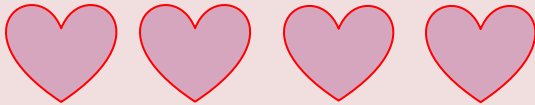


University of Pittsburgh

SDA February Newsletter

Hi SDA! We hope you had a great February and that your classes are treating you well. We have some amazing guest speakers coming up in the next few meetings and hope you're as excited as us! Thank you to everyone who came to the past meetings and listened and engaged with the guest speakers, your participation and respect means a lot!



Peer Tutoring!

Classes can be hard, but you don't have to do it alone! Did you know there are peer tutoring options for Dietrich Undergrad? Schedule an appointment for a variety of classes such as biology, chemistry, and statistics!

<https://www.asundergrad.pitt.edu/study-lab/one-one-peer-tutoring/peer-tutoring-courses>



SAVE THE DATE!

Join us for the legislative event on RD Day! Legislation remains an important part of our profession, especially now as we work to pass our licensure bill. Now is the time to show your support and attend this event!

What: Legislation Made Simple: How to lead the way in Public Policy

When: Wednesday, March 10th, 4:00-6:00pm

Register here!

https://docs.google.com/forms/d/e/1FAIpQLScrneOHDDHD_jurUa5Z3zzOrvpVBxQvvhKRiTI_lQ2Ec-H7w/viewform?gxids=7628

Podcast Recommendations

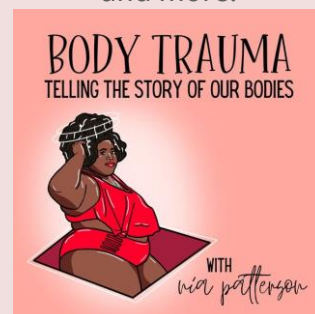
Peter Attia the Drive

The Drive (host Dr. Peter Attia) focuses on the applied science of longevity, the extension of human life and well-being!



Body Trauma: A Story Telling Podcast

Body Trauma is a podcast that listens to people recount their experiences in their body and their life. It discusses all types of discrimination, eating disorders, body image, sexual assault, gender transition, and more.



MEET THE FACULTY!

Anne Marie Kuchera, MS, MA, RDN, LPC



Areas of expertise:

Community and Population Health
Health Behavior Change
Family-based Pediatric Weight Management
Food Security and Social Determinants of Health

Favorite Spring Food:

Irish Soda Bread (spring-ish)

Memberships:

American Public Health Association
American Counseling Association
Children's Hospital Association
Behavioral Health DPG
Hunger and Environmental Nutrition DPG

Caroline Passarrello

Check out this faculty spotlight!

<https://www.shrs.pitt.edu/videos/faculty-spotlight-caroline-passarrello>

Don't forget about the Kale to Pitt T-shirt sale!



THE SDA KALE TO PITT T-SHIRT SALE IS BACK!

The Student Dietetic Association is selling a brand-new designed t-shirt to raise money for events such as the white coat ceremony

SALES END MARCH 25th!



Short sleeve shirts and long sleeve shirts are available in pink, charcoal, and green. Crew neck sweatshirts are available in green and charcoal. Follow the link below to place your order today!

10% of all proceeds from the shirt sale will go to **SDA**.
We thank you for your support again this year!

https://order.universitytees.com/bird_banks/84854/signups/new

Order here:

https://order.universitytees.com/bird_banks/84854/signups/new

Our SDA members Sofia Cadahia and Katie Venezia shined in their cooking demo to the Katz School of Business!



Registered Dietitian Nutritionist Day

This is celebrated on the second Wednesday in March! It increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services helping people enjoy healthy lives (picture attached)

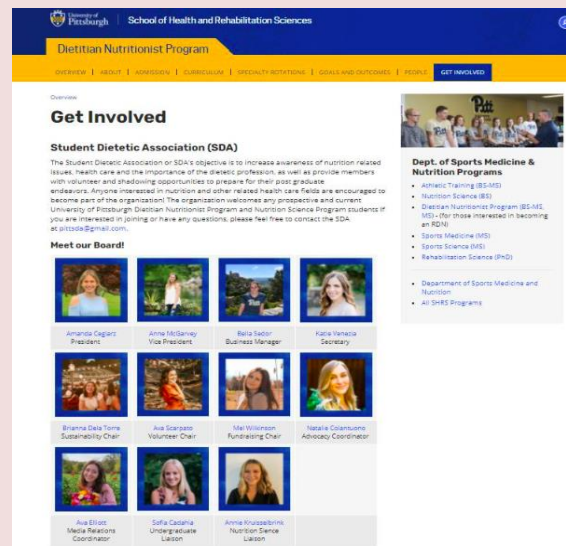


March is National Nutrition Month!

What is it? It's an annual campaign created by the Academy of Nutrition and Dietetics! During this month they invite everyone to learn and make informed food choices and develop healthy eating and physical activity habits!



Check out the GET INVOLVED page on the Dietitian Nutrition Program webpage!



Stay Connected

Email: pittsda@gmail.com
Instagram: @pitt_nutrition
Twitter: @PittNutrition
Facebook: Pitt Nutrition

