

# SDA March Newsletter



Hello SDA! I hope you had a great March and are getting ready for the wrapping up of the semester! Thank you again to those who attend the meetings and participate in all of the fun opportunities we offer! In addition, thank you for treating the guest speakers with respect and engaging with them as much as possible – it means a lot! As the semester starts to come to a close we hope you all are getting ready for finals week, but also prioritizing your mental health. Take study breaks, go on walks in this nice weather we are having, or do anything that makes you relax amidst this stressful time of the semester!

## Fun Things to do in Pittsburgh

Now that the weather is getting warmer it's a good time to explore the city and all that it has to offer! Here are a couple of fun activities you can do that can help you de-stress and have fun!

### **Phipps Conservatory and Botanical Garden**

Phipps is a beautiful botanical garden located in Schenley Park that has a beautiful variety of plants and flowers. Walking through Phipps is not only pretty, but such a relaxing time – we highly recommend!





## Explore the City's Coffee Shops!

The city of Pittsburgh has so many cool coffee shops to offer! Here are some that are definitely worth it to try out!

**61c Café** – Squirrel Hill

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**Big Dog Coffee** – South Side

**Delanie's Coffee** – South Side

**Coffee Tree Roasters** – Shady Side




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## Needed: Chair Positions for Next Year!

*Positions we need filled ...*

*Applications will be attached to this email – send them to [pittsda@gmail.com](mailto:pittsda@gmail.com)!*

**Vice President (President for 2022-2023):** *The president elect is elected with the understanding that they will be taking over the following year as president of SDA. President elect must attend every meeting. Other responsibilities include coordinating guest speakers for each semester. It is also the president elect's job to fill in for the president whenever necessary. As such, this individual needs to have excellent communication skills for e-mail correspondence and should be comfortable with public speaking.*

**Secretary:** *The secretary will oversee answering e-mails sent to [pittsda@gmail.com](mailto:pittsda@gmail.com), such as questions from those interested in joining the club, as well as any other inquiries. It is also the responsibility of the secretary to track attendance each meeting and keep track of member points. The secretary is required to attend all meetings, as it is their responsibility to keep track of meeting minutes and compose weekly e-mails containing minutes for the club. They also will send out the weekly meeting reminder. The secretary should be very organized and punctual.*

**Business Manager:** *The Business Manager will oversee communication between the Student Organization Resource Center and Student Advisory Board for yearly club allocations, donations, expected payments made by the Student Dietetic Association. They will also oversee semester dues and coordination of dues collection from the club. The business manager is encouraged to create a yearly budget in coordination with the president and club advisor and should be detail oriented.*

### Meet the Faculty!

Meg Meyer Costa

#### Areas of Expertise

- Disordered Eating
- Intuitive Eating
- Women’s Health

#### Favorite

- Grilled asparagus with lemon juice



### We Need Helpers for the Forbes Tower Atrium!

We have an atrium at the Forbes Tower and need a group of people to help out with making it flourish!

If you are interested email or text our sustainability officer Bri at:

[ibd1@pitt.edu](mailto:ibd1@pitt.edu) or 724-759-3454



### Podcast Recommendations

If you are interested in sports nutrition

#### We Do Science



If you are interested in HAES and intuitive eating

#### Food Heaven the Podcast





## Check Out Professor Passerello and Sustainability Chair Bri!

Professor Passerello and Bri did a collaboration for the American Heart Association on a Cole Slaw recipe! <https://www.youtube.com/watch?v=lp8LIWBnNq4>



### Highlight From This Month!

We had a great time listening to and engaging with the Academy of Nutrition and Dietetics President Linda Farr on March 16<sup>th</sup>! Thank you to everyone who logged in to listen and participate!



### Stay Connected!

**Email:** pittsda@gmail.com

**Instagram:** @pitt\_nutrition

**Twitter:** @PittNutrition

**Facebook:** Pitt Nutrition

