

Distinguished Graduate Faculty Mentor Award

MASTER'S CATEGORY



Virginia C. Stage

Associate Professor

Department of Nutrition Science

2022

Dr. Virginia C. Stage, PhD, RDN, is an Associate Professor in the Department of Nutrition Science and Director of the Food-based Early Education (FEEd) Lab (www.thefeedlab.org). She obtained her PhD in Nutrition Sciences from North Carolina State University, and her MS in Clinical Nutrition and BS in Nutrition & Dietetics from East Carolina University. Dr. Stage has received numerous award including the Society for Nutrition Education & Behavior's Early Career Award and most recently, NC State's Outstanding Young Alumna Award. Dr. Stage's research is housed under the FEEd Lab. From kitchen to classroom, her mission is to empower early childhood teachers' and families with evidence-based strategies to improve children's (3-5 year) dietary quality through early education, exposure, and access to healthy foods.

After gaining a clear understanding of students' background, past experiences, and personal interests, Dr. Stage puts them to work in the community. She strives to help students identify their professional purpose, recognize their strengths, and refine the skills they need to be successful in graduate school and their future career. Dr. Stage is recognized for her "selfless, persevering, committed" mentoring style. One student nominator wrote, "Dr. Stage's mentorship turns mentees, like me, into future mentors. I know that if I had to count on one hand the most influential people in my life, she would be one of them. And I'm just one person, one story, one example of the powerful and life-changing result of Dr. Stage's mentorship." The faculty nominator noted that her mentoring always includes advocacy for important issues in nutrition science and her engagement with service-learning helps her students in immeasurable ways.

