WELCOME TO GS DA!

Therezia Alchoufete, gSDA President, CMD Yr 1

The Graduate Student Dietetic Association (gSDA) has kicked off the 2016-2017 academic year with lots of enthusiasm. The purpose of the gSDA is to provide a framework to stimulate involvement of graduate students in the profession of dietetics, and many of our CMD grads and post-baccs have shown dedication to this mission already. Through the gSDA, members can provide nutrition-related services to both the Greater Pittsburgh community as well as SHRS.

We are so excited to see where the year will take us, and we can already tell that there is immense potential within our organization. Keep an eye out for upcoming events and opportunities, and let us know if there are any projects that the gSDA could be a part of.

It has been a pleasure meeting all of you, and I look forward to working together in the gSDA!
Christine Manta, CMD Yr 1

Bright and early on a Saturday morning in September, 3 members of gSDA were up and ready to teach kids about healthy eating and exercise at the St. Jude Walk/Run to End Childhood Cancer. Christine Manta volunteered alongside the Pitt AND Community Involvement team and nutrition and dietetics undergrads from Seton Hill to work with kids on a MyPlate activity. The kids had a great time picking out their favorite foods and gluing each item on a plate in the right food groups. Rachael Solomon and Kaleigh Talbert were also at the event as part of their Independent Study with Phipps Conservatory with a Twister game based on healthy foods and a jumbo dice that kids could throw to do different exercises like jumping jacks. A highlight of the morning was talking to a group of three brothers, one of whom was a cancer survivor, who were so enthusiastic about knowing all the food groups and excited to take their MyPlates home to hang on the refrigerator.

WANT TO GET INVOLVED?

Make sure to look out for emails from gSDA for more opportunities like these! If you aren’t a member yet, just email us at gSDApgh@gmail.com and we will add you to the list!
PITTSBURGH LEBANESE FESTIVAL  
SATURDAY-SUNDAY, SEPT 10-11, 2016  

Xingyue (Joy) Zhang, CMD Yr 1

Communities gathered together at the Pittsburgh Lebanese Festival for food, music, dances, and performances. At the event, I volunteered to help serve food, and it was a great opportunity to meet people from the Lebanese community, learn about Lebanese dishes and taste them! Among all the delicious food, my favorite was lubia (green beans in tomato sauce), and it could also be a great option for vegetarians. One thing that impressed me the most was the large number of people that attended the festival and the people from other cultural communities that joined the celebration.

SHRS BURGH BASH  
THURSDAY, SEPT 15, 2016

Erika Frazer, CMD Yr 1

On September 15th, the Burgh Bash was held on the fourth floor of Forbes Tower. The undergraduate SDA paired with gSDA to represent the nutrition and dietetics programs at SHRS. Many other professions were also represented, which provided an exploratory setting for students to learn about SHRS’s many programs along with a free dinner, a DJ, and great giveaways. This year each student received a passport that listed questions to ask at each booth; once answers were given, the student received a stamp on their passport. The booths were very interactive and it was a great learning experience for all who attended. It was a great opportunity for gSDA to present themselves to the student body and to answer some very common questions and misconceptions about nutrition.
UPCOMING EVENTS:

**October 14 - 18**
FNCE

Are you attending this year’s Food and Nutrition Conference and Expo in Boston? If so, we want to hear from you! Email us your pictures and a short article to be featured in the October newsletter!

**October 17**
FALL BREAK

**October 28**
GSDA MEETING + PIZZA

Join us for our first monthly meeting! We will have a guest speaker and pizza.

Please remember to bring your dues ($5/semester, $10/year)

**October 31**
HAPPY HALLOWEEN!

*Look out for information on our Thanksgiving food drive and other events this fall!*

MEET THE GSDA

**President**
Therezia Alchoufete

**Vice President**
Jacquelyn Klunk

**Business Manager**
Kaleigh Talbert

**Newsletter Editors**
Therezia Alchoufete & Selena Hasircoglu

*If you’d like to have a more active role in gSDA leadership, let us know! There are always opportunities to lead different projects and committees.*

INTERESTED IN WRITING?

Contact us if you’d like to contribute an article to next month’s newsletter! Content can include activities you’ve participated in through gSDA, service projects you’re doing in the field of nutrition and dietetics, or informative blogs on current nutrition topics.

We’d love to hear from you!