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Greetings from the Chair

Joan Giampaoli

I hope this newsletter finds you all well and safe during this challenging and uncertain time. This year has been quite eventful.

I am proud of our Nutrition and Food Science (NFSC) faculty who stepped up their game to convert their in-person classes to fully online last semester and for the 2020-2021 academic year. The NFSC faculty are dedicated to providing high quality education for our students while teaching in a virtual mode. Faculty took advantage of the “Go Virtual” Workshop offered through CSU, Chico which helped faculty learn and implement best practices for online education focusing on Zoom for delivering classroom instruction. Both lectures and labs along with externships are being offered virtually currently and the faculty met the challenge of developing online courses and labs that were engaging and accessible to students. NFSC faculty have been innovative, dedicated and determined to provide the best learning experience for students online.

On a sad note, the department received news about the passing of past faculty member. Lynne Holden Milano passed away on August 27, 2020 at the age of 80. Lynne received her Master's in Nutrition at UC Davis working with UC Davis and San Francisco Hospitals. She worked with WIC in Butte County for many years until retiring at 75 years old. She taught diet therapy at Chico State University from January 1976 to January 1991 and was beloved by students and faculty. She is survived by her two children, Katie and John, her younger brother and sister in law, 3 nieces and nephews, and 7 grandnieces and nephews. On October 24, the CSU, Chico flag was lowered to half-mast in honor of Lynne. A section of this newsletter is devoted to Lynne and her exceptional career.

We have also had some staff changes this past year. Lacey Pettigrew, our food lab assistant, resigned in May and is working in the information technology (IT) sector. We wish her well on her new journey in the world of IT. Lindsey Homberg has assumed the position Lacey vacated and is doing a wonderful job! We appreciate her accepting this position and working hard to accommodate faculty and students needs in a virtual lab environment. Sherrie Wolcott, our Administrative Support Coordinator (ASC), accepted a position in the department of Biology. We were sorry to have her leave NFSC and wish her great success as the ASC in Biology. Monya Robicheau is the new ASC for the
NFSC department and has been with the department since May. We are thrilled to have Monya in our department; she has become one of the NFSC family already.

Some very exciting news in NFSC are the changes that will be occurring with the MS program. We are awaiting the final approval of a combined program (Dietetic Internship and MS degree) starting in the academic year 2024-2025. The final year for our current stand-alone Dietetic Internship will be 2023-2024. This will allow students to complete their MS and DI requirements in two, rather than three, years. Further, beginning on January 1, 2024, the CDR is raising the minimum required education level for prospective Registered Dietitians from a Bachelor’s degree to a graduate degree. This means that new dietitians will be required to hold a minimum of a Master’s degree to be considered eligible to sit for the registration exam. The final year for our current post-baccalaureate Dietetic Internship will be 2023-2024. Current CSU, Chico graduate or undergraduate students wishing to apply to the post-baccalaureate DI must meet admission requirements by early November of 2022. In addition, a new MS curriculum will be starting in the Fall of 2021 and will include many new and exciting courses based on stakeholder recommendations. A section of this newsletter is dedicated to describing the changes that are occurring in the NFSC MS Program.

NFSC’s very own Associate Professor, Stephanie Bianco, was honored with the Outstanding Professor Award this past Spring. She was truly surprised when the President, Provost, and faculty unexpectedly showed up at her classroom door to present her with this award. As a Director of the Center for Healthy Communities (CHC), Stephanie has secured $32 million in public health program funding in her career, including money to help students gain access to food assistance programs such as CalFresh, which has expanded to include 40 higher education campuses in California. Besides her leadership at CHC, Stephanie is a powerhouse in the classroom, engaging students through class participation, hands-on-work, and in-depth discussions. She has published 21 articles and one peer-reviewed book. Congratulations to Stephanie for receiving the Outstanding Professor Award in recognition for all of her accomplishments.

I want to take this opportunity to thank all of the alumni and friends who made donations to the department gift fund. Donations like these provide life-changing opportunities for our students. As always, we are grateful 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 our NFSC family forever. All the best for a happy and healthy New Year!
Greetings from DPD and DI Directors

Lauren Housley and Lauren McNamara

The DPD Program

With the move to a virtual learning space, the DPD program at CSU, Chico is adapting at a rapid pace! With the amazing dedication and commitment of our faculty, instructors and staff, we have transitioned all of our courses – yes, even our food labs! – to an online format and are able to connect with our students virtually. While there are many growing pains, we are all excited about the new challenges and creative solutions that will emerge from this experience.

In other news, last year, ALL of the students in the DPD program that applied for dietetic internships were accepted! These students worked hard, and it paid off. These students are now beginning their internships in Michigan, Florida, Montana, New Hampshire, and Oregon. We even have a few students participating in internships in California – at UC Davis as well as in our own dietetic internship program at CSU, Chico. Other graduates have plans to attend graduate school or enter the workforce. We are so proud of our students!

Very recently, a new requirement has emerged that requires registered dietitians to have a graduate degree to become credentialed. Our faculty and staff are currently redesigning our graduate program to combine graduate coursework with our dietetic internship program. This new track will be offered to students who have graduated with a bachelor’s degree in dietetics and will be added to the MS only and MS/DPD tracks already offered by our graduate program. This change involves a lot of planning as well as rearranging, merging and designing new courses. We are excited for this chance to strengthen our graduate program and provide this new opportunity for our dietetics graduates and alumni! More updates to come…
The DI Program

The Dietetic Internship is continuing to provide interns with challenging and varied experiences throughout the Chico Area. In response to the global pandemic and to ensure the safety of our students, the interns were pulled from their rotation sites in March of 2020, but we were still able to provide alternative supervised hours to all six of our interns and have them complete their internship. A new internship group has started this Fall and is working both remotely and at designated supervised sites with necessary precautions and safety standards in place.

A small qualitative investigation was started this past spring to begin examining ways in which to improve our internship program. Preceptors from various sites were interviewed in order to analyze the effectiveness of our program in preparing students for the RDN exam and to begin working as an entry-level dietitian. The Director and preceptors brainstormed some ideas in order to better prepare interns for the internship experience, and help them enhance their experiential learning experience and prepare them to pass the RDN exam. Thus far, more attention has been placed on providing interns with a comprehensive review of material prior to starting the internship, spending more time in class with the DI Director and guest lecturers, and offering more resources to the interns that would help facilitate their learning. As always, the goal of our internship is to be looking for ways to improve the program, offer more varied experiences, and ensure that our interns are well prepared to take and pass the RDN exam and begin working as an RDN, and we are working hard to better achieve these goals!
Greetings from Graduate Coordinator

Keiko Goto

The Department of Nutrition and Food Science is in the process of making significant changes to the Master's Program. We anticipate the approval of a combined program (Dietetic Internship and MS degree) that will be completed over two academic years and one summer and start in the academic year 2024-2025. Students eligible to apply to the combined program must have completed an ACEND accredited Didactic Program in Dietetics. The final year for our current post-baccalaureate Dietetic Internship will be 2023-2024. Current CSU, Chico graduate or undergraduate students wishing to apply to the post-baccalaureate DI must meet admission requirements by early November of 2022.

The Department of Nutrition and Food Science will continue to offer a separate MS program in Nutritional Science with an option in Nutrition Education or General Nutritional Science. The MS program is for:

- Students wishing to complete an MS degree prior to applying to non-degree granting Dietetic Internship programs
- Preparing students for careers in college teaching, healthcare, industry, community agencies, or graduate study beyond the master's degree

We will start offering the new MS program in Fall 2021. New courses include Nutrition Genomics, Nutrition Epidemiology, Nutrition Communication and Leadership, and Public Health Nutrition. For more information, please contact Dr. Keiko Goto at kgoto@csuchico.edu.
Alumni Corner Memorial

Lynne Milano

Lynne Holden Milano passed away on August 27, 2020 at the age of 80. She is survived by her two children, Katie and John, her younger brother and sister in law, 3 nieces and nephews, and 7 grandnieces and nephews.

Lynne received her Master's in Nutrition for UC Davis working with UC Davis and San Francisco Hospitals. She worked with WIC in Butte County for many years until retiring at 75 years old. She moved to Chico with her husband, John Milano, in 1971. She taught diet therapy in the Nutrition and Food Science Department at Chico State University from January 1976 to 1991.

Julie Wetmore, a friend and colleague, had this to say about Lynne:

“Lynne Milano was the most dedicated Dietitian I have ever met”. She worked for Butte County WIC for over 20 years; counseling the highest risk prenatal women, infants born to substance abusing mothers, foster families, grandparents raising their grandchildren, and fathers raising their children. She was intelligent, kind, thoughtful, and never complained about the intense workload she was given. She trained new employees and they LOVED her! She would lead our staff meetings with stretches and yoga moves, educate the staff about important nutrition requirements, and then end the meeting with a meditation to help us relax. The American Dietetic Association awarded Lynne the 50-year membership award about 10 years ago, and although she was old enough to retire, she loved her job and continued to work until Fall 2018.

I was Lynne's supervisor, but she needed no supervision. If she was not counseling a family, she was researching therapies to help them. When she trained new staff, she also encouraged them to grow personally and follow their dreams. Two staff went on to become Registered Dietitians, and one graduated from Chico State with a Masters in Social Work. Lynne found joy in helping others - she was a lovely person inside and out.

On a personal note – Lynne formed a lunch group of retired WIC employees and friends of retired WIC employees many years ago. We would meet monthly and try any new restaurant that popped up in Butte County. I considered her a good friend and besides lunch, we would meet for walks in the park and at yoga classes. Her husband, John, battled cancer in 2019 and she spent most of that year caring for him until he passed away in December. She regularly traveled to Santa Cruz to see her brother and his family and told me she had walked on the beach every day during a two-week stay with him in August. Her passing is sudden and thus very sad for many of us. She is missed!
Outstanding Graduating Senior in Didactic Program in Dietetics

Drew Fetzer

Growing up, I was always intrigued by food. From a young age, I quickly realized that the food choices I made were reflected in the way I would later feel emotionally and physically. Due to this vital connection, eating a wholesome diet has always been a part of my life. Nutrition, however, was only a hobby for me until my first year of college. With the plans of becoming a dental hygienist, I needed to complete a prerequisite class in basic nutrition. It was during that class that I fell in love with the subject as my mind was opened to understanding the intricacy and the efficiency of the human body, especially when utilizing nutrients. From that point on, food and nutrition were no longer a hobby of mine. I knew I wanted to become a registered dietitian.

Once transferring to Chico State, I immediately felt welcomed by the nutrition faculty. It is evident that they only want the best for their students. Seeing them care so much, only motivated me further to push myself and make the most of being in the Didactic Program in Dietetics. I feel extremely honored and grateful that I received the DPD Outstanding Graduating Senior. To me, this award signifies that you really can achieve anything you set your mind to. Being a first-generation college student was challenging at times, to push myself and navigate my way through college, but with the help and encouragement of my classmates and faculty members, I was able to graduate college and start my dietetic internship.

Currently, I am completing my dietetic internship through CSU, Chico, and could not be more thrilled for this next step. I love finally putting all of the knowledge I gained in college and applying it to real-life situations. Going through the DPD program at Chico State prepared me for this internship, and for that, I could not be more thankful. My career interest thus far is being a clinical dietitian. I enjoy piecing together information and coming up with the best possible solution to improve or maintain a patient’s health. That being said, I am completing this internship with an open mind and taking this wonderful opportunity to find where I will thrive in the field of dietetics.
I came to Chico State feeling overwhelmed, I did not know how I would survive let alone succeed. I sat in my first college course, Introduction to Nutrition Food Science, and I instantly felt like I was in the right place. I knew that the path of becoming a Registered Dietitian was going to be challenging so I prioritized my education to give myself the best opportunity to secure a career in Dietetics. In addition to my academic responsibilities, I am proud to have worked multiple jobs both on and off-campus through my education at Chico State. For the past 3 years, in addition to attending my courses, I also facilitated tutoring and supplemental instruction sessions for Organic Chemistry and Biochemistry. Through this role, I was able to build great relationships with faculty, as well as students.

A sense of community at Chico State, specifically in the dietetic program, was a vital part of my success. Many unfortunate circumstances surrounded our daily lives and together we adapted and helped each other. These relationships motivated me and inspired me to work to my full potential. I have an immense amount of thanks for the Nutrition department and my classmates. After graduation, I began my Dietetic Internship through Chico State and I am currently working in my food service rotation. I have a great amount to learn and I am trying to soak in every minute. After I complete my internship, I hope to sit for my exam and officially hold the title “RDN”. I was honored to receive the Outstanding Graduating Senior in Dietetics and Alumni and Friends Awards. It came as a surprise to me because I was surrounded by such hard working, well deserving peers in the graduate program.
To start off, I hope this message finds everyone well. The last six months or so have been anything but ordinary. I am sure many people like me have felt added pressure trying to find a job as a new grad during a pandemic. I am delighted to be recognized as an Outstanding Graduating Senior in Food and Nutrition Communication, especially since I have been recognized alongside my peers Leslie and Sara, who both made such a positive impact on me as well as other students in the department. Having such cheerful attitudes and determination, I know they are already doing great things. Throughout my time in Chico, I got to know so many individuals who put outstanding effort into their studies which inspired me to put the same passion into my schoolwork. Chico State was the school that made me start loving school and I am so happy to have something to show for my work.

In the months following graduation, my boyfriend and I moved out of our apartment in Chico. We have finally settled again and have been living in Seattle, WA since July. I have been loving the cooler climate and occasional rain as well as living close to family. I have applied to quite a few jobs related to nutrition and food security. Unfortunately, the job market is putting everyone at a disadvantage right now, as many businesses and startups in Seattle are closed. I am currently working in retail. I feel lucky though because I enjoy my job and minimum wage here is actually livable! Plus, obtaining more customer service experience never hurts. On my days off, I have been trying new restaurants, cooking, and enjoying the views from our roof.

I am so thankful for the wonderful friends and professors I have met in NFSC. I have made so many memories and am so disappointed that our last semester together was cut short. Thank you to everyone who has made Chico State special.
Outstanding Graduating Seniors in Food and Nutrition Communication

Leslie Montoya

Receiving the Outstanding Graduating Senior in Food and Nutrition Communication was an honor and made me feel recognized for my contributions to the NFSC department. Today, I am a graduate student at the University of New Hampshire while simultaneously completing my dietetic internship. I plan to apply the leadership skills that the NFSC department and the Center for Healthy Communities supported during my undergrad and apply those skills to my new and future roles. Nutrition is still a frontier for new discoveries, and it will take leaders from all walks of life to help uncover aspects of various systems. I strive to contribute to these discoveries and help support the other amazing leaders around me.

Outstanding Graduating Senior in Nutrition Management

Heidi Heller

After being awarded the Outstanding Graduating Senior in Nutrition Management in Spring, 2020, I was beyond appreciative for Professor Stephanie Bianco and the NFSC Department for its kindness in recognizing me. The award represents something that has empowered me to keep moving forward in my education while being the best I can be. I got lucky to surround myself with those amazing mentors who support that. Right now, I am studying to earn a pathway minor in Sustainability and taking Spanish to enhance my skills in the workplace. Since moving back home to Sonoma County, due to Covid, I spend much of my free time cooking plant-based meals made up of local produce from the farmers markets, and tending to my own garden and composting system from home. Food and how it impacts human health and the environment, has led me to be a huge supporter of eco-friendly practices and fitness instruction. I plan to use my degree to become a health and wellness coordinator who guides people and businesses towards green alternatives and loving the way they live through establishing healthy lifestyle habits.
Outstanding Undergraduate Leaders

Erica Jones
Receiving the Outstanding Undergraduate Leadership award was an honor and made me feel recognized for my contributions to the NFSC department. Today, I am a graduate student at the University of New Hampshire while simultaneously completing my dietetic internship. I plan to apply the leadership skills that the NFSC department and the Center for Healthy Communities supported during my undergrad and apply those skills to my new and future roles. Nutrition is still a frontier for new discoveries, and it will take leaders from all walks of life to help uncover aspects of various systems. I strive to contribute to these discoveries and help support the other amazing leaders around me.

Jackson Fondriest
In the three years I attended a Chico State, the community saw the Oroville Dam failure, the Camp Fire, and Covid-19. To go through school during tragedies and still be recognized for student leadership means a great deal to me. I attribute it mostly to getting involved on campus. I became the president of the Nutrition and Food Science Association. I loved interacting with and hearing the ideas from students who share my passion for the importance of food! It was also a great experience to partake in undergraduate research on cutting edge food science and hotly debated term “nutrient density.” That was a challenging way for me to expand on my food science knowledge and experience. It was also a good way to get to know some faculty members better and create more personal bonds.

I took some time off after school and am living in Southern Oregon. Starting in 2021 I am looking to get into either the wine sales industry or food package development. Either route will be a good way for me to get my necessary experience to be able to sit for the Food Scientist Certification exam to become a certified food scientist! I am also applying to Oregon Universities for online MBA programs. Once I am done with school and a certified food scientist there is no telling where this industry takes me. Food science is rapidly advancing and I can’t wait to be a part of it!
Dr. Faye Dietetic Internship

Dr. 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 (in order of importance) 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.
Dr. Faye Dietetic Internship Award
Shruti Aggarwal

Chico State was home away from home!
I came to study at Chico State as an International student from India to pursue a career in the field of Nutrition and Food Science. I have always cherished the relationships that I build with my professors and peers. Our professors at Chico State are truly invested in providing us with an excellent learning environment to prepare us for the real world, and for me personally, the last four years have been profoundly memorable. I wouldn’t be in this Dietetic Internship program without their support and encouragement.

During my time here, I grew not just in my knowledge of nutrition but also in learning how to build interpersonal relationships. I received various opportunities to work closely with our professors in the Department of Nutrition and Food Science, as an intern at the Shalom Free Clinic, mentor clients on campus through the Fit-U program, and assist professors in their research.

It was an honor to have received such a valuable award. I was accepted into the Pediatric Concentration program at Michigan Medicine in April before graduating. Dr. Faye's scholarship was very helpful in relocating during this difficult time in Michigan for the internship. At Michigan Medicine, I am in the Foodservice rotation and so far, I have worked with the chefs on creating recipes, food service managers in performing audit reports, and procurement managers to learn about purchasing and inventory.

I will be starting my professional staff relief at the children’s hospital in the following week for two weeks. After completing the dietetic internship, I would like to obtain certification as a specialist in Pediatric Critical Care Nutrition and work as a Pediatric Dietitian.
Alumni and Friends Award

Connor Farris

My name is Connor Farris. I graduated in Spring 2020 with an emphasis in Dietetics. I am currently working, but will be applying to a DI in the Spring 2021 Match. I am currently working remotely at the Center for Healthy Communities (CHC) on CalFresh Outreach and Nutrition Education.

It was such an honor to receive the Alumni and Friends Award. This award goes to show that true connections and intentional interactions with professors and students does not go unnoticed nor unappreciated. To anyone reading this who is currently attending Chico State or plans on attending, consider being intentional with your time and give an extra hand if the opportunity presents itself. Thanks again for this great honor!

Outstanding Professional Paper

Ed Slattery

My graduate research project examined the effect of sulforaphane, a bioactive molecule derived from cruciferous vegetables, on the proliferation of triple-negative breast cancer cells that were also conditioned by tumor-associated macrophages. The experiments were performed in vitro using two human cell lines. Overall, this project allowed me the opportunity to learn and practice cell culturing methods, expanded my understanding of the appropriate use of statistical analyses, and provided me with a much deeper understanding of the scientific writing process.

Receiving this award meant a great deal to me. I am fortunate to have had this experience and being recognized by our department for my efforts on the research paper felt wonderful. I am amazed by how much I learned while working in Dr. Lauren Housley’s lab and from her guidance and feedback during the writing process. Since graduating, I have been working as a lecturer in the Biology department here at Chico State and I utilize what I learned during my graduate research all the time.
Outstanding Graduate Leader

Marta Tabatabai

I came to Chico State after completing my B.S. in Animal Science with a minor in Nutrition at Cal Poly San Luis Obispo. That is where I fell in love with the science of nutrition and found out I could combine my passion for science and food into a career. I decided to pursue a M.S. and to complete the dietetic coursework to become a Registered Dietitian.

I am grateful for my time at Chico State. The faculty was very supportive and genuinely cared about their students. They helped develop my critical thinking skills and ability to understand scientific research. I had many opportunities to learn in and out of the classroom. I was able to volunteer with Center for Healthy Communities, where I helped with Cal Fresh Outreach and taught nutrition education to junior high school students. In addition, FitU was an instrumental part of my graduate experience. I was able to further develop my counseling skills and enthusiasm for nutrition counseling. Being able to research intuitive eating, a topic I am very interested in was a highlight of my graduate program. The program set me up for success at Chico state and beyond.

I am currently in my dietetic internship and feel well prepared. I am now able to utilize the skills I learned in the classroom in the real world. Once I become a Registered Dietitian, I hope to do nutrition counseling in the outpatient setting. I am excited to begin my career in nutrition and dietetics!
Outstanding Teaching Associate

Katherine Jensen

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 times 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 Dr. Giovanni and to all the students I have had the sincere pleasure of working with.
The Nutrition and Food Science Association (NFSA) of CSU, Chico aims to promote health and wellness to the campus and the community. Being a member of the NFSA provides a fantastic opportunity for students to gain leadership and collaborative experience, promote their passion for nutrition on campus and in the community, and network with peers, professors, and local professionals in the field. Through meetings and events, students are exposed to new opportunities, learn more about the field of nutrition and dietetics, and enjoy fun activities with others who share their interests.

NFSA activities include participation in university and community health fairs, tours of local businesses, bringing in guest speakers, and other nutrition education presentations. Members finalize our activity calendar early in the academic year to ensure a successful semester.

Last academic year, our time with each other as a club was cut short due to the COVID-19 global pandemic. However, our time together was memorable. Activities we did last year include featuring nutrition professional guest speakers who talked to us about future careers in nutrition and dietetics, promoting our club on campus by handing out food samples, preparing college-friendly recipes using the Edible Pedal, and, most importantly, having exciting meetings full of planning, networking, trivia games, and FOOD!

Now, NFSA is adjusting to a completely virtual semester. During the 2020-2021 academic year, NFSA will continue to host biweekly meetings where students can connect with one another and have some fun! Activity ideas include game nights, cooking demonstrations, dinner parties, DIY tie-dye day, personal training sessions, and, of course, National Nutrition Month!

NFSA is an excellent way to get connected and make new friends, while also exploring the possibilities within the nutrition field.

For more information about the NFSA, please contact

Molly Cubba, President — mcubba@mail.csuchico.edu
Michelle Morris, Faculty Advisor — mrmorris@csuchico.edu
Facebook: NFSA Facebook
Instagram: @chicostate_nfsa
Embodied

Embodied is a club on the Chico State campus that focuses on a Health at Every Size (HAES) approach to living. HAES supports size diversity and healthy living through body acceptance, joyful movement, and mindful eating. As a club, we discuss the importance of loving our bodies as they are and learning ways to have a healthy mindset towards food and exercise. We feel it is important to bring light to the issues our society has when it comes to diet culture, because it has negative effects on our emotional and physical well-being. Embodied wants everyone to feel accepted as they are and have a safe place to discuss their personal struggles with their body and food. We aim to show others that it is possible to love your body without having to give into diet culture or look a certain way.

In the past our club has put on National Eating Disorder Awareness Week (NEDA) events that include a panel of people discussing their struggles with an eating disorder, an educated guest speaker on the subject, and other fun activities like craft making, Polaroid picture taking, and movies all while enjoying delicious treats. In our monthly club meetings, we will typically have discussions on topics surrounding the issues of diet culture, and sometimes go out to do joyful activities like bowling or hiking. Overall, our club likes to have a variety of activities to make it fun yet productive.

For more information and ways to get involved, contact:

FACULTY ADVISOR:
Michelle Morris — mrmorris@csuchico.edu

PRESIDENT:
Julie Allocco — jallocco@mail.csuchico.edu

FACEBOOK
https://www.facebook.com/groups/CSUCHAES/

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. ColorFlex EZ by Hunter Labs $13,000.00
- More time for students at the Rural Northern California Simulation Center ($1,500 a day)
Circle of Friends

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

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*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! 