competes with nutrition, frozen foods offer a compelling intersection of both. Yet, many consumers and even some health professionals still harbor misconceptions about the nutritional value, quality, and environmental impact of frozen foods. As nutrition educators, we have an opportunity to share evidence-based information about frozen foods that can help the public make informed dietary choices.

Freezing technology has evolved significantly from its early days, transforming from basic preservation to a sophisticated process that maintains—and sometimes enhances—nutritional content.^(1,2) This article examines the science behind freezing, compares nutritional profiles of fresh versus frozen options, explores public health implications, and provides practical guidance for educating the public about incorporating frozen foods into a balanced diet.

The Science of Freezing: How It Preserves Food Quality

Freezing preserves food by solidifying naturally-occurring water in foods. This solid water effectively pauses nutrient degradation, bacterial growth, and enzyme activity.⁽⁵⁾ When done correctly, freezing preserves flavor, texture, and color—all the sensory qualities we value in food.

The freezing process is straightforward in concept but complex in application. Modern commercial freezing uses Individual Quick Freezing (IQF), which reduces food temperature from ambient to -20°F or lower within minutes. This rapid process forms the smallest possible ice crystals, which are less likely to damage cellular structures in fruits, vegetables, and proteins. Smaller ice crystals help preserve texture, flavor, and nutritional value better than the larger crystals formed during slow freezing.⁽⁵⁾

For different food types, the freezing process must be carefully managed:

- **Fruits and Vegetables:** With water content exceeding 80%, rapid freezing maintains individual piece identity and texture.
- **Proteins:** The 60-70% water content in meats, poultry, and seafood requires careful freezing to retain cellular structure.
- **Grains:** Foods like rice, pasta, and quinoa benefit from pre-treatment processes like blanching to stabilize moisture and enzymes.
- **Combined Meals:** Multi-ingredient foods like pizzas and prepared meals require specialized freezing strategies to preserve the distinct qualities of each component.

Nutritional Profile: Comparing Fresh and Frozen

Research consistently demonstrates that frozen foods, particularly produce, often match or exceed the nutritional value of their fresh counterparts.^(1,3,4) This might seem counterintuitive, but there's solid science behind it.

Produce destined for freezing is typically harvested at peak ripeness and frozen within hours, effectively “locking in”

nutrients at their maximum levels.⁽¹⁾ By contrast, fresh produce may spend days or weeks in transit and storage before reaching consumers. During this time, exposure to air, light, and temperature fluctuations can lead to significant nutrient decline.⁽³⁾ Studies highlight that after harvest, vegetables can lose 15-77% of vitamin C within a week, and spinach can lose up to 80% of its vitamin C in just three days.^(3,4) Research examining various produce types—including strawberries, corn, green beans, peas, spinach, broccoli, and cauliflower—has found that frozen fruits and vegetables are nutritionally equal to, and sometimes superior to, their fresh-stored counterparts.⁽²⁾

The same principles apply to protein foods. Freezing maintains levels of protein and fat-soluble vitamins like A and D in meat, seafood, and poultry.⁽⁴⁾ Multi-ingredient meals benefit from the same protective effects, with nutrients preserved at the point of freezing.

Public Health Implications

Frozen foods offer several advantages that can positively impact public health:

Accessibility and Availability

Frozen foods provide year-round access to nutritious options regardless of growing season or geographical location. This consistency can help consumers maintain balanced diets throughout the year, particularly in food deserts or areas with limited access to fresh produce.

Food Safety

When properly processed and stored, frozen foods have reduced risk of spoilage and foodborne illness. The freezing process halts bacterial growth (though it doesn't kill existing bacteria), and commercial freezing operations adhere to strict safety standards.

Cost-Effectiveness

Frozen foods can be more economical than fresh alternatives, especially when foods are out of season. They also reduce waste since consumers can use only what they need and keep the rest frozen, stretching food budgets further.

Convenience and Meal Planning

Pre-cut, portioned, and ready-to-use frozen options make meal preparation more convenient, potentially increasing consumption of nutrient-dense foods like vegetables, fruits, whole grains, and lean proteins. Companies like Amy's Kitchen offer nutritious frozen meal options made with organic ingredients and whole foods, catering to various dietary preferences including vegetarian, vegan, and gluten-free.



Frozen Foods: A Fresh Look at Nutritional Value and Public Health Impacts

Sustainability and Food Waste Reduction

Food waste is a critical environmental and economic issue in America. According to a MITRE-Gallup survey, the average household wastes approximately 6.2 cups of food weekly—enough to fill 360 medium-sized takeout containers annually. Despite 81% of households citing price as their top food-related concern, only 33% realize they could save around \$1,500 yearly by eliminating food waste.⁽⁶⁾

Frozen foods offer a practical solution to this problem. More than 8 in 10 shoppers agree that buying frozen food helps limit waste due to longer shelf life and the ability to portion out only what's needed.⁽⁶⁾ This waste reduction occurs throughout the supply chain:

- At production, imperfect produce that might be rejected for fresh retail can be processed for freezing
- At retail, extended shelf life reduces spoilage
- At home, consumers can use exactly what they need and store the rest

Additionally, freezing is a natural preservation method that doesn't require chemical additives or preservatives, aligning with consumer preferences for clean labels and minimal processing.

Practical Applications for Nutrition Educators

As nutrition educators, we can help the public make informed choices about frozen foods by:

- Addressing Common Misconceptions
- Explain that “fresh” isn't automatically more nutritious than frozen
- Clarify that freezing is a natural preservation method requiring no chemical additives
- Emphasize that modern freezing techniques preserve flavor, texture, and nutrients

Offering Practical Guidance

- Teach proper storage techniques to maintain quality (0°F or below, airtight packaging)
- Demonstrate how to identify high-quality frozen food options and read labels
- Provide tips for incorporating frozen ingredients into quick, nutritious meals

Highlighting Healthy Commercial Options

Point to quality frozen food brands that emphasize nutrition, such as:

- Amy's Kitchen organic frozen meals made with whole food ingredients
- Earthbound Farm Organic frozen fruits and vegetables
- Dr. Praeger's vegetable-forward frozen products
- Cascadian Farm's organic frozen produce
- Healthy Choice Power Bowls with whole grains and lean proteins

Sharing Simple Preparation Ideas

- Smoothies with frozen fruits and vegetables
- Quick stir-fries with frozen vegetable medleys
- One-pot meals incorporating frozen components
- Batch cooking with frozen ingredients for efficient meal planning

The Future of Frozen: Reframing the Conversation

Frozen foods deserve a fresh assessment from nutrition professionals and the public alike. The evidence clearly shows that freezing is not merely a compromise for convenience but often a smart choice for maintaining nutritional quality, reducing waste, and supporting balanced diets throughout the year.^(1,2,3,4)

As nutrition educators committed to communicating evidence-based information to the public, we have an opportunity to shift perceptions about frozen foods. By understanding and conveying the science of freezing, the nutritional benefits, sustainability advantages, and practical applications, we can help consumers make choices that support both their health goals and environmental concerns.

The freezing process truly acts as a “pause button” for food quality and nutrition—a technology that deserves recognition as a valuable tool in our efforts to promote accessible, affordable, and nutritious eating patterns for all.⁽⁵⁾

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A frequent television guest, writer, speaker, spokesperson, and healthy cooking expert, Patricia Bannan, MS, RDN's captivating communication style has inspired millions to eat and live well. She is the author of the award-winning book “From Burnout to Balance” and founder of Wellness Intelligence™, a transformative approach to helping career-driven women shift from chaos to calm in minutes a day. Learn more at PatriciaBannan.com and MyWellnessIntelligence.com.

Frozen Food for the Win: Good for the Planet, Your Budget, and Your Body

By Dana Taylor, MPA, RDN, LD

Food is closely linked to planetary health, with food waste being a chief contributor to climate change. Almost 1/3 of food in the U.S. goes to waste and it directly releases greenhouse gas as it decomposes in landfills.¹ Food waste occurs significantly at the household level but is also wasted through spoiled grocery inventory or plants unused during harvest.^{1,2} Simultaneously, rates of hunger and food insecurity remain high across the country.

Experts have identified one simple action that both individuals and institutions can take to combat food waste (and climate change): select frozen foods more often.¹ There is plentiful data supporting this choice. Most of our food waste – 80% – comes from fresh food, with only 2% from frozen food.³ This is due in part to its extended shelf life. Frozen food also boasts an impressive nutrient, budget, and sustainability profile, underscoring the importance of educating the public on its many benefits.

Nutrient-Rich, Flavorful, and Fresh

Frozen food, particularly produce, retains equal or more nutrients as fresh food due to the harvesting and preservation processes. Freezing also locks in color, flavor, and texture as food is harvested and frozen at the point of peak ripeness. Fresh produce loses nutrient content more quickly due to environmental exposures, occurring during transportation and storage.^{4,5} Frozen food has a controlled environment once preserved, retaining its nutrition and palatability, plus a longer shelf life.

Affordable and Convenient

Frozen produce often costs less than fresh, including staples such as broccoli and corn.⁶ Frozen food is also widely available throughout the year, increasing accessibility across varying budgets and communities, even where grocery stores are limited. Frozen food cost and availability may also improve nutrient intake, with the goal of 4-5 cups per day.⁷ Further, these convenience foods can support simple, quick, and repeatable meals: a smoothie can be prepared from a base of frozen fruits and veggies, or dinner cooked in minutes from veggie burgers, mixed veggies, and cooked grains.

Sustainable and Reduces Waste

Frozen foods result in less waste due to several factors. Crucially, their longer shelf life extends their use window. They can also be used for single portions, using only what is needed for one meal at a time. You can also freeze fresh food to extend its life, such as bread, soup, or pasta sauce. Lastly, institutions such as restaurants can maximize frozen food benefits and reduce waste by stocking frozen versions of their kitchen staples.

Promoting Frozen Food

As nutrition educators, there are many ways to encourage frozen food consumption to the public, emphasizing that it is beneficial for the planet, budget, and body:

- Explain how purchasing frozen food lowers food waste and benefits the planet, while also stretching your budget.
- Convey the strong nutrient, texture, and flavor profile of frozen food.
- Provide examples of frozen food labels to empower consumers to select quality frozen foods.
- Recommend high-quality frozen foods for different cultures and dietary preferences.
- Share simple recipes featuring frozen foods: roasted veggies, stir fry, soups, chili, smoothies, and grain bowls.



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Frozen Food

Bastian GE, Russell JK, Roe AJ, Rani R. (2024). Sociodemographic Factors Associated with Purchasing Frozen, Fresh, Canned, and Dried Produce in a Nationally Representative Sample of United States Households. *Current Developments in Nutrition*, 9(1):104528.

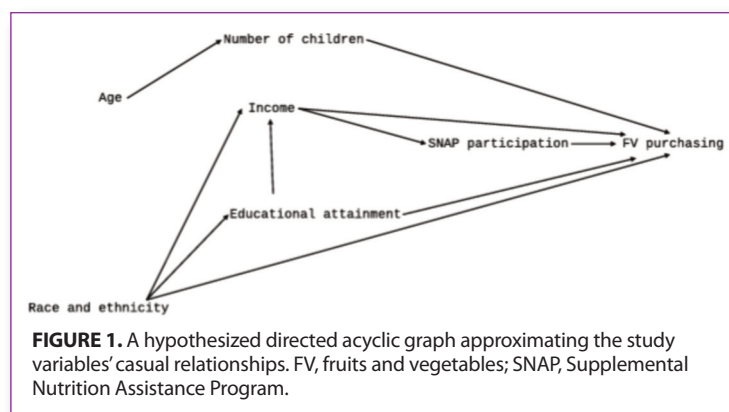
With roughly 90% of adults in the U.S. failing to meet fruit and vegetable (FV) recommendations, this study wanted to understand the purchasing behaviors of frozen FV in comparison to fresh, canned or dried FV. The researchers believe that frozen FV “may be uniquely positioned to be a convenient option to help consumers, especially those with low incomes, improve FV intake and diet quality.” With similar nutrition profiles to fresh FV, frozen FV have also been shown to contribute to less food waste. Those who have higher frozen FV intake were shown to have higher overall FV intake. The researchers believe that “by better understanding current consumer trends in FV purchases, policies can be proposed that better fit the needs of consumers, including those on SNAP and other food assistance programs.” Nutrition educators would also benefit from this information, in order to provide targeted nutrition education interventions.

Researchers used the 2021 U.S. Bureau of Labor Statistics Consumer Expenditure Surveys (CES) from 2021 to conduct secondary data analysis. This data included self-reported household expenditure over a two-week period and is meant to represent roughly 98% of the U.S. population. The Diary Survey data were divided into seven categories: frozen fruits, fresh fruits, canned fruits, dried fruits, frozen vegetables, fresh vegetables, and canned vegetables. Additional data pulled included sociodemographic factors, including educational attainment, race, ethnicity, total annual household income, annual allotment of SNAP benefits, and the number of children (<18 y) in the household.

Of the 6028 households included, the mean household head was 53.1 years old who made \$90,258. “Approximately two-thirds of the household heads were White non-Hispanic; 71% had at least some postsecondary education; 10% received SNAP benefits within the last 12 mo; and 26% had ≥ 1 child <18 y in the household.” One in five households purchased frozen vegetables while two in five purchased fresh FV during the study period. There was a correlation between higher FV purchases with households that had higher income, higher education, and households with children. For households with children, each additional child was associated with 15-25% increased odds of purchasing fruits and with 12-19% increased odds of purchasing vegetables. There was higher representation for FV purchases among Asian and Hispanic-led households, as they were more likely to purchase fresh FV and less likely to purchase frozen vegetables. There was a 25% increase in odds of purchasing

frozen vegetables by SNAP participants.

Overall, “associations that differed among FV type (frozen, fresh, canned, and dried) were SNAP participation, which after controlling for other variables, seemed to have an association of relevant magnitude with frozen vegetables only; and race and ethnicity, which showed FV purchasing trends, particularly among Asian and Hispanic households, differed from White non-Hispanic households.” The researchers created a hypothesized directed acyclic graph for which future studies could test the validity of the causal pathways.



Based on data from the American Frozen Food Institute, 99% of consumers have ≥ 1 freezer at home. However, 12% of consumers report only having a small freezer compartment, which limits storage capacity for frozen FV. This number increased to 15% for low-income consumers.

This research is supported by the market research from the American Frozen Food Institute in 2022. That data reported higher frozen FV purchases among older Millennials (32-41 y), with larger households (more children), and with higher income. That study also supported that lower-income households that were SNAP eligible were lighter consumers of frozen FV. Researchers acknowledge that the data from 2021 was likely impacted because of the COVID-19 pandemic. Some research supports that U.S. consumers purchased higher quantities of frozen foods during the pandemic. However, SNAP was impacted by numerous policy changes that were made to help offset the increased unemployment, which increased rates of food insecurity. Since “2024 will be the first full calendar year since COVID-19 that SNAP emergency allotments and additional nutrition incentive and produce prescription funds will not be available in any state,” the researchers hope that the CES data can be analyzed to provide a more contemporary analysis. Further research into personal values, such as cost, convenience and taste in relation to frozen FV could provide additional insights into nutrition education interventions to help consumers increase their overall FV intake.

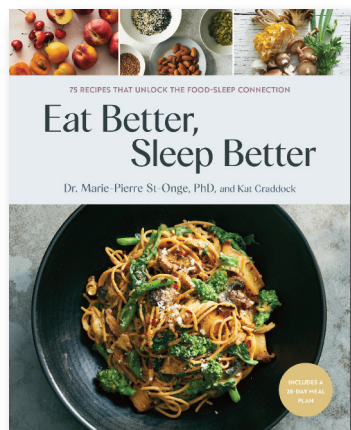
Research Reviews

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Book Review



Eat Better, Sleep Better 75 Recipes and a 28-Day Meal Plan That Unlock the Food-Sleep Connection

By Dr. Marie-Pierre St-Onge, PhD, and Kat Craddock

Eating and sleeping are two things that everyone does daily, and both can have a profound impact on our health. This book is a unique combination of a lesson on the food-sleep-health connection and cookbook with a wide variety of sleep-supporting recipes. Written by renowned expert on nutrition and sleep, Dr. Marie-Pierre St-Onge, this book is divided into two sections. Part 1, titled "Good Food, Good Sleep, Good Health" reviews the connections between diet quality and sleep quality and how that connection ultimately impacts overall health. Part 2, titled "Eat Better to Sleep Better: The Plan" provides a practical plan and recipes for improving sleep quality. I enjoyed the Sesame-Ginger Broiled Salmon and Sleepy London Fog recipes among many others! If you struggle with a healthy sleep pattern or simply want to learn more about the food-sleep-health connection, *Eat Better, Sleep Better* is a great cookbook resource to have on your bookshelf.

Book reviewed by Bethany Daugherty, MS, RDN, LD

Fueling Futures: How Mentorship Shapes the Future of Dietetics

By Lis David



This past season, our Nutrition Education for the Public (NEP) Student Event Planning Committee had the incredible opportunity to host three inspiring events as part of our *Fueling Futures: Dietetics Student-Mentor Networking Series*. Held across February, March, and April, the series connected students from across the Academy of Nutrition and Dietetics (AND) with accomplished Registered Dietitians (RDNs) working in a wide range of fields. We welcomed six outstanding speakers and engaged over 120 live participants, with even more students signing up to receive the recordings.

In February, we kicked things off with a focus on public health. We were joined by NEP's own Awards Committee Member, Sharon Lutheran, MS, RD, and Angela S. Appiah, MBA, MPA, RDN, LDN. Sharon shared her 30+ year journey as a leader in dietetics, reflecting on a career spent improving lives, from supporting healthy school meals and advancing federal nutrition programs to helping patients manage diabetes, chronic conditions, and aging with dignity. Angela brought her passion for maternal health, WIC leadership from the Local Government Health Agency, and culturally sensitive nutrition education to the conversation, showing how powerful it is to combine culinary arts, food, heritage, and public health.

In March, we turned to clinical nutrition. Shemelkhay Murdakhayev, MS, RDN, CDN, a bariatric dietitian at Harlem Hospital Center, and Juhi Shah, MS, RD, LDN, an outpatient dietitian in Chicago working with SHIFT (Life) and founder of Small Habits

Matter, offered a deeper look into both inpatient and outpatient practice. They shared how clinical dietitians use the knowledge gained in school to make a real difference, not just treating conditions, but also supporting prevention and long-term health. They also gave practical advice on navigating dietetic internships and building strong experiences that connect classroom learning to real-world patient care.

In April, we wrapped up with an entrepreneurship spotlight. Wendy Green, RD, founder of AZ Dietitians, shared how she leads a team providing personalized nutrition and workplace wellness services. Wendy Lopez, MS, RDN, CDCES, co-founder of Diabetes Digital, spoke about building a network of RDs focused on culturally sensitive, weight-inclusive care. Together, they discussed the realities of running your own business, enlightening students on both the challenges and rewards of entrepreneurship. Their journeys showed that with creativity, passion, and perseverance, dietitians can build careers that make a meaningful impact far beyond the traditional path.

Each speaker, in their own way, created a ripple, sharing not just career advice but their journeys, real-world challenges, and the “why” behind their work. Their stories reminded students that every path in dietetics is different, but each has the power to inspire, uplift, and create lasting impact.

The Ripple Effect of NEP on My Journey

Serving on the NEP Student Event Committee has been one of the most transformative experiences of my professional journey so far. With the mentorship and support of the NEP Executive Committee and Leadership Team — including RDs Terri Verason and Jessica Lehmann as our committee advisors — I had the opportunity to lead a team of six incredible student volunteers. Together, we learned how to design, market, and host national-level events, building skills in event planning, communications, leadership, and teamwork that you just can't learn from a textbook.

We also had the support of NDEP (Nutrition and Dietetic Educators and Preceptors), which helped expand our reach even further. Our Fueling Futures series helped spark excitement for NEP's spring webinar, *Misinformation and Disinformation in Nutrition and Food Science: Consumer Confusion and Professional Responsibility* and brought students into larger professional conversations.

On a personal note, being part of NEP opened so many doors for mentorship, community, and a deeper understanding of how AND leadership works behind the scenes. I met so many inspiring RDNs and students, each offering advice, sharing our events within their networks, asking how they could get more involved, and reminding me that we are all building this profession together.

RDNs and mentors fuel the future of our profession by investing in

students and creating opportunities for connection, growth, and leadership. A quick conversation, a piece of advice, a shared story, these ripples can motivate, uplift, and change a student's path in ways we might not even realize. I learned that students want to be engaged, want to have a voice, and want to help shape the future of the Academy and our profession. Seeing that energy firsthand reminded me why this work matters so much. When we create spaces for students to be seen, heard, and supported, we create ripples that truly fuel the future of dietetics.

As we look ahead, we are excited to keep that momentum going with a new season of *Fueling Futures* events for 2025–2026, continuing to inspire, connect, and shape the next generation of dietetic leaders

Upcoming Fueling Futures Events:

Fall 2025 – *From DPD to DI: Choosing, Applying, & Standing Out*

Winter 2026 – *RDN Exam 101: What to Expect & How to Prep*

Spring 2026 – *Behind the Letters: RDN Specialties & Career Stories*

We can't wait to host these events next season and continue supporting students on their journey.



Lis David, B.S., is a dietetics graduate from Kansas State University and a current MPH student at UC Berkeley, specializing in Food, Nutrition, and Population Health. She has served as the Student Representative for the Nutrition Education for the Public (NEP) Dietetic Practice Group, focusing on student engagement and supporting the next generation of nutrition professionals.



Frozen Foods

FOR THE CONSUMER

National Strategic Partnership Program

www.myplate.gov/professionals/partner-us

The American Frozen Foods Institute, HueTriton®, and National Fisheries Institute are MyPlate [National Strategic Partners](#) that created a Cooking Solutions resource on [MyPlate Planning for Healthy Eating & Savings—FROZEN FOOD HACKS EDITION](#). It provides five tips for picking, storing, and preparing healthy frozen foods for you and the family.

Click here for [MyPlate recipes with frozen ingredient options](#).

American Frozen Food Institute (AFFI)

<https://affi.org> • 703.821.0770

The [Frozen Advantage](#) website of AFFI provides data, infographics and downloadable content on the benefits of frozen food.

[Frozen Food Facts](#) reveals the facts on six common frozen food myths. For example, one myth is “Frozen fruits and veggies aren’t as nutritious as fresh.” Touch the myth and it will flip to the correct fact.

Signos

www.signos.com

Signos provides its members access to an app and continuous glucose monitor (CGM). The Signos CGM helps users see how specific foods and increasing vegetable intake can influence their glucose level. A Signos article that seemed relevant to this NEP topic,

[Are Frozen Vegetables as Healthy as Fresh Veggies? Nutrition and More](#), is written by Sarah Bullard, MS, RD, LD; September 12, 2024.

Viewers can learn about differences in nutrition between frozen and fresh vegetables, pros and cons of choosing frozen vegetables, the option of choosing frozen and fresh for meals, and tips for enjoying frozen vegetables.

Foodsafety.gov

www.foodsafety.gov

FoodSafety.gov provides food safety information from government agencies. The website includes a [Cold Food Storage Chart](#) for refrigerator and freezer. It states that the guidelines for freezer storage are for quality; frozen foods stored continuously at 0°F or below can be kept indefinitely.

Academy of Nutrition and Dietetics

120 South Riverside Plaza, Suite 2190 • Chicago, IL 60606-6995 • 800/877-1600

<http://www.eatright.org>

[Fresh, Canned, Dried or Frozen: Get the Most from Your Fruits and Vegetables](#) by Esther Ellis, MS, RDN, LDN; reviewed February 19, 2024.

It offers ideas for making healthy eating choices from each form of fruits and vegetables.

[Freezing 101](#) by Sarah Klemm, RDN, CD, LDN; reviewed May 17, 2024. It provides tips to safely store and package foods for freezing, protect quality, and prevent freezer burn.

FOR THE PROFESSIONAL

American Frozen Food Institute (AFFI)

<https://affi.org>

703.821.0770

The [American Frozen Food Institute](#) (AFFI) is a member-driven national trade association that represents America’s frozen food and beverage makers. Its members include farmers, fruit and vegetable growers, makers of prepared meals, suppliers and distributors.

The AFFI [Frozen Food Waste Study 2022](#) surveyed over 1,500 U.S. consumers. It found that frozen food helps them reduce waste and save money. Having frozen meal ingredients at home helps them have more food that won’t spoil as quickly as fresh items and can be used when there’s less time or desire to cook from scratch.

Focus on Resources

Food Safety Zone

<https://affi.org/safety>

To keep foods safe from farm to table, AFFI is dedicated to advancing food safety practices throughout the frozen supply chain. Frozen food manufacturers and industry partners can use the best practices and resources on the [Food Safety Zone](#).

[How to Handle and Prepare Your Frozen Produce](#) from AFFI and ServSafe (National Restaurant Association) is a one-page resource that provides bulleted lists of Do's and Don'ts on safely handling and partially thawing (slacking) frozen fruits, and handling and cooking frozen vegetables.

The Frozen Advantage

American Frozen Food Institute (AFFI)

<https://frozenadvantage.org>

The [Frozen Advantage](#) website of AFFI offers resources that promote diverse, sustainable and nutritional benefits of frozen foods. It includes information on the frozen food industry and its economic impact, nutrition myths and facts, research, toolkits, and tips to cook smart and reduce food waste. [Downloadable resources](#) with fact sheets, infographics, key messages and videos are also available.

[From Farm to Freezer: Exploring the Science and Benefits of Frozen Food](#), by Kantha Shelke, PhD, CFS, is a 2024 report released by [AFFI](#). It explains how modern freezing practices allow frozen food makers to lock in flavor, nutrition and quality by lowering a food's temperature state. The report describes the basic science behind freezing—how freezing works, individual quick freezing, and why the speed of freezing matters. It explains quality factors when freezing, such as how to prevent soggy food and avoid freezer burn to maintain good color, texture and taste. The nutritional value of frozen foods and safety benefits when freezing are also discussed for good food quality and eating enjoyment.

[Frozen Foods: A Convenient Portion Control Strategy](#) is a news story on [The Frozen Advantage](#), from May 1, 2024. It mentions *The Power of Portions* report released by Georgetown University's [Portion Balance Coalition](#) (see resource section below), which found that one convenient way people manage their portion sizes is with frozen meals.

Some examples of [downloadable resources](#):

[The Benefits of Freezing](#) is a one-page fact sheet on the science of frozen foods, covering some of the main points in the report [From Farm to Freezer](#).

[Farm to Freezer: Everything You Need to Know About Frozen Food in a Flash](#) is a one-page fact sheet on freezing fundamentals: nature's pause button; freezing captures peak nutrition; and frozen is the sustainable option.

[Freezing: Keeping Fresh Food Fresh, Year-Round](#) is a one-page fact sheet covering nutrition, quality and food waste.

Portion Balance Coalition

Georgetown University

www.portionbalance.org

Georgetown University's [Portion Balance Coalition](#) advances portions as a way to improve consumer health and reduce obesity. Its corporate, public health, academic and association members co-create and implement innovations supporting a balanced, healthy lifestyle.

The Coalition's first [Power of Portions](#) report looks at how oversized portions contributed to increases in obesity; the efforts by industry groups, companies, and non-profits to offer reduced portion sizes and public education; what science says about portion control efficacy; and their latest research results on consumer attitudes and behaviors about portion control.

In their report, the chapter *Industry Coalition Address the Over-Consumption Problem* mentions that frozen food companies have played a role in portion balance. According to AFFI, pre-packaged servings allow for portion control, a principal factor helping consumers meet caloric goals. It also states that a 2022 consumer survey (reference is for [AFFI Frozen Food Waste Study 2022](#)) found that the majority of consumers agreed that frozen meal entrées, often found in single-serve packaging, helped them prepare more meals at home and still have an accessible meal when unable to cook—allowing for portion control at convenient moments.

Adrienne is a weight management program developer, nutrition specialist, author, and editor. She resides in New York.

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NEWSLETTER SCHEDULE

2025/2026-Issue 1:

Deadline – June 30, 2025

2025/2026-Issue 3:

Deadline – December 1, 2025

2025/2026-Issue 3:

Deadline – March 15, 2026

Note from Networking News Editors



Thank you to our editorial team for their contributions to your newsletter:

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Melissa K. Maulding, PhD, RDN

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A shout out to our columnists:

Adrienne Forman, MS, RDN, CDN (Focus on Resources)

Bec McDorman, MS, RDN, LD, FAND (Research Reviews)

Bethany Daugherty, MS, RDN, LD (Book Review)

If you would like to contribute to the newsletter, please feel free to contact us and we will share information. NEP DPG does offer a stipend for the feature article!

Maureen Ternus, MS, RDN. • Carol Sloan, RDN, FAND