## Content

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greetings from the Chair</td>
<td>1</td>
</tr>
<tr>
<td>Outstanding Graduating Seniors</td>
<td>3</td>
</tr>
<tr>
<td>Scholarship and Award Winners</td>
<td>5</td>
</tr>
<tr>
<td>Outstanding Graduate Students</td>
<td>9</td>
</tr>
<tr>
<td>Research Projects</td>
<td>12</td>
</tr>
<tr>
<td>Internship and Study Abroad</td>
<td>14</td>
</tr>
<tr>
<td>Student Club Updates</td>
<td>18</td>
</tr>
<tr>
<td>Please Support the Department</td>
<td>20</td>
</tr>
</tbody>
</table>
Greetings from Department Chair
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 and scholarship winners, emerging leaders, 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 300 undergraduate and 30 graduate majors. With this growth in majors, there is a need to continue to hire additional faculty. We are currently advertising for a new faculty hire in the area of nutritional epidemiology to start in the fall of 2017. The other exciting thing that happened this summer is that we moved from the first floor of Holt Hall to the third floor. We now occupy the former department office of the School of Nursing. It feels like our program has finally “made it” now that we have a true department office with separate office space for the department chair and the administrative support coordinator.

On a sadder but happy note, Annette Heileson, our administrative support coordinator for the last four years will be leaving us for a promotion as an administrative analyst specialist for the Office on International Education. I want to personally thank Annette for her four years of dedicated service to the students and faculty of the department and helping us transform NFSC into what it is today. I will miss her creative energy and business savvy. But mostly, I will miss her friendship, and starting and ending my day with conversations about our families, friends, and the world.

Some of the highlights from the faculty for 2015–16 is that Michelle Morris received a competitive 2016 USDA Fellowship, the E. Kika De La Garsa Fellowship. This fellowship offers faculty from Hispanic-Serving Institutions the opportunity to work collaboratively with USDA to gain insight and understanding of the federal government. Dawn Clifford was selected for the 2016 Emerging Alumna Award from Colorado State University. Keiko Goto and instructor Nancy Anderson published the
textbook *Global Food and Nutrition*, which is being used in our general education Ecology of Human Nutrition course. Faculty also published eight journal articles with students and two articles with professional colleagues. In addition, faculty published three additional publications in professional newsletters and magazines.

I want to take this opportunity to thank all of the alumni and friends who made donations to the department’s annual fund. Donations like these can provide life-changing opportunities for our students. This past academic year, we used funds to pay for expenses related to our curricular review committee meeting, our annual advisory committee meeting in fall, Fall Preview Day, and Choose Chico Day. We were able to help sponsor the following students who presented research papers at annual professional meetings: Silena Barton at the Experimental Biology Meeting and Rosio Mendez Estrada and Gauri Karnik at the meeting of the Society for Nutrition Education and Behavior. Grace Kerfoot was able to attend the 2015 Real Food Challenge National Leaders Gathering in Ohio. We also purchased a new conference table for our conference room. Faculty use the conference room frequently to meet with groups of students they are working with on various research and internship projects. We also used the funds for memberships to professional organizations; books and other resources for faculty to support classroom learning; small gifts for guest speakers in undergraduate courses; and gifts for student award winners. Undergraduate Gabrielle Lofink also received a $300 award. If you have not donated to the department, please consider making a donation (see pages 20–21). Donations of all sizes are important and vital to the success of our program and its students.

I wish you and your family a wonderful holiday season and 2017.
Outstanding Graduating Senior in Dietetics and
Recipient of Dr. Faye Dietetic Internship Award

Greta Macey

It is an honor to be featured as 2016’s Outstanding Graduating Senior in Dietetics as well as being the recipient of the Dr. Faye Dietetic Internship Award. I look back on my time in Chico fondly and am blessed to have had all the experiences I did. As a Fit-U mentor and sports nutrition intern, I connected with my Chico State peers and provided nutrition and exercise counseling. I also taught pilates and spin at the Wildcat Recreation Center, and interacted with the Chico community by working at Fleet Feet Sports downtown. My fondest memory lies at the Jesus Center Community Farm, where I was able to be a part in the grassroots development of a Community Supported Agriculture (CSA) program and create partnerships with local churches. Every one of my experiences in Chico helped to shape my strengths and to discover the passions I am pursuing currently. I am full of gratitude for the dedication and encouragement from the NFSC department. As a recipient of the Dr. Faye Dietetic Internship Award, I have been able to finance my internship and live comfortably in my new surroundings. As someone who held multiple jobs throughout college, it is difficult to be working full-time without any income, but I wouldn’t trade this year for anything. It was overwhelming to receive the award and I am grateful for what it is helping me to accomplish.

Currently, I am completing my dietetic internship at Tri-County Health Department in Greenwood Village, Colorado. I can easily say this internship is a dream come true and I am being exposed to incredible opportunities. Interning at a public health department allows me to be a part of a multi-disciplinary approach to preventative healthcare. In my first month, I have already provided nutrition education in schools, shadowed childcare center inspections, worked in community gardens, attended the National WIC Association conference on breastfeeding, and started a research project with fellow interns. As a group, we are evaluating the current attitudes and practices of primary care providers regarding food insecurity and other social determinants of health. It’s thrilling to be working alongside other women just as fired up about food access as I am! I will also have rotations at St. Anthony’s Medical Center, a trauma hospital, and a food service rotation with a local public school district. My year wraps up in spring with nine weeks in a WIC clinic as well as a choice rotation at the capitol building in Denver, learning about policy. I am overwhelmed by the kindness of the staff at Tri-County and their willingness to mentor interns. With over 20 registered dietitians throughout the entire department, it has been a blast getting to know everyone and being treated like a part of the team.

I chose this particular internship because of my passion for community nutrition and combatting food insecurity. I believe my experiences over the course of the year will help me find a particular niche. For now, I am committed to learning everything I possibly can from my preceptors and community involvement as an intern. When the workweek is over I am lucky to have beautiful Colorado as my new playground. My weekends are filled with trail running, hiking, cycling, and visiting the many breweries and local eateries around Denver and Boulder. I am truly having an incredible time and am proud to be a graduate of the Department of Nutrition and Food Science.
Outstanding Graduating Senior in Food Service Administration

Sarah Tichy

If four years at Chico State taught me anything at all, it would be that hard work and persistence pays off. I didn’t get 100 percent on every exam, I wasn’t in every club, and I didn’t always feel successful . . . but in the end, college was one of the best experiences of my life. I worked hard, built lasting relationships with my professors, and stayed focused on what mattered most to me—food! Through earning a degree in foodservice administration and volunteering for the National Food Day, the NFSC Alumni Association Luncheon, and various other nutrition-related events on and off campus, I feel very confident in my future in foodservice.

Interning at Pennsylvania State University for eight weeks for the National Association of College and University Foodservice was also an incredibly eye-opening experience. During my time at Penn State, I realized that not everyone knows what a healthy meal might consist of, let alone why it’s so important for our bodies, the environment, and the economy to choose healthy, well-balanced meals every day. Understanding that everyone has different upbringings, values, priorities, and budgets has been a huge lesson that the nutrition program at Chico State has taught me. I am so excited to be able to help educate others through my education and experience inside, as well as outside, the kitchen.

I’m so honored to have received the 2016 Outstanding Graduating Senior in Foodservice Administration Award, surrounded by some of the most exceptional peers, mentors, and educators in California. I will gladly encourage everyone seeking higher education in the nutrition field to strongly consider Chico State, which upholds a beautiful campus, a welcoming faculty, and an opportunity to thrive.
Hello, my name is Jennifer Rodriguez. I am a graduating senior in the dietetics program. I feel very honored to have received the Floyd L. English Scholarship, as it has helped support both my family and me, while I have pursued my higher education here at California State University, Chico. Through my experiences at Chico State, I have developed a passion for helping others. This has led me to pursue a career in the health field and, more specifically, nutrition education and counseling. I believe nutrition education can empower all and have found it has helped me live the life I want to live despite having an autoimmune disease (type 1 diabetes). In the future, I would like to be an outpatient registered dietitian, a certified diabetes educator and work with those who have type 1 diabetes, type 2 diabetes, and gestational diabetes. Nutrition counseling is at the core of my many interests, and I am currently a nutrition mentor for the Fit-U Program. I have also served as event coordinator officer for the Nutrition and Food Science Association and have conducted undergraduate research with Julie Holland. Last spring, I participated in a clinical externship, in which I worked with Janet Bailey who has a private practice in naturopathic medicine. Nonetheless, my favorite of all internship experiences is volunteering for a weeklong diabetes camp called Camp McCumber.

For the past four years, I have helped plan and prepare snacks for the children and staff participating at the camp. This experience has truly been a labor of love, as it takes a lot of careful planning and time. During summer breaks, I always look forward to volunteering at Camp McCumber and feel that I am setting a good example for my own children to learn the value of actively helping out in the communities in which they live. My family and, in particular, my children are my driving force—the reason I returned to school and pursued a higher education. I am the first of my family to obtain a college degree and proud to say my family has been a huge part of my success. I want to make the world a better place for my children and feel that by serving the communities we live in, and teaching nutritional education is a step in the right direction. Currently, I am working for the Center for Healthy Communities (CHC) as a nutrition assistant, where I teach nutrition lessons and work with various populations of all ages. I feel very fortunate to have the support of family, friends, and faculty while attending Chico State. The Department of Nutrition and Food Science has provided many wonderful opportunities and I feel that my time here has given me the tools to succeed, which is why I will be pursuing my master’s degree in nutrition education next year. As a recipient of the Floyd L. English Scholarship, I promise to continue to work hard in hopes that someday I will be able to give back to this community.
Maifeng Yang

In fall 2015, I got the wonderful opportunity to meet Faye Johnson, who was one of my professors in my NFSC 475L externship course. From the start, I could tell that she was an extremely passionate and caring professor who wanted to help nutrition students thrive within the nutrition healthcare field. As a retired didactic program director (and a big supporter of the Department of Nutrition and Food Science at CSU, Chico), Dr. Faye would encourage the dietetic students to apply for their ideal dietetic Internship, despite the cost, distance, and duration of the internship. This is because she’s a strong believer in tearing down barriers and turning dreams into reality. With her help and guide, I did just that. I applied for dietetic internships in spring 2016 and was matched to CSU, Fresno’s dietetic internship program (which was my first choice)! Dr. Faye taught me to believe in myself and pushed me to challenge my skills as a nutrition student and intern. As one of the recipients of the Dr. Faye Johnson Scholarship, the scholarship has certainly helped defray the cost of my internship and lifted a financial burden off my shoulders.

My time at CSU, Chico has been a wonderful experience. I can’t imagine getting this type of experience anywhere else. In my internship so far, I have been applying everything I've learned from CSU, Chico (professors and peers) and received positive results and feedback! I plan to continue to use what I've learned from CSU, Chico—and its community—and apply them into the unique rotations I have here in the Central Valley. In the future, I plan to be a clinical dietitian working with high-risk children and women.
Bri Lofink

For the past two years I’ve been fortunate to call Chico home and I quickly grew to love the community. My time at Chico State has been an exciting whirlwind of experiences, all of which have helped shape my career aspirations. Coursework and extracurricular activities deepened my passion for helping individuals reach their optimal health through nutrition education.

Thanks to the amazing opportunities offered through the nutrition and food science department, I have been fortunate to experience clinical, community, and nutrition counseling internships. Last summer I became an intern and staff member at the Center for Healthy Communities (CHC), where I get to share my passion for food and nutrition with people of all ages. I am also very excited to have the opportunity this semester to help fellow students reach their health goals as a nutrition and exercise mentor for the Fit-U program.

This and so many other experiences I have had at Chico State reaffirmed and solidified my drive to earn a master’s degree and become an outpatient dietitian, conducting nutrition counseling and community nutrition education programs. I feel blessed to have received the Alumni and Friends Award, and am so grateful for the support it provided. As I finish my last undergraduate semester and look to the future, I hope that Chico will be my home to pursue my passions in nutrition at least a little while longer.
Winner of Two Scholarships from AND

Crystal Vasquez

I have been honored to be awarded two scholarships from the Academy of Nutrition and Dietetics (AND) over that last two years. I was awarded the 2015–2016 Corinne H Robinson Graduate Scholarship and the 2016–2017 Foundation’s Academy of Nutrition and Dietetics Scholarship. I earned my BS in nutrition with honors in the major and honors in general education in 2014. Last year, I earned my MS in Nutrition Education. I am a passionate Health At Every Size® advocate. I am grateful for Dawn Clifford and Deb McCafferty for exposing me to this paradigm. My graduate research focused on dieting, weight cycling, and weight stigma.

I am currently in Chico State’s dietetic internship. I’ve had the unique experience of doing my food service administration rotation at Plumas Lake Elementary School District and gaining exposure in school nutrition. Next, I will be headed to Oroville Hospital for my clinical rotation. I am enjoying my internship and learning so much.

Prior to starting the internship, I was working as a DTR, assisting the physician in ensuring that the nutritional needs are met for mentally and physically disabled adults in local care homes. I thoroughly enjoy the clinical aspect of this field and my ultimate goal is to become a Board Certified Renal Dietitian.

In addition to working hard during this internship, I am also the mother of six children in our blended family, ages 14–20 years old. Two years ago, my husband had an aortic aneurysm and is now permanently disabled. Thanks to the scholarships I have received, my parents, and my professors, I am able to participate in this internship and will be able to achieve my dreams. This time next year, I will be able to call myself a Registered Dietitian.
I am thrilled to officially call myself a registered dietitian! I graduated with my master’s in nutritional sciences in spring 2015 and completed Chico State’s dietetic internship in May 2016. I passed the registered dietitian exam a few months ago, and just started my first job as a clinical dietitian and outpatient dietitian at Mad River Community Hospital in Arcata, California. It is greatly rewarding to be able to apply the knowledge and skills I’ve gained throughout this education process to real-life experiences, working with and helping clients.

Michelle Neyman-Morris inspired me as my graduate research committee chair, and Kathryn Silliman, and Dawn Clifford as committee members. My research, Prevalence of Orthorexia Nervosa among College Students Based on Bratman’s Test and Associated Tendencies, focused on the prevalence of orthorexia among a population of Chico State College students, and was recently published in the journal Appetite. Orthorexia, characterized by obsessional healthy eating, is emerging as a potential new form of disordered eating. The findings told a story of the potential health impacts of discrimination, as students higher on the weight spectrum and students of color showed higher tendencies toward disordered eating and obsessive compulsive tendencies. I was deeply honored to receive the Outstanding Professional Paper award from the nutrition department, and cannot thank my amazing graduate committee enough for their support and assistance with this process. I have so much gratitude for the many professors, preceptors, students, coworkers, mentors, family and friends who have supported me throughout this journey.

One of the most beautiful things about the dietetics profession is how common ground can be found in the way people relate to food. Food is part of celebrations, of families coming together, of coping with hard times, learning to eat for health, and for helping our bodies heal. To me, being a registered dietitian represents an opportunity to connect with people in an open and nonjudgmental space, to help them improve their quality of life and achieve their own definition of wellness.
Outstanding Teaching Associate

Jessica McClure

It has been four months since I walked across the stage and received my master’s in nutrition education, and I am proud to call myself an alumni of this amazing nutrition department. I could not have asked for a better graduate school experience and am so thankful for the education and mentorship I received while in Chico. Besides classes and research, I was also involved in the Fit-U program on campus, providing nutrition and exercise counseling to students. This experience solidified in me my passion for counseling and helping others have healthy relationships with food and their bodies.

Not only was I able to be a student and learn from the amazing faculty we have at Chico State, but I also had the privilege of being a member of the department as a teaching associate. I taught NFSC 120 lab for two semesters and it was a highlight of my graduate school career. I discovered a love I have for teaching and creating a fun, safe learning environment. Teaching was also a great opportunity to sharpen my communication and boundary-setting skills. I believe education will continue to be a part of my career, and would love to teach at the collegiate level someday.

Currently, I am completing my dietetic internship at Napa State Hospital in Napa. My internship is unique, as its focus is in psychiatric long-term care. I am enjoying learning about this population and their specialized nutrition needs. After completing my internship, my long-term goal is to do outpatient nutrition counseling. I would also like to study and specialize in eating disorders. Eventually, I would like to open my own practice that offers client-centered nutrition counseling from a holistic perspective. Chico State has provided me a solid foundation to be successful in wherever my dietetic experience takes me.
I am a summer ’16 graduate with a master’s of science in nutrition education. I completed both my graduate and undergraduate coursework at Chico State, and during that time I worked at the Center for Healthy Communities as the lead staff member for the CalFresh Outreach program. I have worked with the program for more than four years and continue to do so today. It is through this experience that I have been able to help increase food security in my community as well as to educate others on the importance of accessing CalFresh benefits.

Working with CalFresh Outreach I have also had the opportunity to lead teams of student staff and interns every semester. I have worked with more than 100 Chico State students to teach them about providing outreach to diverse, low-income populations and about resources in their community. It is with these teams that we have been able to assist more than 3,000 people with applying for CalFresh benefits, many of which are students themselves.

I was honored to be the recipient of the Outstanding Graduate Leader award during my last year of school. Now that I have finally completed my time at Chico State, I hope to continue my work with CalFresh Outreach as we expand our program to other CSU campuses. I am looking forward to sharing my knowledge and experiences with these other campuses to improve food security for all CSU students.
Hello! I was honored to be a recipient of the Research and Creativity Award in the spring of 2016 for my graduate research. My work with Professor Stephanie Bianco is focused on developing and validating a survey tool that will allow individuals to narrow down foods that they may consume in an addictive-like manner. This survey tool will allow individuals to identify these foods and work with their dietitians to tailor interventions to address their specific foods and eating habits.

I was fortunate to be involved in nutrition education and counseling roles at Chico State that used my passion to build my skills for the field. I served as a nutrition and exercise mentor in Fit-U and was able to flex my counseling and motivational interviewing muscles. This experience taught me how to interact with clients and gave me confidence in my counseling abilities. I also interned and worked as student staff at the Center for Healthy Communities (CHC) as part of the Butte Team. I started out observing classes and other staff as an intern, and over the years I learned to lead classes and other interns and staff. My team at CHC taught me how to take my passion for nutrition and share that information with the community in a way that would help them to take an active role in their health. The work I did at CHC shaped my idea of what I could do as a dietitian and gave me the experience to lead me toward that goal.

I am currently completing my dietetic internship at the Greater Los Angeles VA Healthcare System. I am loving the city life in LA! So far I have had clinical and outpatient rotations and will be starting my food service rotation soon. I was recently selected to be a co-leader of our National Nutrition Month program by my cohort of interns and I can’t wait to see what our intern class comes up with!
During the winter of my senior undergraduate year, I interned at the Organic Vegetable Project (OVP). Although the work left me cold and muddy, it provided a much-needed respite from the onslaught of seemingly endless lectures. It’s amazing what a few hours away from a projector screen or whiteboard can do! However, I soon realized the OVP was a classroom in its own way; an introduction to the other half of the food system left relatively untouched in nutrition coursework. I left the OVP internship truly humbled by the amount of resources that goes into procuring high quality produce and the ongoing experimentation to produce better varieties. I never would have guessed, however, that I would be a part of that process in a few years time.

Under the guidance of Maria Giovanni, I am conducting sensory evaluation of different varieties produced on the OVP. Consumers and students rate varieties on flavor, appearance, texture, and overall liking. For my graduate research project, I am exploring these hedonic ratings with objective analyses. In developing partnerships with both the agriculture and chemistry departments, these measurements include: a colorimeter, texture analyzer, high-powered liquid chromatography, gas chromatography with mass spectrometry, and hopefully Fourier transform infrared spectroscopy. In sum, capturing data that can explain why each variety is rated so in each respective category. Paired with agronomic data the OVP has captured during varietal growth, this information will provide farmers with a complete profile of each variety.
During this past summer I was given an opportunity to be an intern for the National Association of College and University Food Services (NACUFS). I must begin by thanking the nutrition faculty at Chico State, for not only informing me about the program but also providing guidance through the application process that resulted in being selected for one of the 50 intern positions offered at various college locations throughout the nation. I was both excited and honored to represent Chico State as a NACUFS intern working at Montana State University (MSU), in Bozeman, Montana. MSU is the largest food purchasing entity in the state of Montana lead by Food Service Director Todd Jutila, Paul Mineau, and a large staff responsible for serving 16,000 students and faculty across three dining halls, three cash food service operations, a full catering service, and all sporting events.

I was lucky to have Paul as a mentor, and it was his intent to have me be an integral member of his team, and learn the business of university food services. My role, responsibilities, and project assignments were outlined in a 250-page manual Paul personally assembled, which provided a clear understanding of an intern’s job expectations. Paul gave challenging assignments and projects that developed and stretched my skills in time management, critical thinking, and team work, while also echoing my classroom studies on procurement, management, and production, which I was able to apply in a real working business environment. He and the rest of the MSU staff trusted me to manage multiple projects that resulted in the implementation of new dining hall concepts at the university. Throughout the summer I worked and negotiated with both small and large manufacturers, food brokers, and distributors to bring new products on to the campus. I also got to leave the office frequently to get a better understanding of where the food we purchased comes from. I toured distribution warehouses to learn how they efficiently operate, and a local greenhouse and cattle farm to learn how food is locally sourced for the “Montana Made” program. Additionally, I got the unique opportunity to tour a full-scale cook-chill operation to learn about the machinery and kitchen operations necessary to effectively produce a successful food product. MSU is also currently in the process of building a brand-new dining hall, so I was given the rare fortune to see how design, equipment placement, and dining concepts are decided.
upon leading up to construction. What I found most interesting about this process, is the widespread
of individual interests coming together to prioritize the needs to meet budget constraints, while also
providing an excellent dining and working environment. Of all the projects I was assigned, my
highlight was being given the responsibility to organize and lead a high profile meeting with Food
Services of America to discuss multimillion-dollar purchasing agreements, stocking requirements, and
delivery logistics for all food items required for the upcoming school year at MSU. The presentation
was the culmination of all that I learned during the summer and my education at Chico State.

This internship offered great insight into what it takes to manage a large-scale university food service
program. I would not have been able to take on the assignments I was given without my educational
background from Chico State’s nutrition program, and the mentoring our faculty have given me. To
end this with an old college cliché, we may not be in “the real world” yet, but the NACUFS internship
gave me a glimpse into that world, and I thoroughly enjoyed the experience.

**Studying in Italy**

*Ally Lessa*

The best decision I ever made was
studying abroad in Reggio Emilia, Italy. Prior to
this experience, I had never been out of the US,
but throughout the semester, I was able to
tavel to eight countries, and experience so
much culture. Food was a huge part of the
culture in every country I visited, and one of my
favorite parts. I took a class in “Nutrition Across
the Lifespan,” which was taught by an Italian
local, and it was so amazing to see his
perspective on food. One thing is for sure—
Italians take more pride in their food than
anyone else I’ve ever seen! I had the
opportunity to watch the process of
traditionally making parmigiano reggiano
cheese, which started with petting the vacche
rosse (red cows), and ended with tasting a true
delicacy. Along with all the fun, I was able to
complete upper division GE classes, and receive
credit for my nutrition course. I even learned quite a bit of the Italian language. This was an
experience that will impact me for the rest of my life. It will always serve as a reminder that
culture and food are closely linked, which will be important as I someday embark on my career as
a registered dietitian.
The fall semester of 2015 was by far one of the best and most memorable experiences I have had in my life. I was lucky enough to get the opportunity to study abroad in Reggio Emilia, Italy. This allowed me to increase my knowledge about and assimilate into a completely different culture. I got the chance to take cooking classes, learn the Italian language, and experience residents’ way of life from a genuine and original perspective. I got to grow as an individual. I learned to adapt in difficult situations. I made lifelong friendships and gained a better understanding of the world in which we live. I got to travel around Europe, exposing myself to many different types of places and people. But most importantly I got a unique educational experience. I got to take a look at the Mediterranean diet firsthand and the effect it has on the health of the Italian population. I got the opportunity to witness their diet and eating habits, comparing and contrasting them to the way we eat in America. I got to learn about the delicious food products that originate from that region of the world and the timeless traditions that are associated with them. I got an education that went well beyond a classroom. Being a nutrition student, it was intriguing to witness how food is prioritized and consumed in not only Italy but the surrounding countries as well. I believe that the knowledge and skills that I have gained by studying abroad will help me as a student and in my future career. I currently am a fourth-year student applying to the dietetics option in March and after graduation I hope to be starting a dietetic internship. I am very passionate about nutrition and the different cultural approaches to it around the world. I have always been a good student, but studying abroad has made me a better and even more passionate one. There has not been a single experience in my life that has been more fulfilling and rewarding than studying abroad and I cannot wait to go back!
Studying in Costa Rica

Diab Thor

When I was little, I had always dreamed of traveling the world. When the opportunity finally came, instead of graduating on time, I decided to study abroad for a year in Costa Rica. While I was abroad, I picked up a minor in Spanish to complement my existing nutrition major. Besides my Spanish classes, I took a Latin American cuisine class and learned how to cook different dishes within each country in Central America. For breakfast in Costa Rica, the most common dish is gallo pinto, which consists of rice mixed with black beans, served with natilla (sour cream), eggs (scrambled) and fried plantain (with a cup of coffee or fresh fruit juice on the side). I was also interning at an elementary school teaching English and assisting patients as an intern at the hospital. Through both of my internships, I had the chance to interact with the locals and learn more about their eating habits. Studying abroad expanded my horizons and pushed me to step out of my comfort zone. During my year abroad, I was able to travel to six different countries and try new foods such as the famous ceviche in Peru and cuy (Guinea pig), a traditional dish in Ecuador. Being abroad for the entire year gave me a chance to not only immerse myself in a new language and culture but also to learn more about my own as well. My time abroad was short, but I know this is only the beginning.
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 2016–2017 academic year, NFSA has gotten off to a great start! So far, NFSA has participated in the University 5k Diabetes run/walk, has had guest speakers come and talk to our club, and tabled at Chapman Night Out. We have also created a cookbook called *What to Cook When*. 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/](https://www.facebook.com/groups/CSUCHicoNFSA/)

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

Joseph Ferrante, club president
jferrante@mail.csuchico.edu

Joan Giampaoli, faculty advisor
jgiampaoli@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 2017.

Embodied is planning for another successful Love Every Body Week for 2017 and other events on and off campus.

For more information and ways to get involved, go to https://www.facebook.com/groups/CSUCHAES/
or contact Michelle Morris at 530-898-4757 or mrmorris@csuchico.edu.
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.

Name _______________________________ Name while at Chico State _______________________________

Check all that apply

BS ___ BA ___ year ______ Degree/Emphasis + University ________________________________

MS ___ MA ___ year ______ Degree/Emphasis + University ________________________________

PhD/other ___ year_______ Degree/Emphasis + University ________________________________

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 always being threatened by the budget reductions 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 online giving website (click on link at the bottom):

http://www.csuchico.edu/nfsc/giving/index.shtml

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“

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 $1,500 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
- 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)
- Furniture for our new NFSC student learning center and student club space ($5,000)
Circle of Friends

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

Mary Aram
Jocelyn Christman
Laura Dick
Laura Fox
Debra Hook
Rhonda Howard-O'Brien
Amber Johnson
Hahna Kaiser
Barbara Kirks-Fischer
Gail Locke
Marta McKenzie
Michelle Morris
Jason Murillo
Suzanna Nye
Jennifer Parrish
Dianne Sheats
Kathryn Silliman
David Story
Sara Tsilipoundakis
Julie Wetmore

**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.**