Greetings From the Chair

Dr. Kathryn Silliman

Alumni and Friends of the Department of Nutrition and Food Science (NFSC), I am excited to introduce you to our annual alumni newsletter. We decided to change the look and scope of the newsletter this year. We thought you would like to read articles about some of our incredible students. They are outstanding students in their options, award winners, 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 are dedicated to their success.

Our majors continue to grow. We currently have 270 undergraduate and 30 graduate majors. With this growth there is a need to continue to hire additional faculty. I am thrilled that Dr. Joan Giampaoli joined our Department this fall. Dr. Giampaoli has a long history in academia, having held prior positions at San Jose State University, Meredith College, and University of the Incarnate Word. She also brings five years of experience working as an eating disorders dietitian at the Emily Program in Minnesota. Dr. Giampaoli is teaching some of our nutrition management courses. We are in the midst of hiring another faculty member who will start next fall 2015.

One of the highlights from the faculty for 2013-14 is that Dr. Dawn Clifford was selected as the 2014 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. Dr. Clifford is our Didactic Program Director and under her mentorship our five year average in placing students in dietetic internships is 73% compared to a national placement rate of 50%. Dr. Clifford in also a national leader in the area of simulation education and has presented at two national meetings.

NFSC faculty also published eight articles in peer-reviewed journals, most of them with students, and gave 12 presentations at national and state meetings. Finally, Dr. Cindy Wolff who single-handedly created the highly successful Center for Nutrition and Activity Promotion entered the faculty early retirement program and will be working part-time for the next few years.

We would love to hear from you so please take a look at page 21 of the newsletter and send us a paragraph and photo of yourself so that we can include it in next year’s newsletter.

I want to take this opportunity to thank all of the alumni and friends who made donations to the Department’s annual fund. This past year we used funds to pay for sensory booths, costs associated with our alumni reunion last fall and Choose Chico Day in the spring, inexpensive caps and gowns for junior faculty, faculty and instructor professional development support, reference books for nutrition courses and the dietetics program, professional meeting registration for two graduate students and an educational session for dietetics students in the Rural Northern California Simulation Center (http://www.csuchico.edu/nurs/SimCenter/). In addition, undergraduate student Greta Macey 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.

I wish you and your family a wonderful holiday season and 2015.
A warm welcome to Joan Giampaoli, the newest NFSC faculty!

Joan Giampaoli, PhD, RD

Dr. Joan Giampaoli is an Associate Professor in the Department of Nutrition and Food Science at California State University, Chico. Her teaching focus is food and nutrition management. She has previously taught at San Jose, State University; Meredith College in Raleigh, NC; and University of the Incarnate Word in San Antonio, TX. In addition to teaching, she has worked as a kitchen supervisor in restaurants in San Jose, and has worked as a Nutrition Education Specialist at Head Start in Santa Clara. Dr. Giampaoli has also worked with clients with eating disorders in St. Louis Park, MN. Dr. Giampaoli’s areas of interest include child nutrition program management, food and nutrition management in foodservice organizations, and eating disorders. She is currently working on research regarding the role of dietitians in eating disorder recovery, the sodium guidelines being implemented in school lunch programs, and a school farm stand pilot project.
Fall change is in the air, literally and figuratively. After serving as DI Director for 10 years, in January 2015, Courtney Clark, MS, RD, will be taking on this role.

Courtney graduated from our MS and DI programs and has excellent experience in clinical and administrative settings, most recently at Oroville Hospital where she’ll continue to work. Courtney will also be teaching the Medical Nutrition Therapy II course for our undergraduates and supervising their externships in clinical settings. As chair of Courtney’s MS research, I had the pleasure of experiencing firsthand her exceptional written and verbal communication skills, as well as her tremendous capacity for critical thinking and staying organized amidst the competing demands on her time. In addition, Courtney’s kindness and sense of humor are sure to endear her to our internship preceptors, whose commitment to our program is unparalleled. I will mentor Courtney during this transition and look forward to her energy and commitment to the profession serving our DI well for years to come.

This transition will allow me to serve in my new role as Faculty Diversity Officer at Chico State, advancing the diversity, equity, access and inclusion efforts on our campus. Please join me in welcoming Courtney and congratulating her on her new position. And may your fall be filled with opportunities for growth and change.
Remembering Samantha Lewis

It is with tremendous sadness that the Department of Nutrition and Food Science has learned that one of our students has lost her life under tragic circumstances. Samantha Lewis was a lovely young woman who was interested in pursuing a career in Nutrition Management. She had a caring heart and was always concerned about others. It makes sense that she wanted to pursue a career helping others. One of Samantha’s passions was cooking. She wanted to be in a career where she could cook healthy delicious foods and help to nourish people. She saw herself possibly working in the California school system helping to find fun ways of incorporating healthy foods into children’s meals. Faculty say that Samantha was a joy to have in the classroom.

Samantha was enrolled in her first food laboratory course this semester, where she could take her passion for cooking and put it into action. Robin Magalis, her laboratory instructor says that Samantha was “sweet, super bubbly, happy, and easy going. She took a lot of care in the class. She was very meticulous in the foods she created. She was attentive and really seemed to enjoy cooking with her friends in the class.” Robin remembers a fruit pizza that Samantha made that she was very proud of and Robin noted that it was of the quality that a bakery would produce.

Stephanie Lara was one of Samantha’s friends and lab partners in the class and says “Samantha was always very selfless, constantly putting others before herself. I always really admired her for that. She had a very gentle and sweet spirit. She didn’t know it, but catching up with her before and after class was one of my favorite things of the day. My favorite thing about her was hearing her talk about the things she was passionate about and seeing her face light up. Although the time I got to spend with Samantha wasn’t enough, I’m still very grateful that she was part of my life and I a part of hers. My heart breaks for your family at this time no words are the right words to say but I wanted share my thoughts.” Another lab partner, Melissa Pilcher says “Sam always had a smile on her face when she came to class. She was an easy person to get along with because she had a way of making you feel really comfortable around her. She was genuinely kind and down to earth. I don’t remember a time when she was in a bad mood; she was always cheerful and made cooking lab an adventure. She will be greatly missed.”

Samantha also was an intern at the Center for Nutrition and Activity Promotion. She worked in the production kitchen, helping to produce delicious, nutritious meals for seniors in our area and on nutrition education projects at the Gateway Science Museum. Her coworkers at the Center for Nutrition and Activity Promotion say that Samantha had a lot of energy and had a bubbly, cheerful personality. She was super friendly and real passionate about the community service work that the Center provides. One of her fellow interns at the Center, Amie Porras, says “Samantha was such a genuine person. I had her in several of my classes. She was one of the first persons I met this semester at Chico State. She was friendly and always had a smile. She was very ambitious when we were both applying for the Center’s internship at the same time. We studied together a few times. She was such a great person. I’m in disbelief that this has happened. I send my condolences to your family and will continue to keep your family in my prayers. Samantha will be greatly missed and I will never forget the impact she had on my life.”

The Department faculty, staff, and students wish to extend our heartfelt condolences to Samantha’s family and friends.
Outstanding Graduating Senior in Dietetics:

Natasha Paz

My name is Natasha Paz and I am a recent Chico State Alumni. I graduated this past spring 2014 from Chico State with a degree in Nutrition and Food Sciences with an option in Dietetics. Since then I’ve been working diligently on fulfilling my dream of becoming a Registered Dietitian, and I am proud to have been accepted to the combined Master’s and Dietetic Internship program at Oklahoma State University. I am currently working on my thesis and will start my clinical, food service management and community rotations for my internship in spring 2016.

Dietetics is a very competitive major. To get into a dietetic internship, we have to first complete a didactic program in dietetics. Chico State offers one of the best didactic programs in the US and a talented staff and faculty that work hard to provide students with the tools and skills needed to be successful. The dietetic internship is a match process. Match day is the same for all dietetic internships in the country, but there are only 240 dietetic internship programs nationally. This equals about a 50 percent match rate for all those who apply throughout the US. I was offered a full-time Research Assistantship where I have been working with Dr. Deana Hildebrand and Dr. Nancy Betts on the Tobacco Settlement Endowment Trust (TSET) grant. This grant permits me to work with 21 different counties throughout Oklahoma. I will be conducting the 2014 County Readiness Assessment. This is a cross-sectional study that measures different nutrition and physical activity dimensions and readiness to change within the different counties. Again, I am truly honored to have the opportunity to further my education and work closely with inspirational professionals in the field of nutrition.

I have worked hard to fulfill my short-term goals. My long-term goals include an aspiration to be a leader in the dietetics profession and obtain a position that facilitates that goal. My ideal career will be mentally engaging, rewarding, and provide me with the opportunity to impact others. I see myself involved in all different pillars of the nutrition profession. My past studies at Chico State and my current position at OSU, have laid the foundation to accomplish my career goals. I am very passionate about nutrition and I am constantly intrigued by the potential to be involved in such an innovative profession. It has been very exciting to start a new adventure in the Midwest and I’m proud to be pursuing my dream of becoming a registered dietitian, and I am very proud to say that I am a Chico State Alumni.
My short four years studying nutrition and food science at CSU, Chico is something I would never trade. I think one of the best things as a student was having motivating professors that required nothing but the best and expected us to succeed. I mean how could we not flourish with Katie’s connections, Keiko’s knowledge, Maria’s vast experience, Julie’s contagious excitement, Melissa’s know-how, and Stephanie’s inspirational chats? These are the people who should be highlighted.

I wasn’t as involved in student life as I would have liked to have been, so I joined Sigma Alpha Professional Agricultural Sorority the spring of my second year at Chico State as a way to beef up my resume, network, and to make better connections on campus. It was at my sorority’s national convention that I met with recruiters from Tyson Foods Inc., and well, I guess the rest is history since I now live in Texas and work for Tyson. At the moment, I am in their training program to be a Food Safety and Quality Assurance Supervisor. In the past five months I have been to four different food processing facilities to learn different processes and procedures that make the great food the masses enjoy. I didn’t start out at Chico State thinking I wanted to go into food safety, but after talking with Dr. Doyle about what my future options would be with a Nutrition major and an Animal Science minor, my mind was set. I can’t necessarily say with confidence I had a lot of achievements in college. I went to class, got decent grades, joined a sorority, and interned at CNAP while working to support myself, but that’s what college is about, learning to balance life with responsibilities. I guess my big achievement would be that I conquered the overall goal of college: I accepted a job offer before my last semester in a field where I am able to utilize skills learned in the courses offered for my major.
I cannot thank Chico State enough for all of the amazing opportunities I was given. In my first semester, I decided to become a member of Freshman Leadership Opportunity (FLO). The next semester, I joined Alpha Delta Pi and was a volunteer for Butte Home Health and Hospice. I also volunteered for Community Action Volunteers in Education (CAVE) and was a member of the Nutrition and Food Science Association (NFSA). I was a Nutrition Education Intern for the Center for Nutrition and Activity Promotion (CNAP) where I was able to apply the knowledge I had learned in my nutrition courses to educate elementary and middle school students on the importance of nutrition and physical activity. I had the privilege of being the first Secretary of the Embodied Club and became very passionate about the Health at Every Size approach. I am currently working at Starbucks as a Shift Supervisor and getting ready to begin grad school. I will be attending the University of San Francisco to pursue a Master’s Degree in Nursing. I am so excited for this amazing opportunity and know it would not have been possible without all of my amazing professors, the help of the Career Center, and endless opportunities that Chico State provided me with. I am already missing Chico, but I am so excited for my next chapter to begin in San Francisco.
Hi, my name is Christina Ellis and I recently graduated from Chico State in spring 2014 with a BS degree in Dietetics. During my last semester at Chico, I applied for dietetic internships and received a match. I am currently in West Texas completing my dietetic internship and taking graduate classes at the University of the Incarnate Word as well. In West Texas, I am experiencing a life that is so far different from home. As much as I miss home, I can truly say that if I hadn’t left California to do my dietetic internship, I would not be gaining the variety of experiences and skills that I am acquiring now. It is a different world out here and I am constantly learning new things. This internship is also helping me gain exposure to different aspects of nutrition such as school food and nutrition, diabetes outpatient care, renal nutrition, and many more. This has helped me realize what parts of nutrition I love and don’t love and will help guide me in my career once I am a Registered Dietitian. Chico State was a great experience and I know I wouldn’t be where I am without the awesome NFSC professors who helped direct me. I carry all the knowledge I learned at Chico State with me throughout my internship and am appreciative to have had such a unique background that I can now share with my intern peers.

2014-2015 Lt. Robert Merton Rawlins Merit Award: Joanna Bundros

I am currently a graduate student in Nutritional Sciences who will graduate in spring 2015. My experiences in this program have been extremely positive, and I am grateful for the wonderful opportunities I have had here. I was recently one of the recipients of the 2014-2015 Lt. Robert Merton Rawlins Merit Award, and I am honored and grateful to the Rawlins family for their generosity. I am currently doing research in the area of eating disorders and related behaviors in college students and am part of a research team who submitted a review article to the Journal of Nutrition Education and Behavior on health outcomes and behaviors relating to non-diet approaches. Providing nutritional education and outreach to underserved populations is a big passion of mine. I have been fortunate to work and volunteer in different clinical and community settings both locally and in my hometown of Arcata, CA.

Beginning this semester, I started work as a student mentor with the REACH program (Raising Educational Achievement through Collaborative Hubs) through the Student Success Center at CSU Chico. REACH is a mentor driven program that focuses on providing academic and personal support to incoming college freshman. This opportunity has allowed me to learn from and with students from a wide diversity of backgrounds. I am excited for the chance to be part of a support network for new students learning to navigate college life, and help them achieve their life and academic goals.
I am currently in my second to last year as a Nutrition and Food Science Major here at Chico State. I look forward to applying to the Didactic Program in Dietetics this upcoming spring and the learning opportunities presented by that program. I hope that by pairing the DPD with a minor in Exercise Science, I can pursue my ultimate goal of becoming a Registered Sports Dietitian. I want to play a pivotal role in how athletes fuel their bodies for maximum performance and recovery, educating on the importance of proper nutrition.

Since transferring to Chico State fall 2013, I have tried to become as active in my community as possible. I am a Pilates instructor at the WREC and absolutely love the energy in every class I teach. To gain more food service experience, I began working for Bacio Catering Company this September. The amount of practical knowledge I have gained in just one month there is astounding. I particularly enjoy being part of a local business that makes sustainability a priority by sourcing food product from local farms and enforcing a waste reduction policy. Also related to sustainability, this semester I am the intern for Associated Students Sustainable Dining Consultant. Our current projects include integrating fair trade bananas on campus and educating on the importance of that change. I also am assisting in Real Food Challenge, to determine how much of Chico State’s dining choices are from sustainable sources. Ultimately, AS Sustainability hopes to present AS Dining with alternatives to current dining options, and increase Chico State’s presence an environmentally conscious campus. I believe in increasing awareness of how food choices effect not only our bodies but the environment around us. I feel honored to be recognized by the Nutrition and Food Science’s Department for the Alumni and Friends Award. I look forward to the rest of my time here and what glorious opportunities are in store.
12

**2013-14 College of Natural Sciences Outstanding Student Leader and Poster Session People’s Choice Winner**

Crystal Vasquez graduated in May 2014 with Honors in General Education and Honors in the Major. She has continued at Chico State in our graduate program, eventually Crystal hopes to become a renal dietitian and possibly teach. As the winner of the 2013-14 Outstanding Student Leader, College of Natural Sciences she served the University in the following ways.

Crystal served as the first president for the new student club on campus, Embodied: Living the Health At Every Size® Way. With the help of Dr. Michelle Morris, she got the club off the ground. Embodied embraces the Health At Every Size® approach and welcomes all majors on campus and encourages diversity and size acceptance while promoting health behaviors. Crystal played a huge role in planning and promoting Embodied’s tremendously successful event on campus last April, Love Every Body Week.

Crystal served as a lead research assistant in the development of a university curriculum on Health At Every Size® (HAES). The project was supported by the Association for Size Diversity and Health (ASDAH), the National Association to Advance Fat Acceptance (NAAFA), and the Society for Nutrition Education and Behavior (SNEB). The curriculum is available to international health educators and can be downloaded at [www.haescurriculum.com](http://www.haescurriculum.com). Crystal and Dr. Dawn Clifford presented this curriculum at the Society for Nutrition Education and Behavior Annual Conference in Portland, Oregon, in summer 2013.

Crystal also volunteers her time as a nutrition and exercise mentor for the program FitU. FitU is a campus-based program that provides individualized nutrition and exercise counseling to CSU, Chico students. Crystal has natural talent in nutrition counseling. She demonstrates empathy, connects easily with clients, thinks quickly on her feet, and picks up motivational interviewing techniques quickly. For more information, please go to [www.csuchico.edu/fitu](http://www.csuchico.edu/fitu).

Crystal partnered with Dr. Julie Holland to research college students’ current eating habits and what associations their current eating habits had with parental attitudes and restrictions during their childhood. Their poster, Association of Parental Attitudes and Restrictions during Childhood on College Students' Current Eating Habits won the College of Natural Sciences 10th Annual Poster Session’s People’s Choice Award for Undergraduate Research. Crystal also presented her poster at the California Dietetic Association Annual Conference in April 2014. Crystal and Dr. Holland are currently working on submitting a manuscript for publication. It really is amazing all that Crystal is able to do. She works, volunteers, successfully completes a full load of classes while earning high grades each semester, and cares for her six children. Congratulations, Crystal!
There are two projects we are working on related to local food systems and food safety: Right to Know, a project supported by the Agricultural Research Institute (ARI), and Marketing Food Safety: Expanding Capacity to Support Local Food System Development in Rural Northern California, a project supported by the National Institute of Food and Agriculture (NIFA). Both projects have been assessing barriers to local farmers in increasing sales to vendors such as schools, hospitals, restaurants, and distributors. With ARI, we surveyed over 200 local farmers to determine their barriers and needs. With NIFA, we have interviewed 25 local buyers and conducted focus groups with 12 local farmers. We are assessing barriers and determining the feasibility of a local food hub along with Group GAP certification for food safety. We are also developing an online food safety training website, CSU Chico Food Safety, in order to help farmers meet buyer requirements for food safety. We are in partnership with the CSU, Chico College of Agriculture and the Center for Nutrition and Activity Promotion, the Northern California Regional Land Trust, and the North Valley Food Hub.
My name is Danielle Adler and I am a double major in Dietetics and Foodservice Administration. In fall 2013, Professor Maria Giovanni and I began discussing the possibilities of starting a garden at The Oakmont, an independent living center in Chico. I had been interning with them the semester prior, teaching senior nutrition lectures and was able to form a good relationship with the management there. I wrote a proposal for a SFAC fund (AS Sustainability) in fall 2013 semester that passed. This allowed enough money for us to help The Oakmont begin building their vision of a ‘Veteran Memorial Garden’.

In spring 2014, we began the building process with the help of various majors at Chico State. Concrete Industry Management students and their professor Tim Hostettler came and donated their time to help pour the pathway for the garden. An interior design student named Grace Nolasco helped design the map for the garden through a program on her computer. We had major help from Chico Grub and Vectors veterans when we built the garden beds. Overall, spring semester opened my eyes to how important community is in order to succeed in this project. Each person involved with this project was key to its progress.

We had a grand opening for the garden in May 2014, and it really took off! Over summer, the garden flourished with basil, zucchini, tomatoes, and eggplants and we are fortunate enough to have one of the residents take joy in tending to the herbs and vegetables. Another nutrition student named Veronica VanCleave and I have been teaching nutrition lectures every other week to the residents. We discuss one vegetable or herb from the garden and provide a tasty sample that incorporates that vegetable or herb. So far, we have had a great turnout and the residents have been excited to try out these samples.

The best update I received when I came back to Chico in August was that the chef at Oakmont has been utilizing the vegetables and herbs in the garden for the residents’ meals. Seeing the progress of the garden and all the various phases it went through to be what it is right now makes me proud to have had the opportunity to be a part of this during my time in Chico. The amount I have learned from the interactions with others as well as teamwork is something I will cherish as I leave Chico in December. I am excited to see how this garden will have an impact on the community at The Oakmont independent living!
My name is Megan Lomax and I’m a senior food and nutrition student in the Dietetics option and I’ll be graduating in May 2015. I was lucky enough to fit the opportunity to study abroad in Reggio Emilia, Italy this past summer into my college plan. Reggio Emilia is a small city in the northern region of Italy south of Milan. It is known as the culinary capital of Italy, and absolute foodie heaven for me. I took a cuisine class at the local hostel to learn about the regional cuisine specialties such as, pumpkin tortelli with sage butter, gnocchi with pesto, cappuccino, and panna cotta to name a few. We also got to tour one of the consortiums where they make Parmigiano-Reggiano cheese and see the whole process!

I traveled through northern Italy on the weekends and between classes. I visited and ate my way through the cities of Rome, Florence, Venice, and Cinque Terre. One of the absolute highlights of my trip was hiking the trails connecting the five towns that comprise Cinque Terre on the coast of Italy. The sights were breathtaking and I was able to swim in the Mediterranean Sea for the first time. Being able to participate in the Italian culture and enjoy their way of life was one of the best experiences I’ve had as an undergraduate at Chico State. I hope to encourage others to study abroad as well because I am so happy I took the chance to do it!
I transferred to Chico State from the Santa Rosa Junior College my junior year, and am majoring in Nutrition and Food Sciences with an option in Food and Nutrition Communication. During my junior year, I joined the Nutrition and Food Science Association (NFSA) where I later became the Event Coordinator and then the Vice President. During my senior year, I joined and was part of the founding process of the Embodied: Health at Every Size club and was their first fundraising chair. Also during my senior year, I was the office manager for the FitU program. For the last two semesters, I have been the food columnist for The Orion student newspaper. This led to an opportunity to write for Parade magazine for six months. I have an interest in videography and media, which was my emphasis in the communication option. In 2013, I created a YouTube channel where I upload weekly videos of recipes that I create. In my final year at Chico State, I joined the National Science Teaching Association (NSTA). I have helped teach science lessons at Citrus Elementary School and volunteered at the Gateway Science Museum. Post-graduation, my goals are to get my teaching credential at Chico State and to teach 9th and 10th grade science.

Working as a food scientist at a candy factory is the dream job I never realized I would have. Sconza Candy Company is a family-owned business specializing in jawbreakers, Jordan almonds, panned candies, toffee nuts, and much more. I work on the research and development team. Because Sconza is a smaller company, I have the opportunity to work on many different things. Just a few of my various responsibilities include creating nutrition labels and ingredient statements, generating formulas for production based on lab tests, and analyzing lab data. Whether I am in the lab, the factory, or my office, this job never gets boring because I am doing something different every day. It is really exciting to be a part of a growing company and have the opportunity to contribute my own ideas. My favorite part is that I can honestly tell people I love my job.
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 2014-2015 academic year, NFSA has gotten off to great start! So far, NFSA has participated in the 2014 Bidwell Park and Chico cleanup day, Grillin’ on the Grass, World Food Day, and has many more activities in the making. In October, we did an off campus weekend event and visited TJ Farms, a local farm in the community. They had a beautiful vegetable garden and pumpkin patch open to the public. Our club also had the pleasure of having a new faculty member, Joan Giampaoli, come and speak at one of our meetings. It was a great opportunity for the students to become acquainted with Joan, and it was inspiring to listen to her research history and learn more about her as a person. Our club looks forward to an exciting rest of the semester and can’t wait to see what 2015 has in store for us!

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:
Melissa Goings: Club President
MGoings@mail.csuchico.edu
Maria Giovanni: Faculty Advisor
MGiovanni@csuchico.edu
Embodied is a new interdisciplinary 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 April 2014, Embodied planned a week of awareness events during Love Every Body Week. Embodied invited two speakers to campus, Reagan Chastin, acclaimed dancer and author of “Dances With Fat” blog and Marilyn Wann author, fat activist and creator of the Yay! Scale. Ms. Chastin was our keynote speaker and led a dance workshop for students at the WREC. Ms. Wann led a Yay! Scale workshop, where participants were able to create and take home their own Yay! Scales. The Yay! Scale is often used at Embodied’s events and has the traditional numbers replaced with positive words.

Embodied is planning for another successful Love Every Body Week for 2015 and other events on and off campus. For more information and ways to get involved go to: https://www.facebook.com/groups/CSUCHAES/

Additional information about Embodied and HAES may be found through the links below:
http://chicostateblog.wordpress.com/2014/02/07/embodied-living-the-health-at-every-size-way/
http://theorion.com/blog/2014/03/31/club-spotlight-embodied-living-the-health-at-every-size-way/
http://theorion.com/blog/2014/04/06/week-of-events-welcome-size-diversity

For more information, please contact Dr. 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?

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 Dietetic Association annual meeting, small equipment purchases for our laboratory courses, and additional resources for our classes.

Circle of Friends Goals Include

- To re-establish 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 Include

- 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.

Name: __________________________ Name while at CSU, Chico: __________________________

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 California State University, Chico 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 California State University, Chico is being threatened by 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 California State University, Chico on-line giving website:


…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

- Travel award for graduate student to attend a meeting —$500
- Dr. Faye Dietetic Internship Award - —needs on-going support
- A set of classroom clickers for the Department — $2,500
- Colorimeter — $3,000-$15,000
- Establishment of a new undergraduate scholarship—needs ongoing support
- Development of a sensory analysis laboratory—needs ongoing support
- Support of faculty to attend professional meetings—needs ongoing support
Circle of Friends

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

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**Did you donate and 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.**

We Would Love to Hear From You!

For next year’s addition of the Newsletter we would like to start a section called “Alumni of NFSC: Where Are They Now?”

Please complete the following and send it with a picture to nfscparttime@csuchico.edu

Name: ___________________________    Graduation Year: ______________

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