

Recognized Young Dietitian of the Year (RYDY) 2026

APPLICATIONS ARE DUE January 31st

The purpose of the RYDY program is to recognize the competence and activities of younger dietitians in the Academy of Nutrition and Dietetics and to encourage their continued participation in Academy affairs. This group will be an additional resource from which the leadership of the Academy will develop, both at the district, state, and national levels.

Criteria for Selection (Affiliates may develop more detailed criteria to meet their needs.)

1. Member of the Academy of Nutrition and Dietetics.
2. Age limit as of May 1 deadline: 35 years or younger.
3. Active participation in the national, state, or district association.
4. Is a Registered Dietitian or Registered Dietitian Nutritionist or the equivalent in their own country if an international member.
5. Not previously selected as an RYDY in current or any other affiliate.
6. Demonstrated concern for the promotion of optimal health and nutritional status of the population.
7. Demonstrated leadership, e.g., in legislation, research, education, management, etc., either in the Association or employment.

Selection Procedure

1. Washington State selects up to two recipients each year.
1. Nomination packets/information must be submitted **by no later than January 31st**.
2. Nomination packets must be completed **in accordance with the directions** provided.
3. The Awards chair will review all nominations to ensure packets are complete and candidates meet the specified criteria.
4. Screened nominations are sent to the Washington State Academy selection panel by no later than February 7th, with a return review date of no later than February 23rd.
5. The Awards chair will identify the nominee with the highest score.
6. The award recipient will receive the following recognition:

Award Recognition

1. The award will be presented at the Washington State Academy Conference.
2. A letter will be sent to the recipient's identified supervisor and posted on social media channels.
3. An article in the Washington State Academy newsletter will highlight the accomplishments of the recipient.

4. A certificate of recognition will be sent to the submitter together with a congratulatory letter from the President of the Academy. The affiliate is responsible for distributing the certificate and letter.
5. Recipients attending the Food & Nutrition Conference & Expo™ (FNCE®) the following fall may pick up a ribbon for their badge at the ribbon booth near registration.
6. The list of recipients for the year will be [published on the Academy website](#).

Washington State Academy Application Process for the RYDY Award

Washington State selects up to two (2) Recognized Young Dietitians annually. Applicants for the Recognized Young Dietitian of the Year must be 35 years or younger on the May 1st deadline. A committee consisting of three Washington State Academy board members will select the winners using a point system.

To be considered for this award, the following information must be completed and submitted:

1. **The nominee or a designated person shall complete the [online application](#).**
 - a. The online application includes uploading the candidate's resume or CV, plus uploading a letter of recommendation for the award.

Completed nominee information (both online application and required documentation) will be accepted until **January 31, 2026**.

Submission checklist (for completion by January 31, 2026)

- Complete Online Application (application link: <https://forms.gle/GRHiLiC4vBfex5ip9>)