

University of  
Pittsburgh  
2021

# Pitt SDA Spring Newsletter

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Hello SDA! Congratulations on finishing up your spring semester! We hope all of your finals went well and you are enjoying the warm weather! Thank you for your participation this year and engaging with us under the hard circumstances that virtual learning had brought upon us. We are looking forward to more in-person opportunities and meetings next year and continuing this amazing community we have built!



## Spring Sustainability Ideas

Every season there a ton of ways you can practice sustainability! Here are a few ideas to incorporate into your routine!

**Spring cleaning:** use non-toxic cleaning products and reduce paper usage by switching to rags rather than paper towels!

- Non-toxic cleaner: try using vinegar + water + baking soda!

**Bike, walk, or carpool when you can:** now that the weather is getting warmer it's a perfect time to walk or bike to places that are close enough and safe enough to do so!

**Opt for E-tickets:** with things slowly opening back up, you may find yourself going to places where you need a ticket – if so, opt for an E-ticket if possible to reduce unneeded paper waste!

## Things to do if you're staying in Pittsburgh!

**Carnegie Science Center:** look at a variety of exhibits that are both fun and informative in this museum!

**Farmers Markets:** get fresh local from farmers markets all around the Pittsburgh area – here is the master guide to all the farmer’s markets in the area: <https://goodfoodpittsburgh.com/the-ultimate-guide-to-pittsburgh-farmers-markets-2021/>

**Pittsburgh Strip District:** Walk around the Strip district and see all the shops and restaurants it has to offer!

## Podcast Recommendations

Food Dignity	Nutrition Lifestyles with Kim and Johane
 <p data-bbox="532 1188 928 1331">Food Dignity with host Clancy Harrison dives deep into the struggles of food insecurity in America.</p>	 <p data-bbox="1003 1176 1464 1390">Nutrition Lifestyles talks a lot about women’s health, food, nutrition, and wellness! They share proven techniques in order to help you on your journey to a happy and healthy life!</p>

## Congratulations to our 2021 Graduates!

We are so proud of you!



### Faculty & Staff Adjunct

#### Umeka Ganjoo

##### Area of Expertise

Administration (higher education & Healthcare setting)

Human Resources/ Talent Acquisition

Psychology, Sociology

##### Memberships

American College of Healthcare Executives

Pitt United Way

Society for human Resource Management

##### Favorite Spring Food

Anything with fresh fruit



**Stay Connected!**

**Email:** pittsda@gmail.com

**Instagram:** @pitt\_nutrition

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