Greetings From the Chair

Dr. Kathryn Silliman

Alumni and friends of the Department of Nutrition and Food Science (NFSC), I am excited to present to you our annual alumni newsletter. You will find articles about some of our incredible students. They are outstanding students in their options, award-winners, emerging leaders on the state and national front, leaders on important research and community-based projects, and movers and shakers around campus and in the community. You will also read about our student organizations. The faculty and I are so fortunate to be able to teach and mentor our undergraduate and graduate majors. We are proud of each and every one of them, and we are dedicated to their success.

Our majors continue to grow. We currently have 285 undergraduate and 35 graduate majors. With this growth in majors, there is a need to continue to hire additional faculty. I am thrilled that Lauren Atwell joined our department this fall. She is a Registered Dietitian Nutritionist from Georgia, who recently completed her PhD from Oregon State University. She will be establishing a laboratory-based research program that will focus on the health benefits of dietary phytochemicals. The department faculty and its students are excited to see a new area of research for faculty collaboration and student projects.

One of the highlights from the faculty for 2014-15 is that Michelle Morris was selected as the 2015 Outstanding Dietetics Educator for Area 1 from the Academy of Nutrition and Dietetics. This award is given to an educator who is outstanding in teaching and mentoring students and is a demonstrated leader. She was the Dietetic Internship Director for ten years and was responsible for coordinating internship placement across the North State, an often challenging task in our rural region. She was also the graduate coordinator for our MS program for four years and helped to establish a mentoring program and to resurrect the Graduate Student Association. The department is grateful to Michelle for her dedicated years of service to our graduate and dietetic internship students.

I am grateful to both Joan Giampaoli and Courtney Clark who agreed to take over the management of the dietetic internship program. I look forward to the future with these two professionals at the helm.
NFSC faculty published one text book; 11 journal articles, most of them with students; two articles in professional newsletters; and one set of guidelines for nutrition practitioners.

I want to take this opportunity to thank all of the alumni and friends who made donations to the department’s annual fund. I want to say a special thank you to Debra Geary Hook who was selected as the 2015 Distinguished Alumni from the College of Natural Sciences. Debra has been a tremendous supporter of our program and she recently helped one of our students, Alexandra Kreusser, attend Public Policy Workshop Day in Washington, D.C. Donations like these can provide life changing opportunities for our students. This past year, we used funds to pay for cabinets for the foods lab and professional knife sharpening services; our annual advisory committee meeting in the fall; Fall Preview Day and Choose Chico Day in the spring; graduate student research and their attendance at professional meetings; memberships to professional organizations; books and other resources for faculty for the classroom; and small gifts for guest speakers in undergraduate courses and gifts for student award winners. Undergraduate Melissa Goings also received a $300 scholarship. If you have not donated to the department, please consider making a donation (see pages 19-20). Donations of all sizes are important and vital to the success of our program and its students. We would love to hear from you, so send us a paragraph and a photo of yourself, so that we can include it in next year’s newsletter.

I wish you and your family a wonderful holiday season and 2016 year.

College of Natural Sciences

Distinguished Alumnus: Debra Hook

Debra Geary Hook is a pediatric dietitian with the Children’s Hospital of Los Angeles, with Miller Children’s Hospital, and in private practice. She serves as a consultant dietitian for Ultragenyx, a clinical-stage biotechnology company. She teaches nutrition classes at Cal Poly Pomona; CSU, San Bernardino; and Loma Linda School of Allied Health and School Public Health. Geary Hook has been named an Outstanding Dietetics Educator by the Academy of Nutrition and Dietetics and serves on many committees working on nutrition protocols. She volunteers her time with the California Coalition for Phenylketonuria (PKU) and Allied Disorders, the Pasadena animal rescue, and the March of Dimes. Debra lives in Southern California with her husband, Frederic Hook (BS Engineering, ‘85), and would like to spend her spare time finishing up her doctorate.
A warm welcome to Lauren Atwell, The new NFSC faculty!

Lauren L. Atwell is a Registered Dietitian Nutritionist and joined the Department of Nutrition and Food Science at CSU, Chico in fall 2015. Originally from the state of Georgia, Lauren earned a BS in dietetics and an MS in foods and nutrition from the University of Georgia in Athens, Georgia. She then went on to earn a PhD in nutrition from Oregon State University. Lauren’s research is highly multi-disciplinary and translational, studying human nutrition from the molecular level and implementing realistic dietary approaches for improving health and preventing disease. The interdisciplinary nature of her work is an exciting addition to the department, as it provides unique learning and training opportunities for students in novel areas of nutrition research that will expand their opportunities for success in the ever-evolving field of nutrition.

Her research experiences and interests include investigating the health benefits of consuming dietary phytochemicals and the efficacy of phytochemicals in cancer chemoprevention. She also has ongoing projects investigating potential biomarkers of zinc nutriture. Her work is largely done through implementing human intervention studies and clinical trials.

Lauren also has a strong commitment to teaching and fostering the growth of students into highly effective nutrition and healthcare professionals. She currently teaches a basic nutrition course that focuses on understanding the role of nutrition in human health and applying this knowledge to meal planning. She also teaches a graduate-level course focusing on emerging research in vitamins and minerals. Lauren is excited to be a part of the CSU, Chico community.
Joan Giampaoli, DI Director
Courtney Clark, DI Coordinator

What an eventful year it has been for the CSU Chico dietetic internship. Michelle Morris stepped down as the DI director after 10 years. Thank you, Michelle, for all your wonderful work in making the DI the successful program it is! Courtney Clark became the DI coordinator in August, 2014 and Joan Giampaoli became the DI director in January 2015. We look forward to growing and developing the DI in the future!

August 2015 was the start of the 2015-2016 dietetic internship for five new CSU, Chico MS graduates. Joanna Bundros started her foodservice rotation at Feather River Hospital; Amy Ray started her clinical experience at Mercy Medical Center Redding; Emily McMillen started her foodservice rotation at Shasta Regional Medical Center; Megan Maggiore is interning at Plumas Lake Elementary School District; Finally, Robin Magalis is completing her foodservice rotation at Enloe Medical Center. They are all off to great starts and enjoying their rotation experiences.

We are so fortunate to have April MacKill, Foodservice director for Plumas Lake Elementary School District (PLUSD), as a new dietetic internship preceptor for the foodservice rotation. She has been at PLUSD for a year and a half and brings much energy and passion to the job. She was thrilled to take one of our interns and has many wonderful learning opportunities for them. Next year we are anticipating Elysia Fong, from the California Department of Food and Agriculture, will join our CSU, Chico DI preceptor team. Elysia will bring many unique experiences to our community nutrition rotation.

And last but not least, what have some of the graduates from the 2014-2015 dietetic internship been up to? Emily Ramsey is working full-time as a clinical dietitian at Feather River Hospital in Paradise. She is also covering two maternity leaves until the spring. In addition, Emily had been working per diem at Mercy Medical Center Redding. Tiffany Cooper is working as an inpatient clinical dietitian at UCSD Medical Center. Jennifer Messana is working as a clinical dietitian at St. Joseph Hospital in Eureka. We are so proud of our graduates and wish them the best in their careers!
Outstanding Graduating Senior in Dietetics:

**Jocelyn Miller**

After four years of hard work and dedication in the dietetics program, I walked across the stage at graduation in May and took one step closer to my future as a Registered Dietitian Nutritionist. I was honored to receive the award of Outstanding Graduating Senior in Dietetics, and I was proud to represent the high standards of the nutrition department by graduating Summa Cum Laude with double honors in the major in general education. Although I took my classes very seriously, my time in Chico was not spent purely in the academic realm. For two years, a great deal of my time was spent at the Center for Healthy Communities working in many capacities. My largest area of work involved providing nutrition education programs to low-income populations in several counties, and throughout my years I had the opportunity to increase my responsibilities from nutrition educator to coordinator of classes. I spent many weekends volunteering at the Shalom Free Clinic in Chico, caring for members of the community who could not afford a regular physician. Perhaps the greatest experience I was provided at CSU, Chico actually took me far away from the comfort of the small town college life; this was the opportunity to spend a summer studying abroad in Italy. While my time abroad was brief, I used every moment to study the beautiful language, travel the country, and to learn how to cook delicious, authentic dishes.

All of these experiences, along with many others, allowed me to obtain acceptance into my top-choice internship at Napa State Hospital. I have already completed nine weeks of the internship, all of which have been part of the clinical rotation spent with my fellow interns at the hospital. Every day, I am astounded to realize how much I have learned in such a brief period of time. Days at Napa State are spent interviewing patients, completing nutrition assessments, presenting case studies and research projects, teaching classes in the units, and attending interdisciplinary team meetings. Soon, I will be finished with this clinical rotation and will move on to other rotations such as WIC, head start, food service, marketing, and acute care. Along the way, I will begin to determine what areas of dietetics I work well in, and what areas are not for me. I will have incredible experiences that will result in lifelong memories, and I will learn more than I ever knew I could. The dietetics program could not have better prepared me for this experience, and I am proud to call myself a CSU, Chico alumna.
Outstanding Graduating Senior in Food Service Administration: *Kala Kyle*

Learning my way through the nutrition program at CSU, Chico and not dutifully opting for dietetics, my career choices upon graduation were boundless. I sought after opportunities to teach the community more about utilizing the forgotten practices that kept our ancestors vibrant, as well as the importance of where and how modern-day foods are raised.

Today, I have my hands in many things: teaching classes about specialty crops through Cultivating Community North Valley, working with Chico Creek Wellness to develop nutrition classes and teach a fermentation class through the Osher Lifelong Learning Institute, and volunteering with Chico Velo to organize events and advise bicycle safety. This last summer, I also launched my own educational venture in the hopes of reaching more ears and eyes interested in the importance of fermentation.

I can be found in Chico, bustling about in my experiment lab (the kitchen), writing, reading books, riding my bike, walking the aisles of the farmer's market, and tending my garden plot, rooted firmly in the Humboldt Community Garden.
Hello, my name is Maifeng Yang and I am a senior at California State University, Chico. I am currently in the Didactics Program for Dietetics (DPD) and will be graduating in the spring of 2016, becoming the first person to graduate with a bachelor’s degree in my family. I grew up in Oroville and am a commuting student going back from home to school and work in Chico.

For as long as I can remember, nutrition and food has always been an interest of mine growing up. In my spare time, I love learning about food, trying foreign dishes, and cooking. Despite how curious I was in the subject, I never quite understood the true value of the two until I started college at CSU, Chico. Ever since then, my outlook and knowledge about nutrition and food has most certainly grown and deepened. Throughout my years at Chico State, I’ve been involved in various clubs on campus such as the Nutrition and Food Science Association (NFSA), Educational Talent Search Alumni Association (ETSSA), Rotary Club, Hmong Student Association, and many more. In 2013, I became an intern/staff for the Center for Healthy Communities (CHC) and absolutely enjoy it. I love working in the area of community nutrition because of the intimate learning moments that I get helping out low-income families and individuals from all age groups.

Receiving the Floyd L. English and Luella Hopton Madsen scholarships for natural science has been one of my greatest academic achievements at Chico State. The two scholarships have most definitely helped ease a lot of financial burden on my family and me. I was even fortunate enough to meet the English family and thank them personally for their generosity. I’m very grateful to be part of a school that has a wonderful community and that wholly supports their students in achieving their dreams.
Floyd L. English Scholarship:  
Rachel Rutherford

My passion for helping others is one of the reasons I chose to major in nutrition, and I am very honored to have been given the opportunity to continue with my education thanks to the Floyd L. English Scholarship. Chico is my hometown and I’ve spent most of my life here, but I also moved to Mexico for several years during high school where I learned Spanish fluently. I’ve always enjoyed learning about different cultures, which was one of the reasons why I studied abroad in Japan. I have plans to graduate in spring 2016 and I hope to find a dietetic internship in Washington State. I feel very fortunate to have such wonderful faculty in the nutrition and food science department who have helped me succeed and who encouraged me to apply for scholarships such as this one.

Dr. Faye Dietetic Internship Award:  
Julie Van Buskirk

I am currently completing my dietetic internship at East Carolina University in Wilmington, North Carolina. Wilmington is a charming beach town with a very diverse population. I am currently completing the foodservice management rotation at New Hanover County Schools Child Nutrition Department and have been working closely with the child nutrition director, supervisors, and managers at 43 different schools. As part of my internship, I ensure that each school is following the federal guidelines for school breakfast and lunch programs, after school snack programs, fruits and veggies program, HACCP, proper food safety and sanitation regulations, and department policies.

Recently, I was selected to work as a student host at the Food and Nutrition Conference and Expo in Nashville, Tennessee. While working as a student host, I was able to collaborate with numerous state representatives from the Academy of Nutrition and Dietetics. After completion of my internship, I plan to work as a clinical dietitian.
NFSC Alumni and Friends Award:
Melissa Goings

I have been a part of the nutrition and food sciences major at Chico State for the past two years and the dietetics program for the last year. During my time at Chico State, I have been fortunate enough to have been a member and then to have served as the President of the Nutrition and Food Sciences Association. I learned plenty about my strengths and weaknesses as a leader and enjoyed being a part of a campus organization focused on health and nutrition! As a club, we spent time organizing projects and events for our own community, which I am very proud of.

Since my term as president ended, I have shifted focus toward mentoring others through the FitU program, which specializes in bringing students on-campus, individualized help with eating better and being more active. This program allows me to journey through life with students who may be struggling with health related issues and helps to strengthen my skills as a nutrition counselor. I hope to have the opportunity to reach many of my peers and fellow students, and help them to reach their own personal goals. I also continue to work as a dietary aide in the nutrition and food services department at Enloe Medical Center. This work provides great practical experience for dietetics.

I plan to complete a dietetic internship after completing my studies this semester so that I may go on to reach my goal of becoming a registered dietitian. I foresee myself working in a clinical setting as an RD, helping to implement individualized treatment plans to improve patients’ health. I have had the opportunity to benefit from great mentors during my time at Chico State and am thankful for all the advice and support I have received. I feel honored to have been recognized for the NFSC Alumni and Friends Award. I look forward to being an alumna of Chico State’s nutrition and food sciences department and represent their nutrition and health philosophy wherever I may go in the dietetics world.
I am a graduate student in the nutrition education program, graduating in spring 2016. I am deeply grateful and honored to be one of the recipients of the 2015-16 Lt. Robert Merton Rawlins Merit Award. I am currently working with Dr. Dawn Clifford on a research project determining the association between weight stigma and the incidence of dieting behaviors and weight cycling in adults.

I am passionate about Health At Every Size® and promoting health that is free from weight-based assumptions and fighting weight discrimination. Two years ago, along with Dr. Michelle Morris, I founded Embodied, the first HAES college club in the country. I was also the lead research assistant, with Dr. Clifford, on the HAEScuurriculum.com project; this curriculum is currently being used internationally by health educators. Currently, I am serving on the board of directors for the Association for Size Diversity and Health (ASDAH), the international organization behind the HAES approach.

I am also currently working as a nutrition and dietetics technician, registered with mentally and physical disabled adults in local care homes. I hope to continue my education at Chico State through the dietetic internship and become an RDN, with the ultimate goal of working in renal nutrition.
Shannon Pierson, Jennifer Joyce and Rocio Mendez are graduate students currently working on a USDA-funded project entitled “Foodie U,” directed by Keiko Goto, Joan Giampaoli and Cindy Wolff at the Center for Healthy Communities. The objective of the project is to develop, implement, and evaluate a pilot mindful eating intervention to improve healthy food behaviors among third-fifth grade children and their families primarily consisting of Hispanic and non-Hispanic whites. Rocio, who is bilingual and bicultural, is examining cultural perceptions of mindful eating among Hispanic and non-Hispanic white parents. Jennifer, who has been working for the center for the past three years, aims to assess various factors associated with mindful eating practices among children. Shannon, who is a marine biologist and is now in the MS/DPD program to become a registered dietitian, will evaluate the impact of the pilot intervention on food behaviors among the participants. As the graduate lead of the project, Shannon has been busy developing educational materials for children and parents, as well as research tools for evaluation. She was recently recognized as an outstanding student staff member for her work at the center. According to her, “the Foodie U program is so unique and exciting because the goal is to empower kids and their families to cultivate a healthy, happy, and appreciative relationship with food through practicing skills that enhance awareness of their individual experiences and how those experiences can be affected by signals from their body, emotions, and their environment.”
Graduate Research in Malawi, Southern Africa
By Shirin Malek

Shirin Malek, a graduate student of Keiko Goto, is currently conducting her graduate research in Malawi, southern Africa. She also serves as the coordinator of a USAID-funded randomized controlled trial project led by Peggy Paphakis of Cal Poly, evaluating the effectiveness of a ready-to-use therapeutic foods called *Mamachiponde*, which means “nut paste for mothers”. Shirin’s graduate research, which is a sub-study of this large randomized controlled trial, aims to examine the impact of the intervention on maternal quality of life among moderately malnourished Malawian pregnant women in southern Malawi. Every day, Shirin wakes up at 5 a.m. and heads to the clinics which are about two hours away from where she lives. At the clinics, she and her coworkers screen mothers for malnutrition and assign them to three different intervention groups. After getting back to their office they work for a few hours entering and managing data. Shirin states that she is learning so much from her study participants. “Regardless of their living condition or health status, they are happy, grateful and so strong!”

Screening pregnant women for malnutrition using mid-upper arm circumference (MUAC)

“Malawian women are strong and beautiful.”

Shirin, learning to carry a baby in an African way.
The Autism Spectrum Disorder (ASD) Food Activity Lab is an interdisciplinary project between the nutrition and kinesiology departments. The project started in the spring semester of 2015 with the goal of promoting a positive and healthy relationship with food among a group of teens through the Autism Clinic. The Autism Clinic, located in Yolo Hall, offers learning opportunities for Chico State students as well as resources for promoting health and wellness for children and teenagers with Autism Spectrum Disorder. The Teen Group was created by Josie Blagrave and run by Carli Ross. It is a small group of about 12 teenagers between the ages of 12 and 15, who meet at the Autism Clinic on Monday evenings to participate in physical activities in a fun, safe, and social setting. The idea for the ASD Food Activity Lab started in the fall of 2014, when I learned about the Autism Clinic and their teen group through my boyfriend Paul Hunt, a kinesiology major who shares my passion for working with specialized populations. Paul mentioned to me that Josie and Carli had been working on adding a component of nutrition education to the teen group. Once we came up with a solid project outline, we proposed the idea to NFSC Professors Maria Giovanni and Ted Herrera, who enthusiastically agreed to be project advisors. At the end of the fall semester Maria, Ted, Josie, Carli, Paul, and I got together and agreed to begin the project the following spring semester.

Before the start of the ASD Food Activity Lab, I did research about autism spectrum disorder and sent a questionnaire to the parents of the teens in the teen group, asking if they had any specific concerns about their child’s diet. I found that food selectivity was a common concern among the parents of the teens, which was consistent with what I found during my research. The teens were then asked about their favorite foods to prepare and eat. Using this information and the help of my project advisors, I designed food lab activities that would include basic nutrition information and food preparation. The activities focus on foods that the teens prefer while using recipes that incorporate a variety of nutritious foods like fruits, vegetables, and whole grains with an emphasis on fresh, local ingredients. The last Food Activity Lab of the spring 2015 semester involved the teens and their parents. They all sampled recipes from the activities and watched a presentation that highlighted the semester in the food lab. It was such a rewarding experience to receive feedback from the parents and teens about the project. Clearly, it was a success. This past summer, I received the Provost's Undergraduate Awards for Research and Creativity through the Honors Program, a grant that will allow the project to continue for the fall semester of 2015. I am excited to continue this project and I hope it will grow into something that can continue to benefit both Chico State Students and the Autism Clinic.
AND Public Policy Workshop 2015:

Alexandra Kreusser

During the 2014-2015 academic year, I had the privilege of participating in a nutrition policy and advocacy externship with Professor Silliman. When signing up for the externship, I had no idea how significant of an impact it would have on not only my perception of the nutrition profession, but also the monumental effect it would have on my long-term career goals. After being introduced to policy, I became captivated by the legislative process. The more I learned, the more I wanted to know, and the more I craved being involved. In June 2015, I was given the incredible gift of traveling to Washington, D.C., for the annual Academy of Nutrition and Dietetics (AND) Public Policy Workshop. It was an extraordinary experience from start to finish! The workshop agenda was filled with remarkable speakers and fun academy events. The AND policy agenda this year focused on three major pieces of legislation: the Treat and Reduce Obesity Act, the Older Americans Act, and the Preventing Diabetes in Medicare Act.

During the first two days of the workshop, we were primarily trained on all three pieces of legislation, and on the third and final day of the workshop, nearly 350 academy members took on Capitol Hill, including 16 of us from California. Throughout my final day in D.C. I had appointments in all of my representative’s offices, including Senator Barbara Boxer, Senator Diane Feinstein, and Assemblyman Doug LaMalfa. I used the time I had with my legislator’s offices to educate them on what it means to hold RDN credentials, and also to share with them how important nutrition-based policy is to their constituents. Beyond the knowledge I gained from this workshop, I was also able to do some valuable networking. The individuals that I met during the workshop approached me with the opportunity to serve on two different nutrition boards this year, the Public Policy Council for the California Academy of Nutrition and Dietetics (CAND) and also the Pediatric Nutrition Practice Group that is a part of the national AND. My experience and strong interest in policy has led me to pursue a master’s degree in public health with an emphasis in policy. I feel the importance of policy is often overlooked, and I hope to see stronger support from other nutrition professionals in the future. Remember, “If nutrition is your career, policy needs to be your passion!”
Studying in **Italy**: Amber Grace

2014 was a big year for me. Instead of graduating on time, I decided to study abroad for a year in Granada, Spain. There, I took all classes in Spanish and added a language minor to my existing dietetics curriculum. I knew I wanted to travel and that this interest was important, but it isn't until now that I see pursuing another language while traveling might even set me apart when applying for certain internships and let me study my master’s in another part of the world as well. You never know where your interests and travels will take you. The year abroad gave me a chance to immerse myself in a new culture and to examine their diets and eating habits. I was absorbed in the culture: free tapas of olives and grilled fish in small bars down crowded streets. I also felt the difficulties when trying to adapt to a late lunch around 3 p.m. followed by a nap and then a late dinner around 9:30 p.m. But with these experiences, I am more aware of the diversity of diets and appreciate the great variety.

Studying in **Japan**: Rachel Rutherford

Studying abroad in Japan was an opportunity I couldn’t pass. Living in a country that is very different from your own is an experience of a lifetime. I learned so many new things that have helped me grow personally and that have enriched my life in ways I can’t describe. I got the chance to learn a new language, participate in cultural festivals, visit historical castles, and eat the best kind of ramen that exists. Believe me, once you have authentic Japanese ramen or sushi, there is no going back. I also made many friends from all over the world and now have even more reasons to travel to their countries. Getting the chance to see the world from a different view is something I encourage everyone to do.
The Nutrition and Food Science Association (NFSA) of California State University, Chico prepares students to become advocates of the nutrition profession through opportunities to practice leadership and serve the public by providing optimal nutrition, health, and well-being. NFSA aims to accomplish this mission through participation in university special events, coordinated learning opportunities with other university departments and clubs, and through active service in the community as a whole.

For the 2015-2016 academic year, NFSA has gotten off to a great start! So far, NFSA has participated in the university Clubtacular event, and helped at the 2015 Bidwell Park and Chico cleanup day and the Strides for Diabetes 5k run. We also participated in nature hikes and the “Big Apple Crunch” in celebration of National Food Day in October. We will also be hosting speakers from other clubs to advocate for student wellness, as well as nutrition professionals to help students develop their specific interests.

Our club is looking forward to an exciting rest of the semester, and we are ready to seize the great opportunities the Chico area has to offer!

For more information, check out our Facebook page: https://www.facebook.com/groups/CSUCHicoNFSA/

If you would like more information about the club, please contact:

Chelsea Hunnicutt, club president chunnicutt@mail.csuchico.edu

Julie Holland, faculty advisor jmholland@csuchico.edu
Embodied is a student organization that welcomes all majors on campus and is committed to celebrating diversity and encouraging size acceptance through education, advocacy, and service endeavors. Students who are tired of judging themselves and others for not measuring up to the “ideal” body weight, size, or type and who are interested in a student club that promotes positive body image and healthy behaviors using the Health At Every Size® (HAES) approach are invited to join. Instead of prescribing regimented exercise plans and restrictive diets, HAES encourages a set of lifestyle philosophies:

- Accepting and respecting the natural diversity of body sizes and shapes
- Supporting health policies that improve and equalize access to information and services that promote well-being
- Acknowledging our biases and working to end weight stigma and discrimination
- Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite
- Finding the joy in moving one’s body and becoming more physically vital.

In the spring, Embodied puts on a weeklong event. Commonly, when one hears the word “event,” they might think food, a speaker, booths, music, etc. However, this event goes a little differently. It is Love Every Body Week. This includes panels, speakers, and presentations raising awareness about and discussing eating disorders as well as promoting allowing imperfections, learning to feed the body rather than an image, and accepting the natural diversity of the human body. This week offers opportunities to hear the stories of others who have struggled, and are possibly still struggling, with body acceptance. We hope you join us for Love Every Body Week in 2016.

Embodied is planning for another successful Love Every Body Week for 2016 and other events on and off campus. For more information and ways to get involved, go to:
https://www.facebook.com/groups/CSUCHAES/

For more information, please contact Michelle Morris at 530-898-4757 or mrmorris@csuchico.edu.

* The HAES® paradigm is based on the premise that the best way to improve health is to honor your body.

HAES encourages:
- Accepting and respecting the natural diversity of body sizes and shapes;
- Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety and appetite; and
- Finding the joy in moving one’s body and becoming more physically vital.
Circle of Friends

What is it?

Circle of Friends is a network of alumni, current students, faculty, staff, and friends who are committed to providing ongoing private support to preserve the department’s dedication and commitment to excellence. With reduced state budgets for higher education, private funding is critical to ensure the highest quality education and training for our students. Funds may be used to support student scholarships and awards, undergraduate and graduate research, registration fees so students may attend professional meetings such as the California Academy of Nutrition and Dietetics annual meeting, small equipment purchases for our laboratory courses, and additional resources for our classes.

Circle of Friends Goals:

- To reestablish alumni relationships with the department
- To encourage student pride and participation
- To encourage involvement among community supporters
- To facilitate networking among nutrition professionals
- To celebrate NFSC contributions to the University and greater North State community

Donor Benefits:

- Networking with alumni, faculty, students and community partners
- Donation recognition in the annual NFSC newsletter
- Circle of Friends directory, which is mailed to you each fall

If you donated in the past to the Department of Nutrition and Food Science and would like to be included in the Circle of Friends directory please complete the form below and return to the Department of Nutrition and Food Science. Please include a photo of yourself and a paragraph about what you are doing now.

Name _______________________________ Name while at Chico State _______________________________

Check all that apply

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Home address ________________________________________________________________

Phone __________________________ Email __________________________

Employer and Position _________________________________________________________

Address ________________________________________________________________

Phone __________________________ Email: __________________________

Area of Expertise ___________________________________________________________

Return this form to: Department of Nutrition and Food Science
California State University, Chico
Chico, CA 95929-0002
Giving Back

We hope your learning experiences at Chico State helped you to pursue a rich and satisfying career. Are you willing to help current students in the Department of Nutrition and Food Science do the same? The same level of excellence in education that you received while attending, Chico State is being threatened by the budget reduction in California. As a result, the Department of Nutrition and Food Science is relying more on private donations. Please consider making a donation to the Department of Nutrition and Food Science through the Chico State on-line giving website: https://secure.www.alumniconnections.com/olc/pub/CHI/onlinegiving/showGivingForm.jsp?form_id=76412

Or you can fill out the Gift Card below and mail it to California State University, Chico, College of Natural Sciences, Attn: Margaret Schmidt, Chico, CA 95929-0555. The department’s wish list is shown below.

Department of Nutrition and Food Science Gift Card

Name:  
Address:  
City, State, Zip:  
Phone + Email:  

Please make check payable to “University Foundation—NFSC”

Credit Card (please specify): ___ Visa ___ MasterCard ___ American Express

Name on Card:  
Expiration Date:  Amount Charged  

Signature:  May we list you in next year’s newsletter? Yes/No

I want my donation to go towards:  

Thank you for your support of the CSU, Chico Department of Nutrition and Food Science!

Department of Nutrition and Food Science Wish List

- Please consider establishing an annual scholarship for an undergraduate, graduate or dietetic internship student named on behalf of a donor or in memory of a loved one.
- Two to four pressure canners, $223 each, for our food science courses.
- Carts for food transportation and use for food lab classes ($340 each). Current carts are old and heavy.
- Pasta maker: $1,419. The primary use of this machine would be to “sheet” products to create crackers, pastry, and dough to demonstrate properties of various flours and to use for food product development.
- Colorimeter: To use as an analytical instrument to assess differences in color of food and related to food quality and preferences. Various instruments can be used, including: 1. Pantone and Munsell Book of Color $3,200; 2. Konica Minolta CR-400 $8,600; or 3. HunterLab, $17,000
- A set of classroom clickers (50 clickers) so our students can be interactive during lecture courses ($2,500)
**Circle of Friends**

A special thanks to the following for donating to the *Circle of Friends*:

- Amber Johnson
- Barbara Kirks-Fischer
- Debra Hook
- Diane Sheats
- Hahna Kaiser
- Jennifer Sheldon
- Jocelyn Christman
- Kathryn Silliman
- Kristine Thornham
- Laura Dick
- Laura Fox
- Michelle Meyer
- Nicole Brown
- Sara Leung
- Suzanna Nye
- Michelle Morris

**We apologize to anyone who donated and does not show up on this list. Please complete the Circle of Friends form on the previous page so we can include you next year. We greatly appreciate your support.**