

University of Pittsburgh Student Dietetics
Association

October Newsletter



Happy October SDA!

We hope this newsletter finds you in good health! This year has been so great so far as meeting attendance and participation in the opportunities offered, and we thank you all for that! Although this year has been far from normal, it is so great that we get to continue getting experience in the field of dietetics with all the opportunities and ways to stay connected. As midterms are coming to an end and we move into the end of the semester, you can expect more great meetings and opportunities to learn about the field!

Turning in Dues

Please try to get your dues in by November 9th!

Semester - \$6

Year - \$12

You can email or text Bella if you have any questions, and there will be another in person drop off held before November 9th so check your emails!

iks6@pitt.edu or 570-637-7402

UPCOMING EVENTS

**Annual World Dietetics Conference:
Calling In, Calling Out, Pushing
Boundaries Towards a Just and
Inclusive Dietetics (free!)**

Friday November 6th, 6-9PM - 10th

<https://www.eventbrite.ca/e/world-critical-dietetics-conference-2020-registration-121409175111>

PitAND Mentor/ Mentee Program:

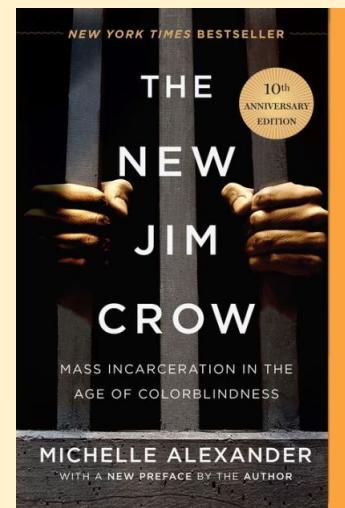
November 17th, 6-7pm (zoom)

Roots Fundraiser

November 18th, (all day!)

Social Justice Education: October's Book of the Month!

The New Jim Crow



As we continue our mission educating ourselves in order to be as much of an inclusive organization as possible, we encourage you to read books about these important topics! This will help start much needed conversations and help contribute to a safe and welcoming environment for everyone!

Fun Ways to Use Leftover Halloween Candy

Add them to your favorite cookie, brownie, or blonde recipe!



Recipe:

<https://thebakermama.com/recipes/leftover-halloween-candy-cookie-dough/>

Crush them up and use it as a yogurt or oatmeal topping



!

Check out the Nutrition Inclusion Initiative!

<https://www.shrs.pitt.edu/ndbs/about/nutrition-inclusion-initiative>

UPCOMING GUEST SPEAKERS:

As guest speakers start coming to our meetings we want to remind everyone that they represent not only themselves as professionals, but the program as a whole. We encourage you to ask questions and make the most out of the experience, but make sure your questions and comments are respectful and reflect our appreciation of their time and energy for coming to talk to us!



November 3rd, 7:30pm via zoom

Emma Gorski - MSD, RD, LD
Emma came to Pitt as part of the Gatorade Sports Nutrition and Immersion Program (SNIP). She will be talking about the profession of sports nutrition and everything that goes on in the field.

Sustainable Swap Ideas for the Holiday Season!

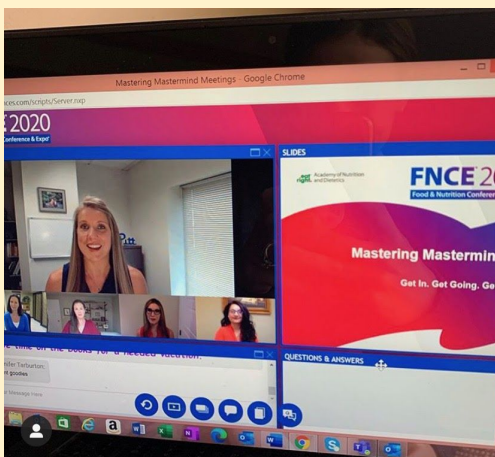
Use reusable coffee cups for your fall drinks!



Using reusable tea strainers and loose tea as opposed to bags!



HIGHLIGHTS FROM FNCE



Professor Paserrello at the FNCE session titled Mastering Mastermind Meetings!

