

WSDA Dietitians on the morning news!

Heather Gabbert MS, RD, CD, and new RD, April Davis, had a great media experience this June.

She was live and on-air with Mark Peterson from Channel 4 KXLY in Spokane. The station contacted her to do a series of “spots” on the morning show regarding child nutrition during the Second Harvest Food Drive. The 30 seconds spots ran from 5 am to 8 am following the local weather updates. They covered topics including "crash or sustain" foods for tweeners; healthy foods to support kids immune systems as they are facing more and more illnesses these days; protein and carbohydrate balance; eggs in diet as high quality protein; chocolate milk vs. Monster Energy drink. Heather's was undaunted by the experience. “It was so much fun.”

Heather and April are from Sacred Heart Medical Center in Spokane; Heather is the GSDA Media Representative and April is on the board.