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Greetings from the Chair

Joan

Hello NFSC alumni and friends! My name is Joan Giampaoli, and I am the new chair and a professor in the Department of Nutrition and Food Science (NFSC). Just a little background about myself—I am an RDN and teach classes in the nutrition management option. My main areas of research are child nutrition programs and eating disorders. I graduated with my BS and MS in nutrition science from San Jose State University and my PhD in food systems management from Oregon State University.

Before I write any more, I have to give a special note of thanks to Chris Nichols, professor in the chemistry department. Chris stepped in as interim chair last year and did an amazing job leading the department. I also want to give a huge note of thanks to Katie Silliman, who stepped down as chair last year after 15 years of outstanding and visionary service to the department. She is serving as assistant chair and mentoring me through this transition; I am extremely grateful and appreciative of her support.

It is an honor and a privilege to serve as chair of the NFSC department. I work with dedicated and enthusiastic faculty who truly care about student learning. The students in our department are hardworking, diligent, and committed to their profession and their community. I look forward to working with faculty and students and am excited to serve the NFSC department as chair.
Events of Last Year

I am happy to present to you our annual department newsletter. Although it is not an exhaustive list of events and achievements, it presents some notable highlights.

The department received some sad news this summer about a former student, Tamara Martinez, who passed away on July 2. Tamara was 47 years old. She received her BA in physical education in December 1998. In the spring 2010, she took courses within the general dietetics option and graduated in fall 2012. Tamara was accepted into the CSU, Chico DI, class of 2013–14, and earned her credential as a registered dietitian nutritionist. A celebration of life was held for Tamara at the Card Center in Chico, and the center was packed. Tamara was a beloved student and intern and developed close friends in the department. She was a vibrant, loving wife, mother, daughter, sister, and friend. A special section of this newsletter is devoted to Tamara in memory of her extraordinary life.

Courtney Clark, our Didactic Program in Dietetics (DPD) director, resigned from the NFSC department in May 2019. We were sad to see Courtney leave but happy for her at the same time. You see, Courtney got married in June and moved to Portland to start her new life. She is working as a clinical dietitian, and we wish her well.

We welcomed our new DPD director, Lauren Housley, this summer. Lauren is a registered dietitian nutritionist and graduated from the University of Georgia's MS/DI combined program and from Oregon State University with a PhD in nutrition science. Lauren has been with the department for 5 years as an assistant professor, and we are lucky to have her in this position.

On August 20th, I stepped down from my position as the Dietetic Internship (DI) director and became department chair. In my place, Lauren McNamara became the DI director and the DI clinical coordinator. Lauren McNamara received her MS in nutrition science from Chico State and completed her DI at the University of Nevada, Reno. She is working on her EdD in adult education at Capella University. We are fortunate to have Lauren as our newest tenure-track faculty member.

Thanks to Maria Giovanni, NFSC is offering a minor in food science. The food science minor can give a competitive edge to those seeking employment in the food industry as a nutritionist or quality assurance professional. The coursework provides technical information to improve students’ knowledge and understanding of food and its manufacture. The minor allows students to tailor their food science minor to complement their major.

NFSC welcomed a new lab technician, Lacey Pettigrew, who stepped into Lorna Abbott’s position after Lorna retired last year. NFSC also welcomed Lindsey Holmberg as our new instructional support assistant in the food lab. The department is grateful for all of their contributions and dedication to our students.

The Center for Healthy Communities (CHC) has been very busy this past year. The CHC received a contract through the California Department of Social Services (CDSS) to fund a three-year Cal Fresh Outreach (CFO) effort from Siskiyou to San Diego counties, involving over 40 California university and college campuses and five community organizations. The CHC is now one of California’s five prime CFO contractors. For the CHC and other contractors, California will match total federal CFO funding of $14.7 million for FY 2019–21 with an additional $19.1 million in staff time and other support. Congratulations to the CHC!

As always, we thank you for your continued support. Keep us updated on your current activities, and please stay in touch. Although alumni may have physically left our campus, they remain a part of the NFSC family forever.
Michelle Morris remembers over the years writing several glowing letters of recommendation for Tamara and assumed she would ask for another at some point, so it felt like a punch in the gut when Michelle learned she had passed away this summer.

As a returning student, close to her own age, the two quickly bonded after meeting. Tamara had already been a physical education teacher and food service manager when she began her dietetics coursework; Michelle deeply appreciated the considerable work and life experience Tamara brought to the classroom, and later, the dietetic internship (DI). The DI can be a physically and emotionally grueling experience, as interns move quickly from one supervised practice site to another applying their coursework knowledge to hospital and community-based settings. With each new assignment comes a new preceptor and changing expectations for performance. As Michelle said in one letter of recommendation, Tamara had an “outstanding ability to build rapport with diverse populations—from hospital administrators to low-income families seeking nutrition education. More than one of Tamara’s preceptors praised her capacity to effectively establish professional boundaries, yet also display warmth and empathy with the clients she served.”

Michelle finds plenty to say about Tamara’s intelligence, her tenacity and professional success, especially in light of the challenges Tamara faced. What she will remember most about Tamara was her abiding love and ever-present concern for the needs of her son, Thomas, and husband Michael. Michelle remembers one conversation they had after a Friday afternoon DI class, when the other interns had dispersed for a well-deserved weekend break. Tamara shared with Michelle her ambivalence about taking on the demands of the internship when it meant time away from her family, especially her young son. Tamara was feeling overwhelmed and guilty for not spending more time with her family, unsure she could keep going. She listened and provided her perspective. Michelle shared that she was in awe of her strength and resilience, that she believed she was more than capable of staying the course, and that her struggles and sacrifices would serve her family in the end. Tamara was a deeply kind, wise, and open hearted woman so she shared her own struggles with her, and she ended up encouraging her as well!

Tamara made lasting friends and deep connections with her fellow students and professors at Chico State. Lauren McNamara said, “I first met Tamara in NFSC 440. I was returning to school after being out for three years and was nervous about being a student again. The minute I met Tamara I knew that I was going to be ok! Tamara was the kind of person you just felt instantly comfortable with. She was a once in a lifetime kind of friend. She would text me repeatedly until I responded to her, and I loved her for
it. She was always there for her friends and family. Tamara made life better. She was one of the good ones, and we lost her much too soon.”

Keiko Goto shared, “Tamara Martinez was a wonderful human being with a kind heart. My daughter uses the blanket Tamara gave us, and it always reminds me of her beautiful smile.”

Another close friend, Deb McCafferty stated, “Tamara was a dear friend, wife, and mother. Spicy, strong and smart, no-nonsense, hilarious, and the most kind, compassionate, loyal, non-judgmental heart of anyone I've ever known. Everything Tamara did, she did with full enthusiasm and dedication. At work for the Red Bluff schools, she worked to overhaul the student meals to both make them healthier and to make the students actually want to eat them. Tamara was an athlete all through school and continued to play on local teams throughout her life. She was passionate about animals, human rights, and the environment. She loved the outdoors, and was often hiking, kayaking, and exploring. As a mom, Tamara instilled that love of nature in her son, Thomas. She took Thomas and his friends on impromptu road trips and camping adventures. Tamara loved and looked out for Thomas's friends, who would seek her out for her advice and sense of humor. She made everyone feel at home in her home. She was one of the rare ones. She was one of the good ones. She will be dearly missed.”

Tamara was an inspiration to so many at Chico State and beyond and her playful and generous spirit lives on in the sweet memories of our time together. May she rest in great peace!
A warm welcome to Lauren McNamara, The assistant professor and new DI Director

I am so honored and excited to be a part of the faculty at Chico State. I am looking forward to contributing to the research on nutrition that will continue to show the powerful impact that this field can have on health outcomes.

I have worked in the acute care setting, rotating between hospital departments, from the Medical-Surgical floor to the Intensive Care Unit at Enloe Medical Center and Sierra Nevada Memorial Hospital. I have also worked in outpatient settings providing medical nutrition therapy and weight loss counseling at a local GI clinic, a cancer center, and a tribal health clinic. Most recently, I worked for a local concierge service providing high-end clients with personalized nutrition and fitness counseling. I have learned a great deal from each of these valuable experiences, but, at the end of the day, teaching is what fulfills me and makes me happy.

When I walk onto the CSU, Chico campus, I feel inspired and excited to be here. I love working with and getting to know my students and having the opportunity to support them through the hardships and triumphs they experience in working toward their goals and dreams. I have been a lecturer at Chico State for the past nine semesters, and the clinical coordinator for the DI for a year and a half. As an educator, I believe that it is crucial to maintain a life-long commitment to my self-improvement, to continue to learn new teaching and learning methods, and to stay current with innovations in our field. I am currently working towards my EdD in adult learning and will focus my research on improving teaching and learning strategies within the dynamic field of nutrition and dietetics.

As the new DI director, I will strive to continue to elevate and expand our program to increase the diversity in our student population and to allow more students to fulfill their dreams of becoming dietitians. I believe broadening our program to include a concurrent masters/dietetic internship option is a great way to align it with the changing criteria of our profession while making it more streamlined for students to earn their master’s degrees. I am excited about the upcoming changes to our DI program and look forward to continuing to watch our students flourish into successful practitioners.
A warm welcome to Lauren Housley, the new DPD Director

Lauren Housley, a current assistant professor in the Department of Nutrition and Food Science is thrilled to have accepted the position as director of the Didactic Program in Dietetics in fall 2019. Lauren received her bachelor’s and master’s degrees in foods and nutrition as well as completed her dietetic internship at the University of Georgia. She became a registered dietitian and continued on to earn a doctoral degree from Oregon State University. This academic year marks her fifth year working for the department. She teaches “Introduction of Nutrition”, “Futures in Dietetics”, “Human Nutrition”, and graduate course “Topics in Vitamins and Minerals”. She is a highly dedicated teacher and mentor and is passionate about building a strong cohort of students prepared to enter and advance the field of dietetics. In addition to teaching, Lauren has also gained experience in school and hospital foodservice, clinical, and community nutrition. She also has a wealth of experience in nutrition research.

Lauren’s research interests involve finding dietary approaches for cancer prevention and treatment. Her current projects are investigating the use of a broccoli phytochemical in reducing the progression of aggressive breast cancer. Her research provides lab-based experiences for several undergraduate and graduate students each year. Many of her students present their work to peers at local and national conferences.

We are delighted to have Lauren serve as our new dietetics program director. Welcome, Lauren!

A quick update for our DPD and DI programs: In 2017, the programs underwent reaccreditation based on the newly revised 2017 accreditation standards as set forth by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). We are delighted to announce that both programs were successfully reaccredited in spring 2018. We wish to give a huge thanks to Katie Silliman, Dawn Clifford, and Barbara Kirks for their support in reviewing and providing feedback on these reports and to Courtney Clark (previous DPD director) and Joan Giampaoli (previous DI director) for spearheading the process. We also wish to thank Sherrie Wolcott, our administrative support coordinator II, the NFSC faculty, and everyone who participated in this process and met with reviewers. You are all truly appreciated!
In 2017, the DPD and DI programs underwent reaccreditation based on the newly revised 2017 accreditation standards as set forth by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). ACEND is the accrediting agency for education programs preparing students for careers as registered dietitians, nutritionists, or nutrition and dietetic technicians, registered. Nutrition and dietetic education programs undergo reaccreditation by ACEND every seven years to demonstrate compliance with ACEND accreditation standards.

Accreditation reviews the quality of educational programs and recognizes areas of strength and assists in improving the programs. Accreditation:

- Provides value to educational programs while protecting students and the public interest.
- Provides assurance of the quality and content of the educational programs necessary for nutrition and dietetic programs.
- Includes stakeholders such as practitioners, regulators, educators, and students to improve professional preparation and practice, ultimately benefitting the dietetic profession and the public that is serves.

Accreditation includes self-analysis, preparation of a self-study report, and an on-site evaluation visit by a team of professional peers. Dietetics educators and practitioners, appointed by the ACEND board, participate in the peer review process to determine if a program is achieving its own educational objectives and meeting the Accreditation Standards.

During the reaccreditation process, program directors wrote extensive self-study reports and provided accompanying evidence material based on the new ACEND standards requirements. The self-study reports were submitted in November 2017. After the reports were submitted, the program directors coordinated site visits. ACEND sent two program reviewers each for both the DPD program and the DI program. Over the course of the two-and-a-half-day site visit, the reviewers read the self-study reports; reviewed accompanying evidence; conducted interviews with current and past students, current and past dietetic interns; visited DI preceptors and the Sim Lab; and talked to faculty, the advisory board, and other stakeholders of the educational programs. At the completion of the site visit, the reviewers conducted an exit interview and discussed the programs’ strengths and areas to improve. The site visit went well, and the reviewers were impressed with the quality of the DPD and DI programs. In January 2019, both programs were fully accredited by ACEND, once again.
Outstanding Graduating Senior in Food and Nutrition Communication

Dung Duong

Hi everyone! My name is Dung Duong, but you can call me Dede because my Vietnamese name is pronounced in a different way from English pronunciation. I obtained an AA degree in environmental horticulture at Butte College. I switched to the nutrition and food science major when transferring to Chico State because my mom passed away from malnutrition in Vietnam five years ago. While learning about malnutrition, I found there is a difference between malnutrition in developing countries and industrialized countries. They are opposite of each other but both under-malnutrition and over-malnutrition are problematic. I want to do something to help people build a healthy habit of eating. Transferring to Chico State to obtain my BS degree in nutrition and food science is the most important decision in my life.

I am a second language learner and my biggest barrier is English. My goal was to get an internship as soon as possible after transferring to Chico State to improve my English and gain experiences in the nutrition and food science field. I had many questions about what would be the best internship and how could I get it. These questions were resolved when I met Maria Giovanni, and she gave me advice the week before school started. I got my first internship at Center for Healthy Communities (CHC) in the second week of my first semester at Chico State. I very much appreciate her great advice. I will always remember Ted Herrera who was my first lab instructor with his amazing kitchen techniques. I want to teach Nutrition in cooking classes in schools and show the children all techniques such as cutting, chopping, mincing, and mashing and how to prepare their own healthy meals that I learned from the food labs and lectures.

I used to struggle with reading scientific articles and to be sweaty while presenting my nutritional education project. I used to get a bad grade in some exams. Nutrition and food science is interesting, but it requires spending time to learn. I am responsible, patient, and always positive about learning, and I learn new things from my mistakes. I always find different methods in studying for getting the best results and look for different ways to get out of the obstacles in my life.

I am grateful to my professors at Chico State who are kind, helpful, and patient while they were listening and explaining things to me in the classrooms and in their office hours. I want to send my appreciation to Kathryn Silliman who helped me build an efficient academic pathway and for her great advice that will help me graduate this fall. I very much appreciate the two full semesters I had working
with Alyson Wylie’s team in Yuba and Tehama County schools for cooking classes. From CHC and CAVE volunteers, I also participated in a variety activities such as summer camping in Lassen county, Marathon through Meadows and Forest Ranch, Running Buddy at Butte College, Fruits and Veggies Fest, Chico Boys & Girls Club’s Excel program, and Chico Safe Space, etc. These activities shaped my skills, enriched my knowledge and experiences, built my confidence, and helped me improve my communication in English.

I made more connections with other organizations while I was an intern. I got another internship at UC Extension and a part-time job at the Butte County Office of Education in summer 2019. I benefited greatly from the maxim “Learn by doing” while interning and volunteering. Currently, I am interning at UC Extension to teach Elementary School students in the Oroville area about gardening and nutrition. My advice for all future students is to land an internship in your first semester of your junior year or as soon as possible.

Once again, I am thankful for all incredible and respected professors and staff in the Department of Nutrition and Food Science as well as staff at the CHC, who always encouraged and helped me to keep my passion for learning about nutrition and food science. I am also thankful to all my kind-hearted classmates who were willing to explain things that I did not understand and helped me to answer my questions in or out of the classrooms. Finally, I want to send my thanks to the ESL Resource Center, where I received unconditional help with writing my papers and correcting my pronunciation. Wishing you all have a wonderful semester!
Outstanding Graduating Senior in Nutrition Management

Denise Pamplona

Food has always been an important part of my life. My passion for food is rooted in its potential to be many things: a delicious meal, a remedy for healing, and a cornerstone of social exchange within a community. Growing up in Southern California helped shape my love for food. I was exposed to so many different cultures, and I was lucky enough to have the opportunity to enjoy food from the culturally diverse stores and restaurants near me. I was even luckier to have had the chance to study more about food at CSU, Chico.

My journey to my bachelor’s degree was a tumultuous and uncertain eight years. I started my undergraduate studies aiming to be an RN, but I realized it was not the path for me while I was completing my prerequisites. This realization left me lost and aimless, but my love for food inspired me to eventually pursue a major I was more passionate about. It was two years ago that I transferred to CSU, Chico to undergo my nutrition and food science studies. This new chapter of my life was exciting and scary, yet it was rewarding and enriching as well. My time at CSU, Chico was nothing short of amazing, and I am very grateful for my experiences there.

On that note, I would like to say thank you to everyone who supported me at CSU, Chico. Thank you, Joan Giampaoli and Maria Giovanni, for guiding me through my undergraduate studies. I learned so much from your mentorship, and I was able to explore nutrition in ways I have never thought about. I would also like to express my gratitude and appreciation to the rest of the nutrition and food science department for the opportunity to receive the Outstanding Graduating Senior Award in Nutrition Management. I am very honored to have received such an award and wouldn’t be able to achieve what I did were it not for the classes that helped strengthen my passion and knowledge of nutrition. I want to thank my classmates for the bonds and memories we were able to make inside and outside the classroom. Being able to have a strong fellowship with other nutrition students really helped get me through my studies. Lastly, I would like to thank Nani Teves and Sidney Corkery for my amazing internship at the Associated Students Sustainability Office. As an intern, I was able to deepen my understanding of food by learning about sustainable food systems with the Real Food Challenge.

As I start the next chapter of my life, I am excited to use the skills and experiences I gained at CSU Chico. During my undergraduate studies, I was able to grow so much as a person. I left college with a solid foundation to build my future on, and I am proud to say that I can use what I gained to pursue what I want in life.
Dear alumni and friends of NFSC,

Faye Johnson, who retired in 2010 after 34 years of service to Chico State, dedicated her career to helping students succeed. She taught many courses for the program, including courses in food science, cultural foods and food-service administration. Upon her retirement, Dr. Faye, as she was known by her students, established the Dr. Faye Dietetic Internship Award. Since its creation, the award has sponsored nine students with $1,000 awards.

It is her wish to acknowledge and encourage those students who have chosen internships that reflect their most passionate interests in the field. This is the primary criterion for selection for this award. Other selection criteria include:

- Must be a senior or graduate student who has been accepted into an ACEND approved dietetic internship
- Must be pursuing the registered dietitian nutritionist credential
- Must have chosen an internship that matches their ongoing interests in the field of dietetics
- Financial need is considered
- Special consideration will be given to those students who have faced significant challenges: physical, financial, or family/dependent responsibilities, while pursuing their education

We are hoping you would consider donating to this award so we can continue to honor the wishes of beloved Dr. Faye.

Please visit the Dr. Faye Award to donate today.
I got into the nutrition field after studying abroad in Italy. It made me realize how exciting the connection between food and health is. I had an idea I was going to attend Chico State because both of my parents and my brother did—I am so happy I decided to attend also. Chico State’s nutrition program was excellent. The teachers care about each student and are always there to help. Not only did I get an excellent education, but I had so many opportunities to get involved in the school and surrounding community. Some of my favorite things about Chico was going up to Tabletop Mountain to watch the sunset with friends, the farmers market, and the campus during the fall season. I was also involved in the Food and Nutrition Club, Centers for Healthy Communities, interning at Enloe hospital, and working as a legislative intern. I loved all my experiences at Chico. It taught me about the different areas of the nutrition field.

About a month before graduation, I found out I was accepted into UC Davis Dietetic Internship. This was a dream come true. So far during the internship, I have worked on the cardiothoracic, oncology, ears, nose and throat surgery, and am going to neurosurgery floor next. It has been such a cultivating, educational environment. I was so happy to be awarded Dr. Faye’s scholarship. The scholarship helped me a lot. Dietetic internships can be expensive, and I am grateful for the opportunity to have something like this available to apply for.
I was pleased and shocked when I was awarded the Alumni and Friends Scholarship. I was in almost disbelief when I was awarded the Lt. Robert Merton Rawlins Merit Award. Coming to California State University, Chico was a huge step forward in my life, but also came at one of the most difficult times for me personally. As a parent with a young child, it is hard to put yourself through school when thinking about needing to put in the time for classes and studying. Financially, it is a huge burden to try and raise a child while going to school full time, and I often thought that there was no way that I could make it through the two years after transferring. There were many times when I thought the struggle was too great and that I could not continue my education.

It was wonderful to know that my professors, the staff and everyone who knows my story is in support of me and my endeavors. To know that that people saw in me someone who could use the support to do great things was heartwarming and renewed my vigor. I know that I can achieve my dream of becoming a registered dietitian nutritionist with their guidance and support. Maria Giovanni has been a wonderful professor and mentor. She has been a shoulder to cry on and always has encouraging words for me both in a classroom setting and during times when I am going through personal stress. Her enthusiasm for food science is contagious and I enjoy her instruction and creativity. Her support has been invaluable to me, and I am happy to have her as an advisor.

Katie Silliman is always letting me know that I can achieve great things. She reminds me that when I put my mind to it, I can complete my goals. Her encouragement to continue my education despite my difficulties has been welcomed. I look up to Lauren Housley, who juggles being the mother of a young child, much like myself. She is supportive and always guides students with purpose and reassurance.

I know that no matter where life takes me, I will be able to find success in great part because of the people here in Chico and the support that they have given me!
When I think of the hallmark moments of my time at Chico State, I always come back to the memory of my first day in the food science lab, instructed by Professor Melissa Nicholaw. It was spring 2016, and I remember vividly how awed I was by the lab’s pristine condition, the ergonomic organization of the cooking instruments in drawers, and the clean, sleek surfaces of all the appliances. Even in its immaculately clean condition, however, the room wasn’t lacking character. My professor’s passion for cooking, culinary art, and appreciation of food lit up the room each day when class began at 2 p.m. on Thursdays. If someone had told me that semester that I would one day have the privilege of teaching what would, by the end of that semester, become my favorite course, I wouldn’t have thought it possible.

Fast forward a few years later, and I was honored to be the instructor for the “Introduction to Food Science” lab when the position opened. The course was scheduled for 11 a.m. on Fridays, and was the smallest class size of the sections available. My handful of nine amazing students quickly taught me how a small class size can enhance the learning experience. Because we barely filled up half of the room, we were able to share anecdotes amongst each other about each of our own cooking experiences throughout the lab, without disrupting the efficiency of the three class hours. I’ve learned in my own kitchen journeys that a part of growing as an amateur chef is learning about the people behind the food, and this small class affirmed that the highlight of learning to cook is who we’re cooking with. Even though I was teaching my students, my students were also teaching me how to grow as an instructor, which is an opportunity many teachers might not be so lucky to have with a larger class. Since we were able to get to know each other, my students felt comfortable telling me what about my teaching style helped them, and what I could improve to help them learn more. Not only that, but the opportunity to both share my knowledge about cookery, as well as witness the magic that can come from a kitchen full of fledgling, eager-to-learn chefs was an experience that set the standard for what I will aspire towards in all future careers.

The fact that I was chosen as an Outstanding Teaching Associate after my final semester at CSU, Chico was the cherry on top of the generously frosted cake that was my entire experience there. My fabulous last year wouldn’t have been the same if it weren’t for Professor Maria Giovanni, instructional support assistants Lorna Abbott and Lacey Pettigrew, as well as my fellow teaching associate Katie Williams. Everything, from the faculty that never shied away from saying hello in the hallways
to morning walks through campus along Big Chico Creek, is a part of a memory I'll always cherish. I will forever be indebted to my unmatched academic experience and hope to one day be back!

Since graduating, I completed my dietetic internship at Napa State Hospital, and earned my credentials as a registered dietitian. I now work part time for several worksite wellness companies in the San Francisco Bay Area, providing comprehensive nutrition and health services to employees—it’s a lot of fun! Because there are so many opportunities in the nutrition and dietetics field, I am always open to new career options and following the path that speaks to me most. I do, however, know for sure that I love nutrition education, and am actively pursuing university teaching roles. I could not be where I am today without my time at Chico State, and continue to recommend their nutrition and food Science program to all those who are interested in becoming a dietitian!
Outstanding Graduate Leader

Annie Hsuan

I am very honored to be a part of an amazing department at Chico State and to be awarded the Outstanding Graduate Leader. Throughout my graduate studies and leadership experiences here I have learned so much from so many amazing people. Having come from a large university (UC Davis), where I completed my undergraduate studies, it was a very different experience to be a part of a much smaller community—I felt supported by my mentors and peers. I was also able to be a part of leadership experiences that I never would have imagined I would be a part of had I been somewhere else.

Being at UC Davis, I had many classes and labs that were instructed and supervised by teaching associates. They quickly became my mentors and people I looked up to. As a result, I looked forward to the day where I, too, could become a TA and support my students through their education journey. I see the impact that teaching associates have on their students, therefore, when I was selected to be a TA for NFSC 120L, I strived to do my best in providing the best education and support for my students. My first day as a TA was a nerve-racking experience. Being an introvert, speaking in front of crowds has never been a strength for me. However, through the support of Professor Maria Giovanni and Lacey Pettigrew, I slowly became comfortable with my small group of students. I consistently sought out ways to better my teaching skills every day for my students. Over time, I looked forward to coming into lab and spending time with my students while helping them grow in their cooking skills. After the semester was over, I knew I wanted more opportunities to teach and applied to be a TA again. The following semester, I was offered a position to teach NFSC 431 and also offered a position to be an instructional lab assistant. I saw the work that was put into preparing the lab for students, and wanted to be a part of that as well. I learned so much in working with Lacey Pettigrew, and she quickly became my mentor. It was a challenging experience to be working on my graduate research, be a teaching associate, and work in the food lab all at the same time. But through it all, it challenged me and helped me grow as a person. I discovered my passion for teaching and working with college students, and I hope that one day I can work with students again, but as a registered dietitian.

I would like to extend a huge thanks to the NFSC faculty for having me these two years. I would also like to thank Katie Silliman and Tracy Berman for guiding me through my research and helping me complete such a wonderful project. Last but not least, thank you to Maria Giovanni and Lacey Pettigrew for guiding me through my teaching position and lab assistant work. It has truly been a wonderful experience working with everyone in this department, and it was bittersweet to say goodbye. I am moving on to completing my dietetic internship and am looking forward to new learning experiences.
Graduate school at Chico State has provided many challenges to me both personally and professionally. One such challenge that truly asked me to grow was working as a teaching associate for the “Introduction to Food Sciences” lab. Meeting the learning needs of a diverse student body and cultivating the unique space for each student to learn and grow in their knowledge of food science required a completely new skill set than was previously required from my academic experience. Through teaching, I found I had to transfer my knowledge into usable and accessible information and experience for students while being cognizant of their individual strengths and weaknesses. Often, I found that allowing them the room to make mistakes and learn from those mistakes lead to the most rewarding educational opportunities for both myself as an educator and for the students personally.

It was also so rewarding to be able to provide students with functional knowledge on food science and food preparation. I tried to emphasize how various ingredients interact with one another on the chemical level to form intricate and delicious food products including breads, cakes and candies. I often times saw my own confused stressed out undergrad freshman self in all of these students who have just left their lives behind to pursue education in unfamiliar environment. I wanted to create a classroom where students could gain confidence in the learning process. I emphasized that confidence comes through making mistakes, and the crucial skill to learn is continuing to seek to learn, despite setbacks. With that in mind, I created a structured and calm space for students to explore whatever issues arose during class.

I love using food to communicate with others and express my emotions. I tried to open that perspective for my students. If they see cooking as fun and expressive, they will continue to cook and grow. I’m honored to receive this recognition as an Outstanding Teaching Assistant. Thank you to my mentor, Maria Giovanni, and to all the students I have had the sincere pleasure of working with.
My decision to attend Chico State for graduate school has presented me with an abundance of opportunities both to meet outstanding professionals and work on impactful research. Halfway through my first semester I was granted the opportunity to work with Lauren Housley in her nutritional biochemistry lab on promising bioactive compounds to combat cancer. I spent two years developing a specified protocol testing sulforaphane, an interesting phytochemical found in broccoli and other cruciferous vegetables and its relationship to the metastasis of breast cancer.

From 2017–19, I worked with Chico State faculty and students designing a seven-part protocol testing sulforaphane. We sought to see how sulforaphane impacted cancer cells that had yet to leave the primary tumor site. My protocol was the roadmap for this process, progressing from cell culturing, treating the cancer cells with sulforaphane, and ultimately seeing whether we could establish a relationship between sulforaphane treatments and slowing the spread of tumors.

During my time designing this lab, I was awarded two travel grants to give lectures on my methodology and the potential impacts of my research. I am so grateful to the California State University Program for Education and Research in Biotechnology and to Graduate Student Research at Chico State which chose my research to fund and showcase among such a wide array of my peers in California and Chico. Using these travel grants I traveled to the first-ever California State University Interdisciplinary Cancer Meeting to present our promising research. This phenomenal experience put me in contact with the most promising cancer researchers in the CSU community. I was also humbled to be the only nutritional student at this meeting selected to receive a slot to present my research in front of hundreds of my peers. I represented Chico States nutritional department when fielding question from a diverse pool of my peers each established in cancer research within their respective fields. It was a wonderful opportunity to showcase the potential of nutrition as a key element in the fight against cancer. I am grateful for both the intellectual and monetary support from Chico State and the greater CSU community.

Other opportunities granted to me during this research included poster presentations at both Nutrition 2018/2019, an international conference for nutritional professionals to showcase their research and at the College of Natural Sciences Poster Sessions at Chico State. I also was able to participate in the Graduate Studies Student Research Competition, where I presented my research to a panel of biology professors and fellow graduate students. This was my hardest presentation yet as the questions from the panelists were scientifically demanding and specific. I am absolutely grateful for all my time spent and experiences gained working and researching in this lab, and I will take everything I have learned with me moving forward into my future scientific career.
Going to college was never a given in my family. I grew up with earning a living as the highest priority. My parents, grandparents, great-grandparents, as far back as we can remember, did not go to college. I even applied and started working at my first job at the age of 16. After graduating from high school, I lost my way and struggled with addiction. This went on for so long that I, and my family, couldn’t see the light at the end of the tunnel. However, I found my way back and am proud to say that I have graduated with my bachelor’s degree in nutrition and food sciences and am currently a graduate student working on my master’s degree in nutrition education.

When I started graduate school, I knew I wanted to do a research project that focused on drug addiction. I have been interested in working with this topic area since I have seen so many struggle in this area, as well as myself. I developed a curriculum that focused on this population’s specific barriers and strategies to overcome those barriers and implemented that curriculum in a nutrition course here at Chico State. Based on student feedback I received, they seemed to really appreciate the curriculum and said they would feel more comfortable helping this population when in their career.

After completing this research project and graduating with my master’s degree, I want to apply for a PhD program and continue research in this area. I hope to eventually return to Chico State, after the PhD program, and apply for a position working in the nutrition and food science department since they have been so pivotal in getting me to where I am today.
Research Conducted  
*Crystal Figueroa*

I am an undergraduate biochemistry student working on a food science minor at Chico State. During my classes with this minor, I sparked interest in the nutrition and food science department and wanted to further my knowledge in this field. In my lower division nutrition class, Professor Maria Giovanni spoke to the class about a summer research opportunity, and I was excited to see that the program was posted in the Chico State STEM Connections Collaborative. At first, I was a bit uneasy applying to my first internship, but I was delighted when I spoke to Professor Giovanni about her research since I had the knowledge to apply my chemistry background to her research.

The internship over summer was focused on the sensory and chemical analysis of different varieties of garlic and sweet peppers. A sensory evaluation was first initiated as this would help focus on the quality aspect of the research. The chemical analysis introduced an analytical method called gas chromatography—mass spectroscopy which separates a chemical mixture into pure chemicals and then identifies and quantifies the chemicals. There is still further research and analysis of the chemical components in this research project. After this is analyzed, my team and I would compare the sensory analysis of the liked and disliked variations of the vegetables and see what chemicals are in those varieties. This would further improve what farmers would like to grow in the next season. Consumers are then likely going to enjoy their favorite vegetables in the next year of those varieties.

As the summer came to an end, I wanted to keep expanding my knowledge in this field of nutrition and chemistry. Today, I am still interning with Professor Giovanni and hoping to see where this will take me in the future.
During the summer, Maria Giovanni taught me how to conduct research when I received the College of Natural Sciences Summer Research Award. The research we did was personal to me as someone who has dealt with food insecurity. We looked into how a lack of cooking skills was stopping students from being able to prepare nutritious food for themselves, especially from basic ingredients like those they can procure from the Hungry Wildcat Food Pantry. I was able to conduct literature reviews and determine that a lack of cooking skills was indeed a major barrier when students were trying to feed themselves. With this knowledge, Professor Giovanni helped me to put together focus groups where we were better able to understand students’ needs in regards to hunger and food security.

Putting together basic cooking skills classes for the student’s during the fall 2019 semester has been a highlight of the year. We have been able to work hands on with the students to teach them basic knife skills, how to read recipes, substitute ingredients, and troubleshoot when things did not go according to plan. We care able to give students real-time feedback and instruction while they cook for themselves and actually try out the skills that we are instructing them on. While research is still ongoing, it was a wonderful opportunity to learn how to collect and store data, learn how to ask the difficult questions and ultimately learn how we can better serve students through the knowledge of basic cooking skills.
Study Abroad

Marlena Kibler

I spent the spring 2019 semester in Costa Rica. The class I took that most impacted me was “Gender and Sustainability.” The class entailed many conversations about how gender inequality is manifested in various aspects of life, and specifically sustainability. These discussions fostered great dialogue among my peers and professor, as well as other assignments like presenting topics of interest to the rest of the class. One of my favorite essays that I wrote was an assignment for this class. I explored the United Nations’ second sustainable development goal, which is to achieve zero hunger. I was able to look at nutrition from a different point of view and find research conducted by organizations like the Food and Agriculture Organization, UNICEF, The World Food Bank Group, and The World Food Programme. Through the gender and sustainability class, I went on a field trip to visit two permaculture farms. At the first farm, I got to see some alternative cooking technologies such as a solar cooker and a rocket stove. My class stayed overnight at the second farm and got to plant yucca, pineapples, and harvest bananas (which grow abundantly in Costa Rica and are very cheap). This class was the college class I was hoping for because I learned so much, got a new perspective on certain global issues, and it influenced the trajectory of what I want to pursue: international development through nutrition, sustainability, and gender equality.

Throughout my time in Costa Rica, I was able to try new fruits and vegetables (pink bananas, water apples, granadilla, guanabana, chayote, camote, and plantains to name a few) and became obsessed with their batidos (smoothies) because the fruit was so delicious. I visited some more farms and was amazed by how much the farmers cared about farming sustainably and were invested in the quality of their crops. I got to see first-hand how connected people were to their land and food. My favorite meal came from a small restaurant attached to a little grocer and had no menu and about four tables. The meal consisted of fish, plantains, gallo pinto (rice and beans, but more than that!), and ensalada rusa (a pink potato salad). My experience in Costa Rica was amazing. I miss the gorgeous jungles, waterfalls, beaches, kind people, pura vida lifestyle, and of course the food!
“If you want to learn more, learn more.” —William J.H. Boetcker

The quote by Boetcker summarizes my inspiration for landing a Research and Developmental Internship at Barilla during summer 2019. Last fall, through Professor Maria Giovanni’s class on food science, I came across a few aspects of product development: sensory evaluation, prototype iteration, and consumer taste testing. My experience in Professor Giovanni's class aided in broadening my understanding of the field, which contributed in preparing me for the interview process as well as the internship. The summer at Barilla in Chicago was enlightening. I was pleased to be a part of Barilla’s movement, “Good for You, Good for the Planet,” to promote sustainable agricultural practices.

The projects I was assigned were divided into two subcategories: Sensory project and Si Mediterraneo (nutrition) project. Through the sensory project, I became familiar with the sensory analysis of the product. I led research for product improvement to determine if there is a way to optimize the product quality in terms of texture through consumer taste testing. I assisted with organizing a sensory review for quality analyst and industrializations from the North American plants. I also worked with the quality team to organize a product quality review, where a blind panel is presented with samples to compare the quality and to determine the need to improve the product if necessary. Additionally, nutrition projects provided a meaningful insight of the values that Barilla holds, which are to nurture the Italian lifestyle and the Mediterranean diet. As a part of my nutrition project, I assisted with organizing a monthly farmers market for the employees and developed a recipe booklet from the recipes formulated by Barilla’s chefs for the year 2020 for employees.

Outside of my assigned day to day tasks, I was given the opportunity to assist food scientists through the initial steps of the phase and gate process. We prepared pasta and sauce samples in the pilot plant to optimize an existing product. We also brainstormed ideas by formulating sample products in the pilot plant. Besides that, I participated in benchtop analysis for various products where a panel would critically evaluate its quality through the differential taste test method. Overall, it was a delightful experience that strengthened my understanding of the process to develop and to evaluate a product for its quality.
Summer Internship

Kathleen Carter

This past summer, I interned in food service at Camp Ronald McDonald at Eagle Lake. An American Camp Association accredited summer camp, and affiliated with Ronald McDonald House Charities of Northern California, this fully accessible residential summer camp housed at-risk participants throughout the months of June, July, and August. I was a food service intern, but my summer at Eagle Lake was much more than just experience in a commercial-type kitchen. While my typical eight-hour shifts were spent preparing meals catering to the various dietary needs of 80 to 150 campers, the rest of my day was spent with some of the best people I have ever met. Camp Ronald McDonalds rents their facility to varying organizations throughout the regions of Northern California and Nevada. Each week consisted of a new set of campers, counselors, and directors of camp programs that chose to hold their camp sessions at Eagle Lake. The participants of each camp varied from special medical needs, economic hardships, and/or emotional, developmental or physical disabilities—some of which who have been attending camp for 15-plus years. The Camp Ronald McDonald staff included five food service interns, who prepared all the meals throughout the week, and about seven program specialists, who organized and coordinated all events throughout the week of camp. They call this internship the “life internship”, and it stays true to its name. Almost three months since being “up on the mountain,” nearly every day I still think about camp. The amount of professional experience I received throughout this past summer is unlike any average day job. Not only did I gain knowledge in procurement, inventory, preparing meals, and other related commercial foodservice experience, I also was exposed to a variety of populations that I had never had any contact with before. I learned how to work with people with special needs and developmental disabilities, as well as adults and children that have experienced all different types of hardships throughout their lives. My internship humbled me, and I will never forget the campers I met this past summer, and the family I gained as a staff member at Camp Ronald McDonald at Eagle Lake. I highly recommend this internship to anyone.
Nutrition and Food Science Association

The Nutrition and Food Science Association (NFSA) 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 information. 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.

The NFSA has many great events planned for its members for the 2018 fall semester. We volunteered at Noble Orchards in Paradise to pick Pink Lady apples on October 20–21. On October 27, the NFSA went to a local pumpkin patch to pick out pumpkins to carve at our fourth general meeting on October 30. We will also be volunteering at The Esplanade House, a local charity and transitional housing organization serving Butte County. During the months of October and November, the NFSA planned to collect canned foods for donating to a local food bank.

For more information about the NFSA, please contact:

Jackson Fondriest, President, jfondriest@mail.csuchico.edu
Lauren Housley, faculty advisor, lhousley@csuchico.edu

Facebook: NFSA Facebook
Instagram: @chicostate_nfsa
Embodied

Embodied is a club that is all about the mind, the body, and food. Our club focuses on living life the “health at every size” way and trying to embed this practice into our everyday lives. Embodied accepts any and all majors and is open to the community, as our mission is to spread body positivity to any and all beings. As a club, we tune in on the importance of three beautiful aspects that help people toward body positivity. The first of these is mindful eating, where we discuss listening to your body, eating when you are hungry, stopping when you are full, and really taking the time to taste and enjoy your food. The second of these is joyful movement, where we practice the idea of moving because it feels good and for the sake of feeling good. Lastly, the third aspect is the acceptance of the diversity of the human body, realizing and accepting that no two bodies move the same, process food the same, or look the same.

In the spring, Embodied puts on Love Every Body Week. This week is during Eating Disorder Awareness Week as we put on daily events focusing on the beauty of the human body and shedding light on the struggles that too many face with their own bodies. These events consist of photoshoots and crafting, documentary viewing, an eating disorder recovery panel, and a guest speaker.

For more information and ways to get involved, contact:

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**FACEBOOK**
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**INSTAGRAM**
@chico_state_embodied
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 annual meeting of the California Academy of Nutrition and Dietetics, 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 summer

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 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 Giving Website.

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.
- 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: Pantone and Munsell Book of Color ($3,200), Konica Minolta CR-400 ($8,600), or HunterLab ($17,000).
- More time for students at the Rural Northern California Simulation Center ($1,200 a day)
- Food service software ($5,000)
Circle of Friends

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

Mary Aram
Jocelyn Christman
Laura Dick
Alicia Docter
Barbara Kirks-Fischer
Laura Fox
Debra Hook
Faye Johnson
Hahna Kaiser
Margaret Kelly
Gail Locke
Michelle Morris
Jason Murillo
Marta McKenzie
Suzanna Nye
Rhonda O’Brien
Jennifer Parrish
Jennifer Sheldon
Kathryn Silliman
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!