



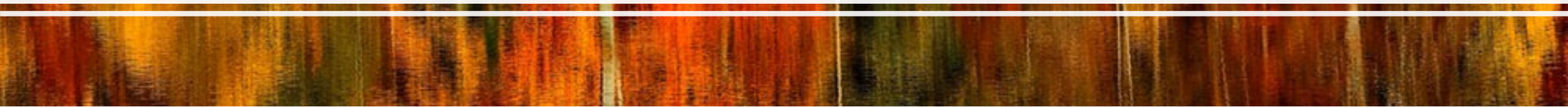
Local Agency WIC Nutritionists  
(LAWN) meeting

November 28, 2023





## Local Agency Updates





# Cat Larrouy, RD, Salud

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- I graduated in 2022 from Oregon State University and went on to complete to OSU Dietetic Internship with the 2023 cohort.
- Before my WIC career I worked for many years in the food service industry as a server and restaurant manager. I have always been passionate about food, and being a dietitian has been an exciting new chapter for me.
- I was born and raised in Portland Oregon. I moved to Bend Oregon in 2016 where I returned to college and discovered my path to becoming an RD. I love working in maternal and pediatric health, especially in a public health setting.
- My partner and I purchased a home in Albany Oregon not too long ago. In our free time we love to garden, camp with our two rowdy dogs, do house improvement projects, and make and enjoy delicious food!





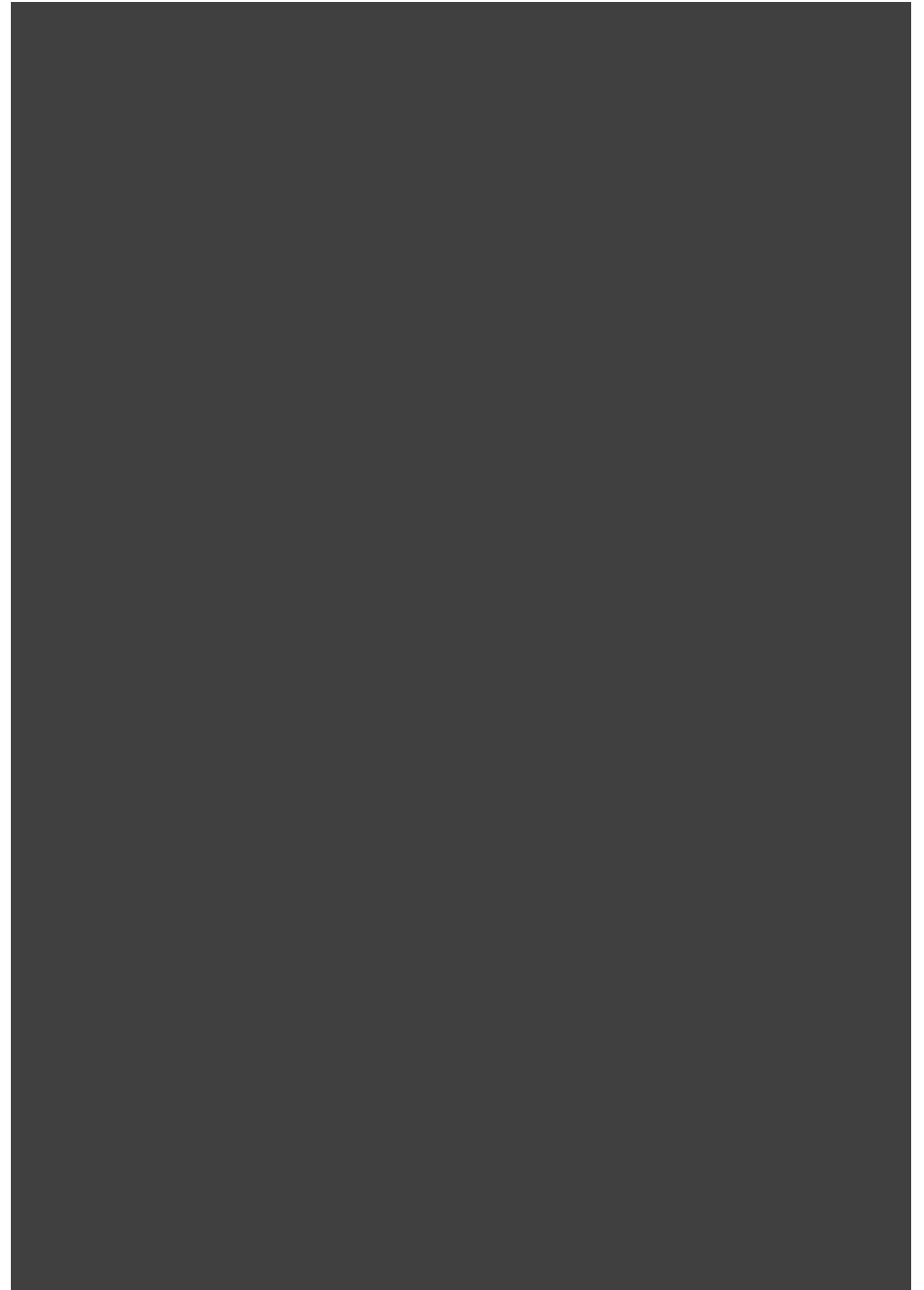
Limited duration dietitian  
position in Multnomah County

- Full time  
position  
East County and  
Gateway WIC  
clinics
- [https://multco.wd1.myworkdayjobs.com/Multco\\_Jobs/job/Gresham-OR/WIC-Dietitian---LD\\_R-13290](https://multco.wd1.myworkdayjobs.com/Multco_Jobs/job/Gresham-OR/WIC-Dietitian---LD_R-13290)





# State Updates



# Mary Kay DiLoreto, MS, RDN, State WIC, Nutrition & Local Services Manager

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- I graduated from University of Notre Dame in Biology and from Oregon State University with an MS in Nutrition and Food Science. I completed a 6 month work experience/fellowship at CDRC at OHSU on my road to becoming an RD.
- I worked at the State early in my career as a Nutrition Consultant, Nutrition Education Coordinator and Breastfeeding Coordinator.
- I worked at Multnomah County as a dietitian and then supervisor & manager for 17 years.
- I am a native Oregonian and love to spend time outside, hiking, walking, bicycling, gardening. I enjoy travel, cooking and eating good food!





# Karen Bettin is retiring

After 40 years of working for WIC, Karen Bettin is retiring in February. She started her WIC career in Michigan as the WIC coordinator for a migrant WIC program. After multiple contracts with the Michigan state WIC office, she then became the state Nutrition Coordinator. In 2003, she moved to Oregon, and as a state Nutrition Consultant, she's enjoyed working with her agencies, on the food list, policies and a myriad of other projects.

“For me, working at the state level has been my way of serving local agency staff and participants across the state. I appreciate what is involved with running a WIC program and being a WIC participant. All these years, my secret initiative has been to support state decisions to make working in WIC or being a WIC participant as easy as possible. It's been my honor to serve this way. Thanks for all you do to support the nutrition & health of the families in your community.”



# Cheryl Alto is retiring

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I came to the state almost 16 years ago to be part of a team with a common purpose and meaning. I fell in love with public health and the incredible people who work for WIC.

Thank you for work we have done together and the memories we have created.

Great things await.





# Join the State Team!

2 Nutrition Consultant positions open until 12/20/23

You forwarded this message on 11/22/2023 10:40 AM.

**[Internal candidate: REQ-142861 WIC Nutrition Consultant \(2 positions, 1 English/Spanish bilingual\)](#)**

**[External candidate: REQ-142861 WIC Nutrition Consultant \(2 positions, 1 English/Spanish bilingual\)](#)**

**Close date: 12/20/23**

**Salary Range: \$5148 - \$7902**

**Location:** Position must be able to travel to WIC local agencies and sites throughout Oregon for technical assistance and support and to conduct local agency reviews.

80-85% of this work may be conducted remotely at an alternate worksite with full access to the needed operating systems and technology. However, there are many times that the work will need to be conducted at the primary work location listed in this announcement, the Portland State Office Building located at [800 NE Oregon Street, Portland, OR 97232](#). Work location can be changed at any time at the discretion of the hiring manager.



# Outreach updates

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# In-services under development

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- Exit counseling
- Risk update



Formula  
updates?



# University of Minnesota Maternal Nutrition Intensive Course

8 hours of CEU for WIC Nutritionists

Sept-Dec 2023



- Implementing the new AAP guidelines for children and adolescents with obesity
- Weight inclusive approaches to MCH Nutrition: Review of literature
- Weight inclusive practices in food and nutrition assistance
- Using positive deviance concepts to improve WIC counseling
- Early Child Nutrition: From birth to five years
- Cannabis use in pregnancy and lactation
- Moving towards a whole-child approach: incorporating social emotional learning into youth programming

Course closes  
December 31,  
2023



THANKFUL

