

gSDA NEWSLETTER

THE GRADUATE STUDENT DIETETIC ASSOCIATION

MARCH 2017



INSIDE THIS ISSUE:

412 Food Rescue.....	1
National Nutrition Month at CMU.....	2
PitAND RDN Day Celebration.....	2
Vintage Nutrition Fair.....	3
Spring Into Nutrition.....	4
Community Involvement.....	5
Student Poster Competition.....	6

MONTHLY GSDA MEETING – 412 FOOD RESCUE

Jacquelyn Klunk, CMD Year 1

For our March meeting, gSDA welcomed one of its members to speak. Abbey Bartkowski (CMD, Year 1) spoke on behalf of 412 Food Rescue and Cooking Matters. 412 Food Rescue is a group that strives to prevent viable food from being thrown away, thus reducing food waste. They collect food that is still good, but would otherwise be thrown away, from businesses and organizations in Pittsburgh and distribute it to recipients. This food is also used in their Cooking Matters classes, a program run through Share Our Strength's No Kid Hungry initiative. Cooking Matters is a class that teaches families to shop and cook healthy meals on a budget, incorporating cooking skills with basic nutrition education. The class is entering into its third 6-week cycle in April, and thus far, the data is promising positive effects. Abbey is very involved with 412 Food Rescue this semester through her Community Supervised Practice, but encouraged all gSDA members to volunteer with this fun and beneficial program. Thanks to Abbey and 412 Food Rescue for sharing this opportunity with gSDA!

CELEBRATIONS AT CARNEGIE MELLON UNIVERSITY

Vivian Ng, CMD Year 1

March is National Nutrition Month, and I had the opportunity to attend an event at CMU that was held by the dining services department. I worked with Jessica Tones, Dining Services Registered Dietitian. The topic of the event was eating well at CMU and to encourage plant based food in students' diets. There were tables of salad samples from several suppliers in the dining area and information on health, wellness and sustainability provided by CMU Staff Council Wellness Committee. There were also three wellness lectures (Smart Snacking, Eat Well @CMU and The Power of Eating Plant Based) and food demonstrations were presented by CMU Peer Health Advocates, Ms. Tones, and the Culinary Team. All sessions featured food demos led by a chef, such as "curried chickpea salad" and "peanut butter berry granola bites", and related handouts were distributed throughout the event.

A plant based diet is a powerful way to achieve good health. It is based on a wide variety of foods. Many different cultures around the world, like Latin America, the Mediterranean, Africa, India, Japan and China rely on vegetables, fruits, nuts, seeds, whole grains, legumes, herbs and spices to bring great flavors, colors and sound nutrition to their daily meals. There are four types of plant based diets: Semi-Vegetarian or Flexitarian, Pescatarian, Vegetarian and Vegan. Semi-Vegetarian or Flexitarian diets includes dairy foods, eggs, and small amounts of meat, poultry, fish and seafood. Pescatarian diet includes dairy foods, eggs, fish and seafood, but no meat or poultry. Vegetarian diets (also known as Lacto-Ovo Vegetarian Diets) includes dairy and eggs, but no meat, poultry, fish or seafood. Vegan diets includes no animal foods. Eating plants can improve health, lower disease risk, weight loss and longevity.

Overall, the event was a success - students and guests had a great time. It was a great experience to be able to work with a registered dietitian in a university and provide educational and knowledgeable information to CMU students. It was amazing to see the interactions between students and speakers, and I was satisfied when I heard students saying they were going to incorporate the recipes that we gave them during the presentation into their diet and they were eager to try it out!

RDN DAY CELEBRATION WITH PITAND

Therezia Alchoufete, CMD Year 1, gSDA President

What do liquor distillery founders, pizza shop owners, and registered dietitians have in common? They were all gathered at the Carnegie Library in East Liberty on March 8th to celebrate National Registered Dietitian Nutritionist (RDN) Day! The celebration consisted of workshops with guest entrepreneurs, raffle prizes, a catered dinner, and more. I had the opportunity to volunteer as a PitAND student member, and there were several other RDNs and students in attendance. Meredith Grelli, founder of Wigle Whisky, led the workshop with her discussion of building a business tailored to your market. Resume building and effective communication workshops were also included. Finally, Joe Ciotti, owner of several pizza shops and a business advisor, gave us insight on how to be an entrepreneur as an RD.



Laine Greenewalt (Adagio intern), Chad Wessinger (Pitt DPD Alumni and current Adagio intern), Rikki Rabbin, RD (Pitt Alumni), Therezia Alchoufete, and Courtney Riedel (Pitt CMD Students)

NUTRITION FAIR AT VINTAGE CENTER FOR ACTIVE ADULTS

Vivian Ng, CMD Year 1

On March 31st, a group of graduate and post-baccalaureate students volunteered at a nutrition fair held at Vintage Center for Active Adults, organized by CMD Year 1 student, Tawnee Cunningham. Topics, such as added sugar, diabetes, low sodium diet, general nutrition, exercise, and a body composition and blood pressure workshop were set up in the event. Tables were set up so that we can interact with members and distribute handouts. Food demonstrations (smoothies, toasts, a stir-fry, and homemade snack bars) were carried out throughout the day along with food tastings. East End Food Co-op and Trader Joe's Shadyside sponsored many of these food items. Therezia Alchoufete, CMD Year 1 grad student, gave a presentation on the Mediterranean Diet and the positive impacts on heart health, including a food demo on a Mediterranean salad and other foods sponsored by Pitaland in Brookline.

Overall, the event was a success and the members had a great time. It was exciting to hear that almost all of the members were aware of the impact of added sugar and sodium on health, and they were eager to learn more about switching to low sodium food. Having a chance to talk with the members about nutrition and health, being able to help them by providing specific nutrition information and showing our passion for food and nutrition is simply wonderful and very rewarding.



Photos of graduate student volunteers:
Tawnee Cunningham, Laura Harnish, Jackie Klunk, Selena Hasircoglu, Erika Frazer, Rachael Solomon, Therezia Alchoufete, Camilia Younes, Vivian Ng

SPRING INTO NUTRITION

Samantha Pierce, CDN Senior, undergrad SDA President

On Thursday, March 30th, the undergraduate members of the Student Dietetic Association took over the fourth-floor lounge of Forbes Towers to showcase all their nutrition knowledge in their annual Spring into Nutrition event! Every year, the members devote time to creating poster presentations based on scientific information relevant to their nutrition topic of interest. The floor was filled with food samples, informative posters, and interactive set ups. The Exercise Science Club was also able to send over a few representatives to engage in this multi-disciplinary extravaganza. Some popular posters included information on how to best fuel the body before working out, an interactive blood pressure checkup station, a homemade vegan cookie alternative, and a trendy food explanation table! As guests interacted with the members at each table by listening to their presentation and asking their own questions, they were awarded raffle tickets to enter to win various prizes. Interviewed guests were happy to announce that they left the event feeling more aware and informed of some of their nutrition inquiries. Thank you to everyone who came out for this event and to the members who worked so hard to showcase their nutritional knowledge!



Emily Seiler takes blood pressure measurements



Samantha Pierce and Hannah Goodnight, President and Vice President of the SDA

COLFAX ELEMENTARY SCHOOL

Erika Frazer, CMD Year 1

This semester, Selena and I spent our Monday mornings at Colfax Elementary in Squirrel Hill. We worked alongside two eager teachers who wanted to make PSSA prep more enjoyable for their fourth and fifth grade classes. Specifically, these teachers designed a program to highlight “brain foods.” This program, termed “Magic Monday,” took place during the first half of math class after the gifted students left. It typically involved presenting an uncommon fruit and vegetable to the kids. We would briefly talk about what makes these foods good for our brains and then the kids got to sample the foods. The kids loved learning about what could make their brains function at its peak capacity. They looked forward to the treat of trying something new and being able to provide feedback on their food critic worksheets. Selena and I would collect the worksheets and review them from time to time, enjoying the comments left by such intelligent and appreciative students. The teachers who organized Magic Monday were just as excited and appreciative as the students were. This experience provided great insight into the eating habits of families from a variety of ethnic and socioeconomic backgrounds. For dietetics students looking to gain more community experience, please consider this opportunity for the fall semester.



Each week, both a fruit and vegetable were prepped for the classes to try. Pairings not featured above were: radishes and starfruit, rainbow carrots and kumquats, and butternut squash and pluots.

WANT TO GET INVOLVED?

If you aren't a member yet, email us at gSDApg@gmail.com to join this fall. Current members, look out for emails from gSDA for volunteer opportunities and upcoming events.

MEET THE GSDA

President

Therezia Alchoufete

Vice President

Jacquelyn Klunk

Business Manager

Kaleigh Talbert

Newsletter Editors

Therezia Alchoufete

&

Selena Hasircoglu

UPCOMING EVENTS:

All are welcome!

Sports Medicine and Nutrition
Department

Student Poster Competition

VOTE

Monday, April 17 - Wednesday, April 19
4th Floor
Forbes Tower

We need your vote! Winners announced during finals week.

SHRS
SCHOOL OF HEALTH AND
REHABILITATION SCIENCES

The second year Coordinated Master in Nutrition and Dietetics students are participating in their first annual poster session April 15-17th on the 4th Floor of Forbes Tower. The posters will display the results of the students' Quality Improvement Research projects conducted at their primary clinical facilities.

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!