



March 2026 Member Spotlight

Get to Know: Bree McAlister

1. What is your educational background?

I have a bachelor's degree in Dietetics from The Ohio State University. I then did my dietetic internship through UMass Amherst. After that, I went back to school to get my master's in Exercise and Sport Science from Merrimack College. I also recently found out that I was accepted into a Graduate Certificate program (Public Health) through UMass Amherst, so I will be taking classes again in a few weeks!

2. How did you get involved in the nutrition field?

My first "taste" into the nutrition field was when I went to an Auburn University volleyball camp my freshman year of high school. We got to meet the team dietitian, who told us about her job. I thought it was super cool that she got to work with volleyball players and talk about food, so that was the moment I decided I wanted to pursue that track.

3. What are you presently doing in the nutrition field? (or what had you been doing before your retirement)

I am currently the WIC supervisor for the local WIC program in Barre, VT. I previously had a similar role for the CAPV WIC program in western Mass.

4. What do you like to do for fun in your spare time?

I have really been enjoying reading (both physical books and listening to audiobooks). I also enjoy camping, hiking, and cross country skiing.

5. Do you do any volunteer work in the nutrition field or in your community? If so, please describe.

(Bree was an active member on the WAMDA Board when living in the state!)

6. If you would like to include info on your family, please add some details including if you have any pets!

I love being an older sister - I have 5 younger sisters, the youngest of which is 9. Some live in Ohio, and some live in Florida, so we are pretty spread out; so, it's always special to get to see them. My husband also has 6 siblings, so we have a very large family! My husband and I don't have any pets, but I am trying to convince him to get 2 cats - any pointers would be appreciated.

7. Is there anything else you would like to do in your career?

I would love to work at the state level for WIC and even move on to the federal level at some point (as long as it stays intact!)

8. Please add anything else that you would like to share so that the WAMDA membership gets to know a little about you.

Even though I live in a different state now, I love being part of WAMDA as it has helped me build relationships with other RDs and feel confident about serving in a leadership role. I now serve as the Public Policy Coordinator for VAND, and I don't think I would have ever sought that out if it weren't for WAMDA. Thank you!