
WINTER SDA NEWSLETTER

HAPPY WINTER BREAK!

Hi SDA! Hope everyone had a happy and healthy November! As the semester comes to a close, we want to say how proud we are of all of you for pushing through a tough semester.

This has definitely not been a typical couple of months, but we thank you for all your participation and activeness within the SDA! We hope your finals went well and you enjoy your (much deserved) winter break!



Sustainable swaps for winter!

Use silicone mats instead of parchment paper when baking holiday cookies!

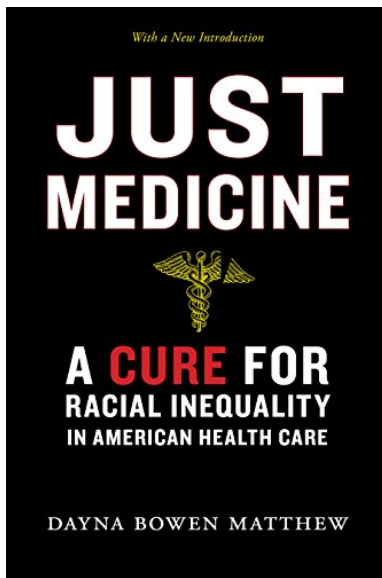


Use reusable coffee filters for your warm drinks as it starts to get colder out!



Social Justice Education: Book of the Month!

As we continue to encourage SDA members to educate themselves about the social injustices going on, we share books each month in order to give you some resources! Every month we will give recommendations for books that help start conversations and encourage learning in order to help creating a safe and welcoming environment for everyone! *Just Medicine* dives into a plan to eliminate inequalities present in American healthcare.



Some Ideas to Help with Quarantine Boredom!

Read! As we end a semester that consisted of always staring at a screen, reading can be a nice break for our eyes! Don't know what to read? Check out the social justice education book of the month!

Zoom with friends and family! Although it's not the same as seeing them in person, it is a fun and safe way to stay connected!

Upcycle Old Clothes! You don't need to be an expert seamstress to turn pieces of clothes that you will never wear again into something new! Look up beginner upcycling on google (or tik tok) and see all the fun possibilities!

Blue Light Glasses



As mentioned before, in a time when we spend a lot of our day staring at our screens, it's important we take care of our eyes! Blue Light glasses are a great way to relieve eye discomfort, decrease headaches, and sleep better! Here is a link to a couple not only affordable, but great pairs!

<https://nymag.com/strategist/article/best-blue-light-blocking-glasses.html>

Stay Safe this Holiday Season

Keep yourself up to date with the COVID-19 restrictions for holiday gatherings this year.

Here is a link to the CDC guidelines which outline how to stay connected with family and friends while also helping to slow the spread of the virus!

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>



Meet the Faculty

Professor Beatrice



Area of Expertise:

Weight Management

Behavioral Research

Clinical Nutrition (specifically critical care)

Favorite Winter Food:

Pumpkin Veggie Chili

DPG Memberships:

Weight Management

Research

Stay Connected

Email: pittsda@gmail.com

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Twitter: [@PittNutrition](https://twitter.com/PittNutrition)

Facebook: Pitt Nutrition