

## **Karen K. Ehrens, RDN**

Use Your Voice, It Matters!

### **Bio:**

Karen Ehrens is a registered dietitian and Director of Legislative and Government Affairs for the Academy of Nutrition and Dietetics. Her experience includes administration of child nutrition programs at the state level, instructor of courses for school foodservice personnel, and coordinating North Dakota's healthy state coalition and statewide anti-hunger coalition. She has provided testimony before the city commission, state legislature and the US Congress on proposed legislation impacting health and nutrition. She gained hands-on understanding of programs, policy, and people as a volunteer, serving and delivering meals to seniors, and as a board member of a farmers market and a local food development collaborative. Karen and her husband, a foodservice director, teach cooking classes focusing on fresh and local foods. Karen holds a Certificate in Public Health from the University of Minnesota and obtained undergraduate degrees from ND State University and Minot State University. She recently relocated to the DC area.

### **Description of Presentation:**

What happens in the offices of the stately buildings of Congress matters to each of our jobs and to the lives of clients we serve. Karen Ehrens, longtime member, now Director of Legislative and Government Affairs for the Academy of Nutrition and Dietetics, will share experiences and perspectives on life and work in Washington, D.C. Learn more about Healthy School Meals for All, the Farm Bill, the Medical Nutrition Therapy Act and more. Membership in the Academy supports this work, and the voices and actions of members are even more important in communicating with the elected officials who represent you!

### **Learning Objectives:**

1. Describe the professional and nutrition security issues before the U.S. Congress in 2024
2. Comprehend the importance of individual engagement in advocacy for the profession of dietetics
3. Share at least one benefit of membership in the Academy of Nutrition and Dietetics with a colleague