The Academy of Nutrition and Dietetics Foundation’s Registered Dietitian (RD) Parent Empowerment Program officially kicked off in January 2012 in three communities: Chicago, San Francisco, and Washington, DC! The project brings the expertise of RDs into school and community settings to educate and empower parents to improve their families’ eating and physical activity habits and to influence their peers to do the same.

With funding from MetLife Foundation, parents in four schools in each community will participate in four monthly workshops.

Response after the first workshop has been positive!

How RDs describe their first workshops...

“The parents’ participation was very enthusiastic about the subject of the 8 Habits of Healthy Kids™.”
*Cassie Vanderwall, MS, RD, LDN, CPT
Frances Xavier Warde
Chicago, IL*

“We connected as a group. There was a great deal of sharing - food tips, parenting tips, etc.”
*Catherine Johnston, RD
Giannini Middle School
San Francisco, CA*

“Parents were excited and open to sharing their experiences and listening to ideas from RD and parents.”
*Frances Xavier Warde
Chicago, IL*
In the DC Spotlight...
“I have been involved in school wellness and nutrition for over 20 years, but this is my first time representing a program structured by the Academy of Nutrition and Dietetics. This program is an engaging, simple, and fun way to introduce easy healthy habits to parents at River Terrace and the whole school community! I am honored to be piloting the program!”
~Ann Gerber, RD, LD
River Terrace Elementary School
Washington, DC

In the Chicago Spotlight...
“My primary focus is helping families make sustainable changes in their lifestyles, including developing better eating habits and increasing physical activity. Childhood obesity prevention starts with the family. Parents are often their children’s most important role model.”
~Carolyn Tampe, MS, RD, LDN
McCutchcheon Elementary School
Chicago, IL

In the San Francisco Spotlight...
“Collaborating with parents to empower them make better food choices for their families is an inspired idea. Direct connections with parents and families is often a missing piece of the nutrition puzzle. This program takes that extra step.”
~Catherine Johnston, RD
AP Giannini Middle School
San Francisco, CA

RDS and Chicago Schools
Carter Elementary School
Kim Kramer, RD, LDN

McCutchcheon Elementary School
Carolyn Tampe, MS, RD, LDN

Namaste Charter School
Soraya Valencia, RD, LDN

RDS and Washington DC Schools
Benning Elementary at DC Prep
Sarah Waybright, MS, RD

Bruce-Monroe Elementary School
Holly Anne Larson, MS, RD

Capital City Charter Schools
Livleen Gill, MBA, RD, LDN

River Terrace
Ann Gerber, RD, LD

RDS and San Francisco Schools
AP Giannini Middle School
Catherine Johnston, RD

Martin Luther King Middle School
Ning Wan, MS, RD

Sunset Elementary School
Esther Qing Situ, MBA, RD

ER Taylor Elementary School
Teresa Chan, RD, MPH

MetLife Foundation
www.kidseatright.org
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