

**THE DIETETIC INTERNSHIP PROGRAM AT VANDERBILT  
BUSINESS & ENTREPRENEUR SUPERVISED PRACTICE NETWORK  
SPRING 2018**

**Community Business B2 Schedule**

<b>Monday and Tuesday (carpool)</b>	<b>Wednesday and Thursday (walk or carpool)</b>
<p><b>Bethany Thomson, RD, LDN, CLT</b> 602 Rock Springs Road, Smyrna, TN 37167 Our farm is about 8-10 minutes from the Sam Ridley Parkway exit. We have a black fence and gate. Coming from the interstate the house is on the left. GPS directions are reliable. Enter "001" on the gate keypad for entry. Park in front of the first house - brick house with white columns.</p> <p>Cell: <a href="tel:615.585.9566">615.585.9566</a> E-mail: <a href="mailto:ingrainedliving@gmail.com">ingrainedliving@gmail.com</a></p> <p><b>What To Bring:</b> A change of shoes/boots that you don't mind getting dirty and a jacket/sweater. We will have a small farm tour of sorts the first day (we will not enter the animal pens, but our farm can be a little muddy in places.) Unless it is raining we will be walking for 15-20 minutes outside and it might be a little chilly. An apron if you have one!</p> <p>Your lunch (no refrigeration or reheating facilities available - I don't have a microwave!) We will eat lunch together and will use that time for a lunch and learn type session.</p> <p style="text-align: center;"><b><u>BRING LAPTOP and charger both days</u></b></p>	<p><b>John Compton, MDiv</b>, Rooted Community Health Center for Biomedical Ethics and Society Vanderbilt University Medical Center 615.936.2686</p> <p><b>2525 West End Ave., Suite 400</b> <a href="mailto:john.w.compton.1@vanderbilt.edu">john.w.compton.1@vanderbilt.edu</a></p> <p><b>Location</b> – Building is across from Centennial Park. Entrance doors are between Starbucks and an Image Optical/Flemings Steakhouse</p> <p><b>Parking</b> – Suggest parking in the “N” lot or your usual parking spot and walking to the 2525 building</p> <p><b>Lunch</b> –Courtyard Café or bring your lunch</p> <p style="text-align: center;"><b><u>BRING LAPTOP and charger both days</u></b></p>
<p><b>What Do You Turn Into Bethany At End of Day1 (so she has time to grade info)</b></p> <ul style="list-style-type: none"> <li>• 1 Food-is-Medicine infographic sheet for client education and a smaller version for my website. I will have a list from which you may choose.</li> <li>• 4 social media infographics to be used with Ingrained marketing (content based upon our current projects).</li> <li>• Final copy of wholesome recipe blog post with infographics</li> </ul> <p><b>What Do You Turn Into Dianne K At The End Of This Rotation?</b></p> <ul style="list-style-type: none"> <li>• Submit all graded competency sheets and grading form</li> <li>• Submit all projects developed (okay to send via email attachments)</li> </ul>	<p><b>Do Before Rotation Starts:</b></p> <ul style="list-style-type: none"> <li>• E-mail preceptor to confirm start times and locations</li> </ul> <p><b><u>COMPLETE BEFORE MONDAY</u></b></p> <ul style="list-style-type: none"> <li>• Review website for <a href="http://vanderbiltrootedcommunityhealth.org">vanderbiltrootedcommunityhealth.org</a></li> <li>• Review presentation by John Compton during Rotation Readiness</li> </ul>

### What Do You Do Before The Rotation Starts with Bethany

- Spend 45-60 minutes exploring Bethany's website, food blog, and social media sites. This will help you get a feel for Bethany's work and "style".
  - Website: [www.ingrainedliving.com](http://www.ingrainedliving.com) and [www.aspoonfullofyum.com](http://www.aspoonfullofyum.com) (also accessible via main website)
  - Facebook: [www.facebook.com/ingrainedliving](http://www.facebook.com/ingrainedliving) and [www.facebook.com/aspoonfullofyum](http://www.facebook.com/aspoonfullofyum)
  - Instagram: [www.instagram.com/ingrainedliving](http://www.instagram.com/ingrainedliving) (new account - not much activity)
  - Leave at least 1 comment on a website recipe or article of your choice.
- Download the free 3- Day Meal Plan and "Mental Decluttering Guide" - let me know if this is visible enough for clients who visit my homepage and if I need to create more effective "Lead Magnet" to engage potential clients. (You may unsubscribe later if you wish.)
- Write a 2-3 paragraph email to Bethany describing the following:
  - Ease of navigating the website and food blog
  - Description of what you think is my target audience (who do you think would like reading my website/blog, what type of people do you think this would attract)
  - Any broken links, outdated, or missing information (even typos!)
  - Ideas you have for future blog posts or articles.
  - Please be honest! This helps me to have objective feedback!
- Using the **MRT-LEAP foods list in the online folder** create 1 wholesome recipe blog post for **A Spoon Full of Yum (there is an additional part to this that will be completed during project mgmt. time)**
  - Choose a favorite wholesome recipe that you have prepared at least 3 times.
  - Recipe should include only simple, wholesome ingredients (no pre-packaged mixes, artificial sweeteners, sauces, or seasoning blends). Desserts are fine - use only organic cane sugar, maple syrup, or honey as sweeteners!
  - Format the recipe so that it is standardized and easy to follow. If this is a recipe from another website make sure to rewrite the recipe in your own words and cite the original source

### What Do You Submit To John Compton At End Of Rotation

- Competency pages
- Executive Summary
- Critical Thinking Rubric
- Resources identified for food insecurity care providers
- Resources identified for food insecurity at the local level

### What Do You Submit to Dianne Killebrew At The End Of This Rotation

Copies of ALL work for John + graded competency forms

Activities (may change based on facility or client needs)	Activities (may change based on facility or client needs)
<p><b><u>MONDAY with Bethany</u></b>            9-9:30 – Orientation to Ingrained and Tea Time with Little Farmers            9:30-9:50 Tour of Ingrained Acres            9:50-11:00 Inventory of Freezer Stock of Lamb. Enter inventory on spreadsheet</p> <p><b><u>Using the MRT-LEAP foods list in the online folder:</u></b>            11:00-12:30 Prepare 2 recipes for food photography session &amp; set up for food photo's. Facebook live sessions of recipe preparation. Post FB live to You Tube.            12:30-1:00 Lunch            1:00-3:00</p> <p>Project time/Marketing for Ingrained</p> <ul style="list-style-type: none"> <li>• Recipe selection and development for food blog and recipe book</li> <li>• Create food as medicine infographics/client education sheets.</li> <li>• Film Facebook live posts/You Tube videos with Bethany</li> <li>• Format e-book with Bethany</li> <li>• Create Social Media Graphics for upcoming Ingrained events</li> <li>• Continue the <b>2<sup>nd</sup> phase of “A Spoon Full of Yum”</b> project               <ul style="list-style-type: none"> <li>○ Write a 500-1000 word article to accompany your recipe. Include a story about this recipe (a memory you have about when you ate this during childhood, where you first ate this food, or how you use this food in your own life to promote health.)</li> <li>○ Highlight one ingredient or nutrient in this recipe for your food as medicine tip. Include your references for information.</li> </ul> </li> </ul> <p>Send rough draft of article and graphics to Bethany . You will discuss these articles with Bethany and will finalize them during project time. Bethany will choose one recipe to photograph (if supplies are available).            4:00-4:45 Food photography session            4:45-5:00 Wrap up for the day</p>	<p><b><u>WEDNESDAY with John – 8:30-4:30</u></b></p> <ul style="list-style-type: none"> <li>• Discuss with preceptor the VISION and SCOPE of work for the project</li> <li>• Research resources in the Nashville/Middle TN area that <b>address food insecurity for care providers</b></li> <li>• Research resources in the Nashville/Middle TN area <b>that address food insecurity at the local level</b></li> <li>• Make site visits to local agencies and or to VUMC care providers to discuss food insecurity</li> <li>• Discuss findings and format the information needs to be in (based on intended target audience)</li> </ul> <p><b><u>THURSDAY with John – 8:30-4:00</u></b></p> <ul style="list-style-type: none"> <li>• Continue research and discussions</li> <li>• Discuss findings and format the information needs to be in (based on intended target audience)</li> <li>• Prepare a 2 page executive summary spotlighting:               <ol style="list-style-type: none"> <li>1) the research identified for care providers</li> <li>2) the research identified to address food insecurity at the local level</li> <li>3) gaps identified in information or resources</li> <li>4) impact of this information on your journey as a Registered Dietitian (for example did you see opportunities for more dietitian involvement, a need for food advocacy)</li> </ol> </li> </ul>

**TUESDAY with Bethany**

9:00-9:30 Team time with the Little Farmers and discuss game plan for the day

9:30-12:30 Project Time/Marketing for Ingrained

**Using the MRT-LEAP foods list in the online folder:**

- Recipe selection and development for food blog and recipe book
- Create food as medicine infographics/client education sheets.
- Film Facebook live posts/You Tube videos with Bethany
- Format e-book with Bethany
- Create Social Media Graphics for upcoming Ingrained events

12:30-1:00 Lunch

1:00-1:45 Continue Project Management/Marketing for Ingrained

- Complete the 2<sup>nd</sup> phase of “ A Spoon Full of Yum” project

1:45-2:45 Pick up order from natural food co-op at Stonecrest Hospital with Bethany.

2:45-4:45 Film You Tube video/FB live posts

Test run webinar and continue projects

4:45-5:00 Wrap up for rotation

**NOTES:**