16 Event Ideas for Registered Dietitian Nutritionist Day

Registered Dietitian Nutritionist Day, celebrated on the second Wednesday in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes both RDNs and nutrition and dietetic technicians, registered (NDTRs) for their commitment to helping people enjoy healthy lives.

Celebrate Registered Dietitian Nutritionist Day with recognition of the professional expertise and accomplishments of registered dietitian nutritionists and nutrition and dietetic technicians, registered (NDTRs).

16 Ways to Celebrate

1. Ask the city mayor or state governor to declare "Registered Dietitian Nutritionist Day."
   - Request a Proclamation From the Governor or Mayor
   - Sample Proclamation Form

2. Create a banner to honor Registered Dietitian Nutritionists. The Registered Dietitian Nutritionist Day graphic may be requested by sending an email to permissions@eatright.org. RDN Day posters are available for purchase in the National Nutrition Month catalog.

3. Display photos and bios of the RDNs and NDTRs on the company bulletin board, including name, position, length of service, special credentials and alma maters. Note the combined number of years of nutritional expertise of your team.

4. Highlight the contributions of RDNs and NDTRs in your employee or community newsletter.

5. Present certificates of appreciation to RDNs and NDTRs at a special "thank you" lunch or a reception for all staff. Some suggestions for certificate recognition:
   - Innovative ideas for improvement of the clinical nutrition department
   - Superb abilities in teaching nutrition to children and families
   - Excellence in elevating nutritional care to the highest heights

6. Purchase a registered dietitian nutritionist pin or other RDN gift for each staff RDN from the National Nutrition Month catalog.

7. Encourage staff members to sign a "thank you" card or write individual notes of appreciation to the RDNs and NDTRs in your organization.

8. Provide a free lunch or a restaurant gift card for RDNs and NDTRs.
9. Gift ideas include:
   - Use the National Nutrition Month® Catalog to choose from an assortment of Registered Dietitian Nutritionist Day gifts
   - Flowers or potted plant with a note: "Please don't eat the flowers."
   - Gift basket
   - Goody bag with fruit, chocolates and staff photo
   - Chair massage

10. Expressions of appreciation:
    - Handwritten note from department head or vice president of human resources
    - Announcement in community newspaper or company newsletter

11. Make a tribute gift contribution to the Academy of Nutrition and Dietetics Foundation in the name of an RDN or NDTR. Your friend, colleague or loved one's family will be notified of your thoughtfulness through a personalized acknowledgement card.
    - [Contribute Now]

12. Develop a yearbook of staff RDN and NDTR photos, including professional interest and advanced practice. Include a note about "Why I became an RDN or NDTR."

13. Local TV stations look for nutrition news. Let them know in early February that "Registered Dietitian Nutritionist Day" is approaching.

14. Ask your company to offer a donation to the local food bank in honor of the staff RDNs and NDTRs.

15. Encourage your local dietetic association to place an ad in the local paper to help promote the RDN as the nutrition expert.

16. Don't let Registered Dietitian Nutritionist Day go unnoticed in your workplace. If you are the only RDN, create a "Congratulations!" sign for yourself and place it on your desk — keep it up for a week. That should generate some appreciation from co-workers!

**Nutrition and Dietetics Technician, Registered**

Registered Dietitian Nutritionists are encouraged to include NDTRs in their planned celebrations to recognize the valuable contributions of NDTRs as part of the health-care team.

Affiliate dietetic associations in states where NDTRs work and live are also encouraged to make NDTRs a part of their Registered Dietitian Nutritionist Day and National Nutrition Month® celebrations.