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Greetings from the Chair

Chris Nichols

Hello NFSC alumni and friends! Let me introduce myself—I’m Christopher Nichols, chemistry professor and interim chair of the Department of Nutrition and Food Science. Katie Silliman, chair for the past 15 years, decided to step down from that role, and the dean asked me to fill in this year. I want to thank Katie for her many years of excellent service as chair—her love of the program and all of our NFSC students is self-evident, and she has been extremely valuable in helping me learn my new role. I know I have big shoes to fill.

I was very happy to be so warmly welcomed into the NFSC family. I am proud of how dedicated all the faculty are to helping their students learn about nutrition and food science and helping them put what they’ve learned into practice for the good of themselves and of society at large.

Even though I have only been part of the NFSC department for a few weeks, I have already met many students and I find them to be hard-working, enthusiastic, and very talented. This year's newsletter will highlight many of their stories and accomplishments. Please enjoy it!
Some of you may have heard, but I resigned from the position as the chair of the Department of Nutrition and Food Science. I had served as program coordinator or chair for 15 years and I was ready to move back into the classroom to spend more time teaching and advising students. I enjoyed my time in this position and know that the future is bright for the program. I want to personally thank Dr. Chris Nichols who agreed to take over the position in fall 2018.

On a sad note, beloved instructor Ted Herrera, husband of Dr. Maria Giovanni, died early last spring semester. Ted had a long, illustrious and varied career in food science and teaching. I hired Ted the fall of 2013 two years after Maria joined our faculty. He taught the laboratory sections for our “Science of Food” and “Cultural Foods” courses. His background and experience in food science and the culinary world were the ideal combination for these courses. Ted and Maria were a true partnership where they elevated the experience for our students in the “Science of Food” class. Students work in teams to create a new food product such as creating a dessert that is vegan or modifying a baked product to be gluten-free. Students would spend weeks working with Ted to refine their recipes before they would be ready for consumer testing. Each team also needed to create the food packing and a nutrient fact sheet for their products. This class helped our students to be ready to step into a career in the food industry. Ted absolutely loved teaching food science and our cultural foods lab, and our students were so fortunate to have such a passionate teacher. He cared deeply about his students and made sure that all his students succeeded. He went out of his way to mentor students and help them apply for jobs with the food industry after graduation. We all miss him dearly.

Courtney Clark, who was our interim didactic program director last year, was hired as the permanent director and assistant professor this fall. Courtney is also working on her EdD.
Stephanie Bianco, the associate director for the Center for Healthy Communities, who has worked tirelessly to support college students who experience food insecurity, was recently one of 26 faculty selected across the 23 campuses of the California State University system for a Faculty Innovation Leadership Award. We are so proud of her efforts. To read the full story please visit Chico State Today.

We had our site visit for our two accredited programs, the Didactic Program in Dietetics (DPD) and the dietetic internship in February 2018. I want to personally thank former DPD director Dawn Clifford and current director Courtney Clark as well as Joan Giampaoli, dietetic internship director, for the herculean efforts made at completing the self-study reports and the successful 2 ½-day site visit. We expect to hear the final decision about reaccreditation by January 2019.

I want to take this opportunity to thank all of the alumni and friends who made donations to the department’s gift fund. Donations like these can provide life-changing opportunities for our students. This past year we utilized $6,000. We used the funds to pay for a refrigerator for our faculty break room; expenses related to biweekly faculty department meetings; costs associated with our recent seven-year reaccreditation visit; and costs associated with Preview Day and Choose Chico Day, where we recruit new students into the major. We also held a memorial service for Ted Herrera. We were able to hire a graduate student to help in the management of FitU, a program that provides peer nutrition and physical activity counseling for Chico State students. We helped sponsor graduate student Carina Chiodo, who presented a research poster at the annual meeting of the California Academy of Nutrition and Dietetics in April 2018. Undergraduate students Sophie Podeswik and Bailey Taber were able to attend the 2018 Public Policy Workshop in Sacramento. We also used funds for books and other resources for faculty to support classroom learning; small gifts for guest speakers in undergraduate courses; and gifts for student award winners. Undergraduate Rebecca Throop received the 2018 $500 Alumni and Friends Award. If you have not donated to the department, please consider making a gift (see pages 29-30). Donations of all sizes are important and vital to the success of our program and its students. I wish you and your family a wonderful holiday season and 2019.
Being born and raised in Northern California was a blessing and a gift. I expected I would leave home after high school but home had its magnetism! When I left for college I had no idea what my life path would look like and indeed, I floundered, not finding a plan until I contracted a serious pneumonia. Hospitalized, I had to drop out of college for a semester, which gave me time to reflect on what my life should look like ... I wanted to be in Butte County at Chico State doing something meaningful. My family was venturing into organic farming at the time, meeting people's basic needs and I felt drawn to do the same.

My time of reflection lead me to choose nutrition and dietetics as a major at Chico State. I also decided to minor in chemistry even though it seemed scary at the time. Barbara Kirks, Evelyn Mar, and Faye Johnson were amazing mentors to me. They were tough, but empowering and encouraging.

After graduating I worked for a short time in a hospital nutrition department but continued to hear the voices of my mentors encouraging me to "represent!" So I decided to take my nutrition major and chemistry minor and go for it ... medical school! I cannot thank the Department of Nutrition and Food Science enough for supporting me in my pursuit—likely why I got into med school! The rigorous standards and the personal relationships with my professors were beyond valuable.

After graduating from Chico State in 1981, I went on to Baylor College of Medicine in 1983, graduated in 1987, and took a residency in internal medicine at Kaiser in San Francisco from 1987–1990. I was appointed head resident in 1989 and later, as a staff member, the head of hospice. This was during the height of the AIDS epidemic—quite a humbling experience.

I finally returned to Chico in 1996, where the journey had begun. This to me is a testament to the fact that with a great foundation you can do anything you desire. My medical career has evolved, but on my own terms, enabling me to be present in the way I desired for my family. We can all do this because of the support we have been given by our Department of Nutrition and Food Science. I will always be grateful to be part of this community of amazing educators and students.
A warm welcome to Courtney Clark, The newest NFSC faculty!

Courtney Clark joined the Department of Nutrition and Food Science in spring of 2015. Courtney is thrilled to have accepted the position as didactic program director in dietetics and as an assistant professor. Courtney is a proud alumna of Chico State and received her bachelor’s and master’s degrees in nutrition. She then went on to complete the dietetic internship at Chico State and became a registered dietitian. She has extensive experience in food service management working as both a diet aide at Feather River Hospital and as the food service supervisor at Orchard Hospital in Gridley. For five years, Courtney has been a clinical dietitian at Oroville Hospital, where she is an inpatient dietitian and collaborates with the food service department developing patient menus and conducting nutrient analyses. Courtney was also the former clinical coordinator for the Chico State DI. Courtney teaches the following courses: “Introduction to Foodservice Management”, “Medical Nutrition Therapy II”, “Futures in Dietetics”, “Nutrition Clinical Practicum”, and the master’s course “Topics in Clinical Nutrition.”

Courtney’s research interests include enhanced eating recovery after surgery, nutrition counseling to improve outcomes after surgery, and intravenous nutrition using SMOF lipids. Courtney did her professional paper on orthorexia nervosa and would be interested in continuing to do research in this area. Courtney is currently working towards an EdD in higher education and leadership. Courtney is excited to work with faculty and students on research projects in the future.
CSU, Chico, Department of NFSC
Didactic Program in Dietetics (DPD) and
Dietetic Internship (DI) Site Visit
Courtney Clark (DPD Director) and Joan Giampaoli (DI Director)

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 re-accreditation 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 2 1/2-day 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. We anticipate a positive outcome in January.

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. 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!!!
Outstanding Graduating Senior in Dietetics

Alexandra Lessa

I was set on embarking on a career in nutrition at the age of 17 when I took a basic nutrition class at Butte College, while still in high school! A few years later I happened to be blessed with the dietetic internship program. I have learned so much in the past month since starting the program in Dallas. I never expected to go out of state for my internship, but it has already been one of the best experiences of my life, though not without its challenges! Nonetheless, I truly encourage everyone to be open to all the possibilities the future has to offer. Luckily the field of nutrition has endless opportunities and options, which is great because I am still choosing which direction I want to go in after my internship.

Chico State did a wonderful job preparing me for my internship, and I am so thankful for the incredible staff within the nutrition department. It is thanks to them that my passion grew and matured as I went through the dietetics program, and I know I will continue to love learning for the rest of my life. The ‘externships’ at the Center for Healthy Communities and in clinical nutrition were two of the most valuable pieces of my college career, and the motivational interviewing class with Dawn Clifford revolutionized the way I saw behavior change.

I hope everyone can step out of his or her comfort zone to embrace new learning opportunities, and I am thankful that Chico State prepared me for such experiences.
Outstanding Graduating Senior in Food and Nutrition Communication

Cassandra Shirakata

Hi there! My name is Cassie Shirakata and I graduated from Chico State this past spring with a BS in food and nutrition communication. The fact that I can say I am a college graduate still feels surreal. I cannot stress enough the importance of taking in all of the fun little moments as a college student because these moments will not last forever. My favorite moments in college were from the organizations I was involved with on campus. I met so many incredible people from working on campus, going on Adventure Outings trips, and being an officer for the club Embodied! If you can be a part of a club on campus I would highly recommend it. Joining organizations that hold interest in your life are not only fun, but also valuable opportunities to surrounding yourself with people who share common interests with you. Take advantage of these fun experiences while you can!

Because I was not entirely sure what I wanted to do post-graduation, I decided to take this appreciable opportunity to travel! If you have the opportunity to do this following your graduation, I would highly recommend it. For me, graduation was a bit of a whirlwind and I wanted to be able to spend some time to unwind and explore the world before settling into the grind of the working world. So, I spent the summer working and traveled around Thailand for the month of September. I went with one of my best friends from Chico State as a post-graduation trip of a lifetime. We had the absolute best time soaking up the culture and beautiful scenery of Thailand.

Now that I am back in the United States and beginning my job search, I am a little bummed that I am no longer hiking up gorgeous waterfalls and enjoying amazing Thai cuisine, but I have a different outlook on job hunting now than I did back at the end of May. I not only feel refreshed but also excited because I have a fun and unique experience that I can use to enhance my cover letter and reference during my interviews. Even though I did not go to Thailand for business purposes, we are fortunate enough to be in a major that holds significance around the world! (There’s a reason we take “Cultural Foods.” It’s not just for fun!) I hope to use my experiences abroad both to stand out and as a way to demonstrate my education in a fun, conversational way. However, regardless of whether Thailand plays a direct hand in helping me snag a job, I am so thankful that I was able to take this trip of a lifetime.
It was a tremendous honor to receive the award for Outstanding Graduating Senior in Food and Nutrition Communication presented to me by Dr. Maria Giovanni last semester. I am so fortunate to have had Dr. Giovanni as my mentor during my time at Chico State. I am so thankful to have had her advice, support and knowledge about food science and future career opportunities. Working with her in class, hands on in the lab, and assisting her with sensory evaluation trials was truly rewarding. My time at Chico State in the nutrition and food science major was nothing short of outstanding, captivating and challenging. I never could have expected how truly inspiring the faculty members would be, and I am so glad that I became involved and got the most out of my experience.

Working at the Center for Healthy Communities was one way that I was able to enrich my personal and professional experience. Not only was I able to connect with my fellow classmates, but with faculty members and people in the community of Chico as well. I was an intern for a semester as part of the Food Access and Outreach team working in the on-campus food pantry and the office, and became an expert on the CalFresh program. I decided to continue on as a student staff member for another year. I was able to develop professional skills while implementing what I was learning in school about nutrition. Another experience I am so grateful for was attending Dr. Dawn Clifford’s motivational interviewing externship class the semester after completing her Nutrition Education and Counseling course. This externship taught me skills that I will take with me forever on how to approach others in any counseling situation with compassion, awareness and support. I implemented so much into my own life from what I learned in Dr. Clifford’s courses, as well as from what I learned in Melanie King’s Health at Every Size, including my relationship with food and learning how to be more nonjudgmental toward others. During my senior year, I held the position of fundraising chair in the Nutrition and Food Science Association. I met so many new students in the department, and it was a meaningful way to be a leader on campus.

Because of the impactful professors I’ve had, like Dr. Giovanni, Ted Herrera, and many others, my passion for this field remains unwavering. I will be furthering my education and applying for a master's degree in food science in fall 2019. I graduated from the nutrition and food science department more knowledgeable and sure of myself, but I remain humble, knowing that I have so much more to learn and explore.
I grew up in a very small town where most people didn't go to a four-year college. I was blessed to have the opportunity to go to college, and it was one of the most rewarding experiences of my life. Being a nutrition major allowed me to connect with many peers and staff through my time there. I got to experience programs like being a part of FitU for a few semesters, having an externship at Enloe hospital, and working in the garden with kindergarteners at a charter school. Also, I worked for Sodexo as a part-time employee throughout my college career. I graduated with a nutrition degree in both options of nutrition management and dietetics. I think one of the most influential classes for nutrition management was in NFSC 530 with Stephanie Bianco, where we created an $8 million school district budget from scratch. One of the best mentors I had was Joan Giampaoli, she has helped me throughout most of my college career and always was an amazing person. I ended my college career with being the first one to graduate from a four-year college in my entire family (parents, siblings, grandparents, cousins, etc.). I am both extremely proud and thankful for the opportunity I had.

Currently, I am in the Golden Gate dietetic internship program. I was lucky enough to land an internship that has rotations in my hometown in Mendocino County, California. After the program ends in April, I am planning on taking the exam to become a registered dietitian. I haven’t narrowed down what type of job I want to pursue after, but I am keeping my mind open for whatever best fits me.
Outstanding Graduating Undergraduate Leader

Dallas Heath

Coming from a small farming community outside of Redding, I am the first in my family to receive a bachelor's degree. As a first-generation student, getting into college wasn't the easiest. My family couldn't afford to help me, as all our investments are in land and livestock, and I didn't qualify for financial aid until I turned 25. I knew the wait would be worth it though and while I waited I worked at getting my associate's degree in human sciences at the local community college. I also traveled as much as I could, lived in Texas for a time, and saw as many places as possible.

Growing up in the country showed me the importance of food, and how it comes full circle. Because of this, agriculture was a natural interest and primary focus as I began my school career. However, in my pursuits I discovered nutrition and fell in love my first day of class. I knew this was where I belonged. To only deepen my passion, I struggled with health problems and depression growing up, which were aided greatly when I discovered the benefits of fitness. The two marry well, and after seeing how together they could so vastly help improve someone’s quality of life, I knew I would only be happy by helping others find this same joy.

Like others who share this passion, the question then was of course, how? How could I use my skills and talents to help others lead happier lives? During my time at Chico State, I interned at the Center for Healthy Communities. Here, I was able to help lead advocacy days, involving others from all over California in the fight for health equity. This was enlightening, as it revealed to me how many families are in dire need of help. I also had the opportunity to help lead lessons in nutrition and physical activity with children from many different schools and camps. The joy that comes from this is like none other. Last, as graduation approached, I sought something that would blend all my talents and give me a sense of fulfillment. Here I found MetPro, a company that helps teach others about nutrition and fitness and gives them the tools they need to form healthy habits through small achievable goals. The hope here is that every client leaves with a better understanding of their body’s needs, and are able to sustain a healthy lifestyle for the rest of their lives. Coaching here has been more rewarding than I could have ever imagined. Getting to know each client closely and helping them to find balance, confidence, and health makes each day a gift. I still stay involved in food advocacy work though. I keep closely informed with the policies that are actively being voted on, write letters, and attend events promoting health equity. This is an area everyone—nutrition majors especially—can get behind and fight for, as we all hope to see a brighter healthy future.

If I were to give a piece of advice to any soon-to-be graduate, it’s that there is a reason for everything. Keep your passion in your heart and your eyes on the “why” instead of the “what” you do and the steps to happiness will find you. Don't get too caught up in the details. You don’t have to know every move you’ll make or job you’ll take in the next five years, just start with one step, and make it toward something you love.
Outstanding Graduating Undergraduate Leader

Taryn Fortunati

Like many other students, I didn’t start out as a nutrition major. My dream was always to work in a hospital but I didn’t know exactly what role I wanted once I got there. I took a nutrition class my freshman year and learned about a job that encompassed my passion for nutrition and would also allow me to work with patients in a hospital setting.

I vividly remember during spring break of my senior year being on a road trip through Oregon and getting the email that said I had been accepted into the dietetics program at Chico State. That email let me know that, with the help of a lot of amazing professors and faculty, my dream job was obtainable.

I ended up double majoring in psychology and nutrition and food science with an option in dietetics. During my time as an undergraduate in nutrition I worked as a community nutrition assistant at the Center for Healthy Communities under Jenny Breed, was an officer for NFSA as well as the Embodied club, did Courtney’s clinical externship at Enloe’s Cardiac Rehab Center, took Dawn’s Motivational Interviewing Training Externship, was a FitU Mentor and then Supervisor under Laura, took Joan’s Eating Disorder externship, and participated in Julie’s Research Journal Club. I also had the opportunity to work with Carina Chiodo, a graduate student, and Keiko to develop a mindful eating curriculum and present it at the 2018 California Academy of Nutrition and Dietetics Conference. Chico State’s nutrition department presents so many amazing opportunities for its students, and I tried to participate in as many of them as possible.

I am currently a dietetic intern at Yale New Haven Hospital in Connecticut in a dietetic internship with a clinical focus. I am exactly where I want to be and another step closer to my dream job of being a registered dietitian, in my dream setting of working in a hospital, thanks to all of the amazing staff and faculty in the nutrition department at Chico State. I am honored to be nominated as an Outstanding Undergraduate Leader.
Dear alumni and friends of NFSC,

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.
Two years ago, I accepted my offer at CSU, Chico, where I would pursue my career in dietetics. I received my bachelor’s degree in nutrition and food science in spring 2018. The two years I spent at Chico State were the most rewarding years of my life, being that I was a part of such a great culture.

Two months before graduation, I found out that I was accepted to San Francisco State University to complete my dietetic internship. This was a dream come true! Fortunately, I was granted the Dr. Faye scholarship, which helped secure my spot into the internship. I am currently into my sixth week of rotations and I could not be any more content with the education that I received at Chico State. Without all the resources, the teachers, or the support from my colleagues at Chico State, this would not be possible.
Alumni and Friends Award

Rebecca Troop

When I returned to school as a nontraditional student, my intention was to become an RN. As I completed the prerequisites for the program, I gradually realized that nutrition was much more aligned with my interests and passion. Having worked with adults with developmental disabilities and the elderly for most of my life, I am experienced with clients and loved ones being told that for the sake of health they need to completely overhaul their diets. I have commiserated with them when they decide the task is just too big and they will simply accept the consequences. My passion for nutrition is informed by these experiences, by my belief that no one should have to make those changes without help and guidance, and by my firsthand knowledge of the powerful effects food can have on health, mood, and attitude. I felt immeasurable support from my teachers and classmates as I went through the didactic program for dietetics. The program is well designed to provide students with the knowledge and skills to not only promote well-being but also to be leaders in their communities and fields. The valuable experience I gained in motivational interviewing by participating in the FitU program is particularly important to me. My goal is to continue to build on that skillset as I work toward becoming a registered dietitian. I am continuing on at Chico State as I work to earn a master’s degree in nutrition education, and I look forward to the experiences still in store for me!
I was surprised and honored to receive the Outstanding Professional Paper Award. I really appreciate the recognition because I am sure that every other grad student was capable, if not more, of winning this award.

Credit for this award has to go to a team of people: the Organic Vegetable Project’s Farm Team carrying out agronomic trials regardless of the weather; the Department of Chemistry and Biochemistry both training and sharing their equipment at their busiest time of year; and my committee members always keeping an open-door policy, despite my endless questioning. Without the outstanding mentoring of Maria Giovanni, Ted Herrera, Garret Liles, and Larry Kirk, my project would have failed. What started as a required school assignment turned into a humbling journey—an opportunity to gain new knowledge and build new relationships—and one I am particularly grateful for.

Our research focused on identifying the sensory differences across vegetable varieties and attempting to explain the differences using instrumental evaluation. Initially, we experimented with carrots, spinach, and kale, but when the chance to study edamame was presented, there was no hesitation. Edamame is a soybean harvested prematurely, and in California, little has been done to explore the potential of this specialty crop.

CSU, Chico’s farm cultivated three varieties: Giant Midori, ButterBean, and Kuroshinja. Participants evaluated the sensory attributes (flavor, texture, appearance, and overall liking) for each variety. We compared their responses with various instrumental measurements: texture analyzer, colorimeter, and chromatography. Among the varieties tested, distinct differences in quality were noted, with Giant Midori preferred first, followed by Kuroshinja, and lastly ButterBean. Giant Midori was significantly harder, a more intense green, had more free sugars and isoflavones, but less free amino acids, whereas the other two trended to be the opposite.

It is important that research on identifying key performance indicators for vegetable varietal success continue. As nutritionists and food scientist, we must work together to not just educate the benefits of vegetable consumption but provide the best product as well. By offering a better received and enjoyable product, there is the potential to increase consumption and limit waste.
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 the spring of 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 course instructor 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 have been completing my dietetic internship at the Department of State Hospitals in Napa, California, with the goal of earning my credentials to become a registered dietitian. So far, I have loved my experience of working with challenging patients in a clinical setting, though already miss the academic backdrop of my alma mater. Because I am so eager about many of the opportunities in the flourishing nutrition and dietetics field, I do not have one concrete career goal upon earning credentials, but rather am open to many. I do, however, know for sure that I love the idea of incorporating nutrition education into whatever I choose to do—a certainty I would not have at this point if it weren’t for my experience at Chico State!
I was humbled to have been recognized by the department and nominated to receive the award for Outstanding Graduate Student Leader. I was really touched that a department and program that I am so fond of would think of me in such high regard. Having completed my undergraduate education at University of California, Santa Barbara, I have a previous college experience to compare to my graduate experience. Being at Chico State and in the nutrition program I felt extremely supported, encouraged, and challenged. Currently, I am completing my dietetic internship and I really can see how my Chico State experience prepared me in depth to be a great RD and I am grateful for that. Being a first-generation student and supporting myself through college I joke that Chico State was worth every dime (and I mean it too!)

I was not only humbled but also surprised to receive the award for Outstanding Graduate Student Leader. I think I was mostly surprised because I didn’t see myself as seeking out traditional leadership roles, but rather I was just doing things I enjoyed. One of those things was starting Cultured, the fermentation club on campus. As an undergraduate I also started a club so I was excited to have the opportunity to do this again. The fermentation club came out of a collaboration with several fermenters and food lovers alike. I really wanted to see this idea happen and using those organization skills that most nutrition majors have, I worked to get the club started. Every day, especially in the nutrition program, I meet passionate people with great ideas who just need that one person to put a plan into motion. Similar to this, I volunteered to be the taskmaster for our nutrition education course, I revamped and lead a youth cooking summer camp at CHC when in actuality I was just supposed to be training. When I am passionate about something I can’t help myself. I just want to jump in and make things happen, a characteristic that I think is unique to most nutrition students and one that Chico state helped me continue to develop. Eventually, I hope to go back to school for my PhD and potentially become part of the NFSC faculty to give back to a program that gave so much to me.
I feel much honored to receive this leadership award. It was a very pleasant surprise!

The most valuable learning experiences that I have had in my time as a graduate student were those that involved connecting with other students and faculty who had similar goals, and working as a team to achieve those goals.

In the spring semester of 2017 I had the privilege of working with Professor Lee Altier in the College of Agriculture and other students to develop a class that introduces the concept of horticulture therapy; the benefits of engaging in the production and propagation of plants. The development of this curriculum involved coordinating with community organizations—such as Little Red Hen and Jarvis Gardens—which provide horticulture experiences among seniors and adults with disabilities to provide students with the experience of directly working in a horticulture therapy setting.

Making connections with students and professionals from a variety of areas that are indirectly related to nutrition and food science has helped to add dimension to my understanding of the topics within the field.

As student coordinator of the Teen Group Food Lab—which provides nutrition education lessons to young teens through the CSU, Chico Autism Clinic in the kinesiology department—I had the rewarding experience of working with undergraduate nutrition and food science students to design, implement, and obtain feedback about the program. Each lesson involves basic nutrition information and an activity that focuses on food preparation with an emphasis on the creative and social aspects of food. It has been inspiring to watch the Teen Group Food Lab develop since it started in 2015 thanks to professor Maria Giovanni and her late husband and NFSC instructor, Chef Ted Herrera—who took the extra time and effort to make this idea a reality.

Overall, I have learned that the most valuable learning experiences are those that result from taking a calculated risk for something you believe in. My experience with leadership has been more of a natural consequence of the motivation and inspiration to pursue topics and experience of deep interest, which has a way of capturing the attention and inspiration of incredible people who have similar goals and values.
I made a promise to myself that as an undergraduate, I would try to engage myself in all aspects of nutrition. When I learned about the summer research opportunity from the Chico State STEM Connections Collaborative, I knew that it was something I wanted to be a part of. I reached out to Dr. Klobodu, a professor in the nutrition department, because I knew he had a very extensive background in research and could expand my knowledge of carrying out the research process.

I did not know what to expect when the summer began, but I knew that I wanted to immerse myself in our project and learn all that I could. The goal for our research project was quantifying the use of weight-related, people-first language in online media. You might ask yourself, what exactly is people-first language and why is it so important to research? People-first language addresses a standard of journalism that is given to all disease states. It aims to legitimize a person’s identity aside from their disease while combatting weight stigmatization. The way we address people with obesity in media has a pervasive and lasting effect on a substantial portion of our population. By combatting the stigmatization brought on by not using people-first language, we can improve the access to and quality of medical care, and life for those affected by obesity.

Dr. Klobodu helped me navigate the data collection process, understand the short, yet-concise nature of writing an abstract, and produce a quality presentation of our findings.

This experience has personified the promise I made to myself when the summer began, and I could not be more thankful to all the staff and faculty that have given me the chance to partake in this research. This November, I will be attending the Obesity Week 2018 conference in Nashville, Tennessee, to present the findings of our project. I am excited to be given the opportunity to delve deeper into the topic of obesity and interact with the leading experts in obesity care. Attending Obesity Week 2018 will further my knowledge on this complex disease and give me insight on the value sharing original study findings has on the field of obesity research.
Studying Abroad

Sydney Carroll

Ireland

A patchwork of green fields greeted me as I flew into Cork, Ireland, to study abroad this summer. My conception of Ireland’s food culture being limited, I came with a deep curiosity of this new place. In one short month, I was guided on a whirlwind study tour of Ireland’s food, culinary, cultural and historical depths. In the care of Collin Sage, author of *Environment and Food* and professor of environmental policy at University College Cork (UCC), and Regina Sexton, an acclaimed food historian, author, and professor of history at UCC, I began assembling the pulse of the food culture swirling around me. The program explored the food landscape of Ireland’s past, present, and future. The Great Famine of 1845 impacted the formation of a food culture in Ireland.

As we held discussions in class, and as we looked at the art in the Famine Museum, my awareness was further heightened to the way food access and class intertwine. While the poor of Ireland starved, the middle and gentry classes remained well fed. Who has access to food and the way that resources are distributed is directly related to class, and the lowest classes are always disproportionately affected. We also learned extensively about food sustainability. Being a small island actively exporting mass quantities of butter and beef, Ireland’s natural resources are being used at an alarming rate. Our exploration took a deep dive into the making and unmaking of meat, the extreme strain that animal products put on the environment, resource distribution, and solutions going forward on a personal and public policy scale. As my mind was being stimulated in class, my other senses delighted in our excursions to fine dining, organic farms, local food producers, brewery tours, the Jameson whiskey distillery, open air markets, seaweed harvesting on the coast, a seed saving farm, the acclaimed Ballymaloe cookery school and a community garden plot built on an abandoned basketball court.

The program came to a close, and my mind marveled with fascination at this green place. Ireland’s painful past, kind people, vibrant food culture, and gorgeous natural features struck me. As I flew back out over the green dappled countryside, I felt deeply grateful for the diversity of this world, for good food, and for this new place that had so gracefully welcomed me in.
Research Conducted

Robin Wong and Caitlyn Trinca

Fiji

Robin Withrow-Wong and Caitlyn Trinca, both CSU, Chico nutritional sciences graduate students, travelled to Fiji to conduct research in conjunction with Projects Abroad for a three weeks this past summer. They lived with a local Indo-Fijian family who taught them their customs and who shared their wonderful food culture which included excellent daily meals. Their project days consisted of traveling to various villages to conduct health screenings and to schools to promote healthy eating. They chose to work with Projects Abroad because the organization was willing to accommodate their research goals; however, they found the organization was also eager for new ideas and allowed them to create the nutrition programs for the children, which was fun and challenging because Fijian children have less structure in their classroom compared to American children. Other days, Robin and Caitlyn conducted more structured adult health screenings which included collecting anthropometric data, completing surveys and giving general nutrition information pertaining to heart disease and diabetes.

The two used the same population to answer their different research questions. Robin was interested in seeing if the Fijian and Indo-Fijian diets of the two main ethnic groups still consisted of their traditional foods and if there was a link between their eating habits and their perceived health versus the actual health. Actual health was measured using the anthropometric measurements and perceived health and food intake was measured by a survey that participants completed. Caitlyn was studying breastfeeding moms and was interested in their use of traditional herbs and milk supply. Some of the challenges these two novice researchers faced was having the population understand the format of the survey and finding enough participants to take the survey.
The two found the Fijian culture warm and welcoming, but the concept of “Fiji time” was frustrating at first, since they had a goal they were trying to achieve; but after a few days, they were able to meld into the pace. Slowing down and enjoying the process was a learning experience. Being flexible was key to adapting to the Fiji way of life and accomplishing health screening tasks in remote villages which might involve setting up screening tools on the floor because there were no tables or turning an unused classroom into a screening room utilizing dusty desks and wobbly tables. They learned to improvise and organize and had to overcome being shy about dancing Zumba since this activity was a favorite for children and adults.

The highlight of their Fiji experience was conducting health screenings in a village once a week. These routine visits enabled them get to know the women and the visits often involved taking screenings while competing for space with the resident chicken and goats. Caitlyn will never forget the day Robin and she were given the opportunity to help plant okra, cucumber, and radish seeds in the community garden. They were both looking forward to this, thinking it would be a bonding experience with all the women. However, only one woman from the village wanted to come with them on the mile walk to the garden. They quickly realized that their idea of planting was different than what they were actually going to do. Instead of planting the seeds in little pots, Robin was given a primitive garden tool and Caitlyn was hauling a garden hose across a large field in an effort to break apart the brick hard soil. Caitlyn remembered thinking, with dirt and dust clinging to her body that it wasn’t necessary; but in the long run, it became a lasting lesson because it highlighted that gardening in this Fijian village was not as easy as they had imagined. They actually laughed out loud at their simple American notion of gardening which often involves rototillers and better tools.

Both Robin and Caitlyn agree the experience was wonderful and they often wish for some “Fiji time” now that they are back at CSU, Chico meeting deadlines, taking tests, applying for internships, and beginning to enter their data for the last year of their studies. They hope that once their research is done it may help Projects Abroad with their health promotion efforts for the Fijian people.
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 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
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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
@embodied_chico
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 __________________________________________________________

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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: 1. Pantone and Munsell Book of Color $3,200; 2. Konica Minolta CR-400 $8,600; or 3. 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
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Gail Locke
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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!