

Nutrition & Food Sciences



Alumni Newsletter

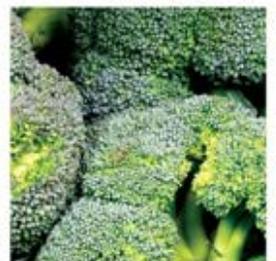
California State University, Chico

Fall 2017



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Greetings from the Chair

Kathryn Silliman

Alumni and friends of the Department of Nutrition and Food Science (NFSC), I am excited to present to you our annual alumni newsletter. You will find articles about some of our incredible students. They are outstanding students in their options, award and scholarship winners, emerging leaders, leaders on important research and community-based projects, and movers and shakers around campus and in the community. You will also read about our student organizations. The faculty and I are so fortunate to be able to teach and mentor our undergraduate and graduate majors. We are proud of each and every one of them, and we are dedicated to their success.



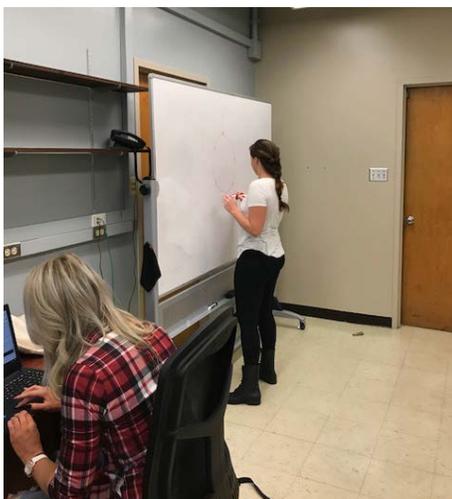
There are changes in the department since the last newsletter. We hired a new faculty member, Dr. Seth Klobodu, who is an expert in the area of nutritional epidemiology. Seth is originally from Ghana and recently completed his PhD at Texas Tech University. He is teaching our lifecycle nutrition and community nutrition courses this year. We are so happy to welcome him to our faculty. You can read more about Seth in the newsletter. We also hired two new amazing staff. Sherrie Wolcott began her position as the Administrative Support Coordinator for the Department at the end of February 2017 and Lacey Schmidt (Pettigrew) was hired as a part-time instructional support assistant for our foods laboratory in August 2017. Sherrie has been incredible to work with and Lorna Abbott has the long overdue support she needed from Lacey. We really are very fortunate to have found these two talented individuals to join our department.

On a sad note, Dr. Dawn Clifford recently joined the faculty at Northern Arizona University, where she was hired to develop an accredited dietetics program. While it was difficult to see her go, I know she is where she needed to be. I want to thank Dawn for the incredible 10 years she devoted to our department and its students. She was a phenomenal didactic program director and she helped to shape the dietetics program, one that is stronger than ever. To fill the gaps left by Dawn, we hired Courtney Clark to be the interim didactic program director and Laura Curtis is teaching the nutrition counseling and education courses and has taken over the leadership of the FitU program. I am grateful to both.

Stephanie Bianco received the prestigious Research Impact Award for 2017 from the University Office of Research and Sponsored Programs for the incredible work she has done around food security and food safety issues. To read more about this honor please view this link [Announcements](#). NFSC faculty published three journal articles with students and one article with professional colleagues. In addition, faculty published two publications/curricular resources for newsletters or continuing education for professionals. Six student-faculty research posters were presented at local or state meetings and 10 student-faculty research posters were presented at national, regional, or international meetings.

I want to take this opportunity to thank all of the alumni and friends who made donations to the department's annual fund. Donations like these can provide life-changing opportunities for our students. This past year we spent approximately \$6,300 to furnish our new student learning center in Holt Hall 377. This is a room that is used by both our undergraduate and graduate students where they can relax and hang out, use a computer, and meet with peers for a study session. I met with a group of students last fall and they helped design the space and picked out all the furniture. We also used funds to pay for expenses related to biweekly faculty department meetings, our annual advisory committee meeting in the fall, and lab demonstrations during Fall Preview Day and Choose Chico Day where we recruit

new students into the major. We were able to help sponsor the following students who presented research papers at annual professional meetings: Silena Barton, Shannon Pierson, and Edward Slattery attended the Experimental Biology Meeting in San Diego, and David Flores attended the Institute of Food Technologists meeting in Las Vegas. Undergraduate student Joshua McAtee was able to attend the Academy and Nutrition and Dietetics' Public Policy Workshop in Washington, DC, in June. We also used funds for memberships to professional organizations, books and other resources for faculty to support classroom learning, small gifts for guest speakers in undergraduate courses, and gifts for student award winners. Undergraduate Dan Navarro received the \$500 friends and alumni award. If you have not donated to the department, please consider making a donation (see pages 21–22). 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 2018.



Some of our NFSC students enjoying the new student learning center in Holt Hall 377!

Alumni Corner

Laura Fox



Hi! My name is Laura Fox and I am a graduate of the CSU, Chico Nutrition and Food Science Department. After graduating from Chico State with a bachelor's in dietetics and a master's in nutritional science I completed the Chico State Dietetic Internship in spring 2001 and became a registered dietitian that same year. Thanks to the amazing leadership and mentorship from Dr. Barbara Kirks-Fisher, Dr. Katie Silliman, and Dr. Michelle Neyman-Morris, I have experienced many amazing career opportunities and experiences right here in the North State.

Currently, I am a lead clinical dietitian for St. Elizabeth Hospital in Red Bluff and a dietitian healthcare consultant for RD's for Healthcare. I have served our community in a variety of roles in nutrition, including community dietitian for the Women, Infants, and Children program, teaching nutrition classes and support groups, clinical dietitian in acute care, clinical director of hospital nutrition, general manager of service area hospital nutrition and dietitian consultant in healthcare. My favorite role is the one that keeps me close to the client or the patient who needs our services the most. I have enjoyed learning and applying the successful delivery of administrative nutrition as well as medical nutrition therapy.

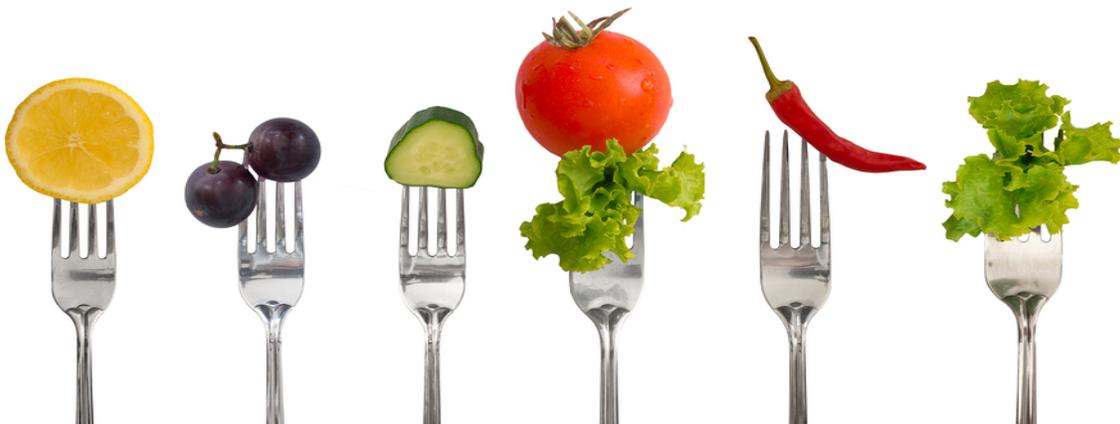
I have a passion for giving back and serving my community. I work with a multidisciplinary team addressing community health issues like diabetes, to identify funding, grants, and other resources to provide services. I serve Chico State as a dietetic internship medical nutrition therapy preceptor and participate on its NFSC Advisory Committee. The balance between family and career can be fun and challenging. I am a wife and a mom of two wonderful daughters age 12 and 15. To me, being a registered dietitian represents an opportunity to connect with people and help them improve their quality of life and achieve their own definition of wellness. Nutrition and health cross over into all aspects of our lives.



A warm welcome to Seth Klobodu, The newest NFSC faculty!



Dr. Klobodu's research embraces the fields of nutrition, statistics, and economics. The core of his current research examines the relationships among economic growth, maternal and child health/ nutrition in Sub-Saharan Africa (SSA). The primary objective of this study is to explore the impact of maternal and child health/nutrition on economic development in SSA. The second goal tests for the existence of bi-directional relationships between maternal and child health/nutrition, and economic development in this region. He is also interested in understanding the impact of economic disparities on health and nutrition at the household level, and economic evaluation of nutrition projects. His research interests are motivated from the numerous nutrition assessments he conducted in economically deprived areas where he observed a common phenomenon: high prevalence of malnutrition and ill health among a significant number of women and children. Dr. Klobodu believes focusing on these areas can be one of the most effective ways of highlighting the importance of maternal and child health or nutrition, leading to further investment and subsequent slowing down of the intergenerational cycle of ill-health, malnutrition, and poverty in deprived communities. Dr. Klobodu's previous studies have looked at anemia prevalence among schoolchildren, and the effects of lysine supplementation on the health of children and adults in peri-urban areas of Accra, Ghana. He has also looked at the association between alcoholic beverage consumption, nutritional status, physical activity levels, and biochemical and clinical characteristics of alcoholics in peri-urban communities of the Greater Accra Region of Ghana. He was also involved in the analyses of iodine content of salt samples in Ghana for the United Nations Children's Emergency Fund National Multiple Indicator Cluster Survey (MICS 4).



Outstanding Graduating Senior in Dietetics

Josh McAtee



The path to graduation isn't always a straight line. My educational journey through Chico State is a perfect example of that. I transferred to Chico State from Butte College as a pre-nursing major, but my mind was full of doubts. Like many other students, I wasn't certain if the career path I had chosen was one that I would truly love. I started taking nutrition classes to get a minor, and because it was a growing passion of mine. After a few classes with some amazing professors, I realized that I wanted to make nutrition my career. My major then went through several changes, from pre-nursing to nutrition management and finally to dietetics, where I eventually graduated magna cum laude.

Switching majors to dietetics was one of the best decisions I have ever made and I immediately felt a weight lifted off my shoulders. I began to immerse myself in all the extra nutrition experiences I could handle. I completed Dawn's motivational interviewing training and became a FitU mentor, this is a priceless experience for those who plan on doing any kind of counseling and I highly recommend it. I joined the NFSA and became the Academy of Nutrition and Dietetics student liaison officer. I was lucky enough to be offered a position as a learning assistant in NFSC 340; I learned a lot about teaching from the learning assistant class taught by Ben Van Dusan as well as from Lauren Housley. I also participated in the clinical externship with Courtney Clark and the legislative externship with Katie Silliman.

I met a lot of great people at Chico State and I will always look back fondly on those memories. These days, post-graduation, I am working as a program assistant at the Center for Healthy Communities and taking a little time off to do some of the vacations and events I never had time for as a student. I plan to apply for a spring match at a dietetic internship next year and the time feels like it's flying by. I hope that all the students reading this will understand that it's alright to be confused and that the most important thing is that they pursue something that they love.



Outstanding Graduating Senior in Nutrition Management

Kathleen Johnson



Going to college was never a given in my family. I grew up with earning a living as the highest priority. My parents, grandparents, great-grandparents as far back as we can remember did not go to college. They consisted of farmers and military men. I even applied for my first job at the age of 16. After graduating from high school, I lost my way and struggled with addiction. This went on for so long that myself and my family couldn't see the light at the end of the tunnel. However, I found my way back and am proud to say that I have graduated with my bachelor's degree in nutrition and food science. Even more exciting than that is I was awarded Outstanding Graduating Senior in Nutrition Management. When I received that award from the department, it was a pivotal moment in my life. It was an honor to be recognized for my hard work, but it was also another example of the immense support that I received throughout my time at Chico State. The faculty in the nutrition and food science department are a big reason that I have completed the program and why I applied to the graduate program.

Currently, I am still at Chico State in the graduate program. I am starting to work on my research project that will be developing a nutrition education program for low-income women in a drug and alcohol rehabilitation program. I have been interested in working with this population since I was once at a drug rehabilitation center. That was an important part in turning my life around, and I want to help others do the same. After completing this research project and graduating with my master's degree, I want to apply for a PhD program and continue research in this area. I hope to eventually return to Chico State, after the PhD program, and apply for a position working in the nutrition and food science department.



Dr. Faye Dietetic Internship Award

Silena Barton

I am completing my dietetic internship at the UC Davis Medical Center in Sacramento. Receiving this award was critical in helping me raise funds to attend this program. Currently, I am completing my first clinical rotation in the trauma step-down unit. Thus far, I have learned so much in such a short time, and been exposed to a diverse patient population with a wide range of medical conditions and injuries. Both my undergraduate and graduate careers at Chico State were essential to my acceptance and success in this rigorous program. For example, during my graduate experience as a teaching associate, I became prepared to teach and communicate effectively. I also developed skills to analyze evidenced-based literature, which is highly important in our discipline. I am excited to move forward in this internship, experience new rotations, and continue developing skills that can help reach a wide variety of patients.



Alumni and Friends Award

Dan Navarro



The time I spent in Chico will never be forgotten. With its amazing teachers and challenging classes, I will never forget what Chico taught me. I loved all my nutrition classes, especially MNT 1-2, “Advanced Human Nutrition”, and my motivational interviewing training. I was part of the NFSA club and FitU. I volunteered every year to do the Strides for Diabetes run and helped make it a tradition for the NFSA club. I was also a mentor for other students. When I wasn’t at school, I was

volunteering at Feather River Hospitals’ diabetes center and helping the RN, CDE with nutrition.

During my summer and winter breaks I worked at the Endocrine and Diabetes Center in Salinas. This was the stepping stone for my passion in diabetes care. I was able to get into University of Arizona’s individualized supervised practice pathway program for fall 2017. To date, I am in my food service rotation, which is very fun and fast paced. Receiving the Alumni and Friends Award means a lot to me because I value all my friendships and appreciate everyone I meet. I try to treat everyone how I would like to be treated, include everyone, and never leave anyone out. I am so grateful for all the friends I made in my didactic program in dietetics, other majors, and teachers. I will always be a proud Wildcat!



University Advisory Board Outstanding Service Award 2017

Bri Lofink

Last semester, I had the honor of being nominated, and subsequently awarded, one of four University Advisory Board Outstanding Service Awards 2017. It was a humbling and overwhelming experience to stand with my fellow award winners and listen to the words written about each of us by our mentors, professors, and supervisors. Some of the activities I've been involved with that were cited as leading to being nominated were: the hands-on interactive cooking classes with special day classes at Central and Nelson Middle Schools in Oroville, volunteering as a health coach and supervisor with FitU, leading a youth engagement component for Glenn County's Communities of Excellence in Nutrition Promotion and Obesity Prevention neighborhood survey, and other work for nutrition and education projects while working at the Center for Healthy Communities. I couldn't be prouder to be a part of a community that fosters, mentors, and champions service-minded members. I am currently in my second semester as a nutrition education graduate student, gearing up to start my research project and to apply for Chico State's dietetic internship. Nothing would make me happier than to continue to be a part of this community and continuing to do the work with which I've been involved while a student at Chico State.



AND Public Policy Workshop

Josh McAtee



My senior year in 2017 I was fortunate enough to be part of Katie Silliman's legislative externship. When I first signed up, I wasn't entirely sure what to expect but it turned out to be an eye-opening experience. It's easy to forget how important legislation is for all nutrition-related careers. When a nutrition-related bill is passed it has the possibility of opening new jobs or expanding the services that we can offer. On the other hand, if the wrong bill is passed it could reduce jobs or services. When I realized how important legislation was for my future, I couldn't help but to become more involved.

The externship allowed me to meet many of my local legislators and talk to them about bills that I thought were important. Although I was very nervous to talk to such important people, it turned out to be a very relaxed and informative experience. After realizing that becoming more involved in the legislative

process wasn't as scary as I once feared, I jumped on the opportunity that Professor Silliman would offer shortly after. The opportunity was for me to fly to Washington, DC, and be part of the Academy of Nutrition and Dietetics Public Policy Workshop 2017. The workshop began with an orientation of sorts where we talked about the main issues/bills that we would be discussing and we had several incredible presentations to help reinforce the importance of what we were doing.

The focus of the workshop in 2017 was the nutrition education in the farm bill and the value of nutrition services in prevention and treatment. The farm bill in particular was extremely important because it reauthorizes SNAP Nutrition Education and Obesity Prevention grants (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). After discussing these issues on the first day, we were ready to head to Capitol Hill to talk to our legislators about them. I was part of the California legislative team and we got to meet with representatives like Senator Diane Feinstein and Senator Kamala Harris. I was impressed with how well the representatives understood these issues already and recognized how important nutrition is for prevention. I could not have asked for a better legislative experience in DC and I implore all future NFSC majors to attend if they have the chance.



Outstanding Professional Paper

Shannon Pierson



Walking across the stage to receive my master's degree in nutrition education was the greatest success in my life. Being the first person in my family to attend college is a gift for which I am immensely grateful, and I am proud to join the ranks of Chico State alumni. The exceptional faculty of the NFSC department have provided me with a solid foundation as I continue to pursue my career goals of becoming a registered dietitian nutritionist.

I was honored to be awarded the distinction of Outstanding Professional Paper for the culminating write-up of my research. I worked with a team of professionals and students to develop and pilot-test strategies based on mindful eating practices among elementary school children and their families. A growing body of research shows promising results for mindful eating interventions to improve food cravings, emotional eating, binge eating, and other health

outcomes. To our knowledge, this was the first time these strategies have been implemented in a classroom setting with this age group.

We taught classroom lessons and provided take-home activities so children could also practice at home with their families. The results of the pilot project showed increased mindful eating practices (awareness) and consumption of healthful foods, and a decrease in the intensity of food cravings. The project was well received and in early September, the [curriculum workbook](#) was made publicly available. We are also working to add our study to the body of literature available to other researchers. I hope this work continues to lead to positive impacts in the lives of children and their families!

Currently, I am completing my dietetic internship through the program here at Chico State. I really appreciate that this program provides opportunities to experience the role of a dietitian in a wide variety of settings. After I complete my internship in April, my long-term goals are to do outpatient nutrition counseling and work with community nutrition programs to address food insecurity. Eventually, I hope to open a private practice to offer counseling in integrative and functional medicine nutrition, women's health, and mindful eating.

Outstanding Teaching Associate

Katie Williams



Each morning as I set out upon my drive to Chico and as I walk through our campus with its inspirational landscape, I am awed. Chico State is a place like no other. Our nutrition department is a community like no other. From the professors and instructors to our graduate and undergraduate cohort, there is a spirit of camaraderie that fosters growth and interdependence. I am grateful not only because these individuals have seen my strengths, but also my weaknesses. Forced to be better, stronger, each with our own shortcomings, we benefit from an honest appraisal.

Graduate school has been an experience beyond my imagining. As I near graduation, I am reminded of just how much I have learned in this process. Chico is a campus small enough to forge real relationships with professors and fellow students, and large enough to offer all of the resources and opportunities for growth one could hope for. From community nutrition

opportunities at the Center for Healthy Communities to the motivational interviewing-based peer mentoring program FitU to countless other opportunities to push beyond my comfort zone, I am astounded and eternally grateful.

One of those opportunities has been to work as a teaching associate for our “Introduction to Food Science Laboratory” in fall 2016. I am honored to have been chosen as an Outstanding Teaching Associate. Working with Professor Melissa Nicolaw and Lorna Abbott, I gained a deeper understanding of the hard work that goes into preparing for each of our lab classes. Assisting students in my lab section with the rudimentary skills they would need like butchery, baking, and time management all while trying to tie in how each task relates to the lecture material regarding food science principles involved was, at times, a challenge. Although in my former life I had run a small catering business and in a separate path, worked as a preschool teacher, this was new territory. College students have much more difficult questions! There were times I didn’t know how to answer them. Fortunately, having seen my own amazing professors encounter such instances, I was able to say, “I’m not quite sure, let me get back to you”. Having the sense to hold your tongue and admit to the limits of your knowledge is a deep lesson I learned here that I will carry forward. Pride has no place in successful teaching.

I continue to seek out new opportunities to hone my skills in the classroom; this semester I will be grading for Melanie King’s “Health at Every Size” class. It will be an opportunity to further that skill set and increase my knowledge of what has been a very eye-opening paradigm. Last semester, I was given the chance to step in for one period of Lauren McNamara’s community nutrition class. Julie Holland will be allowing me to teach one of her class periods on a topic of great interest to me, probiotics, in her nutritional supplements and functional foods course. Of course, there are always article presentations in my graduate seminars when I think I have too much time on my hands.

Each and every professor I have had the good fortune to work with and learn from has gifted me with wisdom I can only hope to share. I anticipate graduating this coming spring and will be applying for our dietetic internship this November, to be completed the following spring. It is my intention to work part-time in a clinical setting and part-time in either a teaching position or outpatient dietetic counseling. Someday I intend to earn a PhD but this will have to wait a few years since my husband and two children have been so patient.

Outstanding Graduate Leader

Ed Slattery

It was an honor to receive an award for graduate leadership. It was also a surprise, since I do not consider myself a leader on campus. In fact, looking back on my time spent at Chico State, I don't recall seeking any leadership roles. However, I do consider the highlight of my graduate education to be centered on the many times I have been able to work with other students.

Working at the Student Learning Center as a tutor has provided a variety of opportunities to interact with other students. The job entails helping students to understand course materials, learn study skills, and develop learning strategies for difficult classes. Working there has given me opportunities to provide empathy, encouragement, and advice to students who are having a difficult time with some of the most challenging classes they have taken.



As a teaching associate in the biology department, I have had the opportunity to instruct students in basic biology concepts and laboratory techniques. Additionally, I have had the privilege to take an interest in students who come from disadvantaged backgrounds and provide them with my perspective as a first-generation college student who grew up in a low-income, single-parent household.

Another opportunity I have had to interact with students is with my graduate research. I am working with students who are interested in continuing the project that I have been involved in, and I am showing them how to culture cells

and perform the assays that I used in my experiments. It is interesting to share with them that I knew absolutely nothing about these lab techniques when I started my research. Now I am teaching others how to do it. In no time at all, it will be their turn to pass that knowledge on.

During my time at Chico State, I have found that teaching and working with students is rewarding, humbling and just a great deal of fun. After completing my program, I will strongly consider pursuing a PhD with the goal of teaching at a university.



Research and Creativity Award

Silena Barton & Ed Slattery

I completed my master's degree in nutritional science with an option in general nutritional science in summer 2017. During my experience as a graduate student, I was very grateful to have received a Research and Creativity Award.

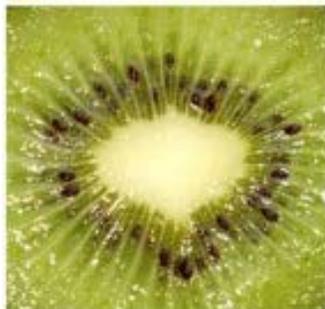
I worked in the Molecular Human and Nutrition Research Laboratory where we investigated zinc's effect on metabolites of energy metabolism, in cell-culture, with the goal of identifying potential biomarkers that are responsive to changes in zinc. Not only did the Research and Creativity award help to fund this project, it also enabled me to attend experimental biology conferences to present my preliminary work. These highly interdisciplinary national conferences have inspired me to continue furthering my education and research experience in the future. *Silena Barton*

I am completing my master's degree in nutritional science with an option in general nutritional science and I'm conducting my graduate research in the Molecular Human and Nutrition Research Laboratory.

My project is examining the effect of sulforaphane, a phytochemical from cruciferous vegetables, on a particularly aggressive form of breast cancer. This type of breast cancer, which comprises approximately 15% of newly diagnosed breast cancer cases, is difficult to treat and the prognosis is poor. One of the tricky aspects of this type of cancer is that the cancer cells hijack healthy cells in the body that then contribute to the survival and spread of the cancer cells.

We decided to explore the effects of sulforaphane on this type of cancer because sulforaphane is a dietary compound that has exhibited anti-cancer effects in other research. Additionally, since this cancer type benefits from the presence of other cells, we are also incorporating human macrophages (a cell involved in immunity) into the study. I am currently conducting my final assays and data analysis.

Receiving the Research and Creativity Award was both an honor and means to augment my experience here at Chico State. This funding allowed me to attend the 2017 Experimental Biology conference in Chicago. Not only was I able to present my preliminary data during the general poster session at the conference, but my project was also selected for participation in the American Society for Nutrition Emerging Leaders in Nutrition Science poster competition. Although I did not place in the competition, it was an honor just to be selected to participate with researchers from some rather prestigious universities. Having the experience of attending and competing at a national conference, which was possible because of this award, has increased my interest in research and my desire to continue my education after I complete my master's program. *Ed Slattery*



Lt. Robert Merton Rawlin's Scholarship Award and College of Natural Sciences Summer Research Award

Carina Chiodo



It was such an honor and pleasant surprise to receive the Lt. Robert Rawlins award last fall. The award is given to students at CSU, Chico each year based on nominations from faculty who have recognized a student's involvement in their department, excellent scholarship, and accomplishments. When I found out the Dr. Dawn Clifford had nominated me after just one year in the Nutrition and Food Science program, I was both astounded and overwhelmed with gratitude for the acknowledgement of my efforts. I am extremely passionate about the field of nutrition and food science, and feel strongly about utilizing such a supportive group of faculty to help me achieve my academic career goals. I speak for all of the students in my department when I say that I am lucky to have such knowledgeable, well-rounded instructors who provide ample opportunities for growth and skill practice. I am now in my last year as a graduate student, and I both excited and sad to be graduating this coming spring. I deeply appreciate the experience I've had at Chico State, and will miss being a part of such an exceptional college community.



Student Research

Veronica VanCleave-Hunt

I believe that gaining food- and nutrition-related skills can empower people to make lasting, healthy lifestyle changes. In spring 2015, when I was working toward my bachelor's degree in nutrition and food sciences at Chico State, I had the opportunity to work with the CSU, Chico Autism Clinic's Teen Group. It is a physical activity program in the kinesiology department that is run by Dr. Josie Blagrove and Carli Ross.

Dr. Maria Giovanni and Ted Herrera enthusiastically agreed to dedicate their time and energy to advising me in developing food and nutrition activities, and conducting sessions in the Tehama Hall Food Lab. Since then, I have been researching food and nutrition related to Autism Spectrum Disorder (ASD) and have found that there is a huge need for more research that focuses on dietary habits related to ASD, overall health, and quality of life.

There is little known about the prevalence of nutrition-related health concerns or effective methods for nutrition interventions for this growing population. Through the Teen Group Food Activity Lab, I have had the opportunity to investigate this topic on a first hand basis through asking for feedback from participants, parent/guardians, and clinicians; regarding food- and nutrition-related concerns, and the ongoing evaluations of the Teen Group Activity Lab Sessions. Overall, I have personally observed that the supportive social aspects of preparing and eating food has a positive influence on attitudes and behaviors related to food.

Now that I'm a nutrition and food science graduate student, I am interested in understanding the eating behaviors and diet habits of adults with ASD in this area. At the Northern California Autism Symposium I had the opportunity to do a presentation for parents and caregivers about what I have learned from both primary and secondary research over the past two years. For me, the goal of the symposium was to learn from individuals with ASD, parents, educators, and caregivers about their perspectives regarding food and nutrition related to ASD. The presentation consisted of a discussion, where members of the audience had a lot of helpful information for each other, mostly approaches to overcoming sensory sensitivities related to tastes and textures of certain foods, and improving overall diet habits.

Through these unique, hands-on experiences, I have found a focus and direction for my goals as a nutrition professional. I feel extremely fortunate to have had the chance to find my career passion through these unique learning experiences, made possible by an interdisciplinary team of Chico State faculty who are dedicated to their students.



Volunteering Abroad

Bali

Ashley Priest

No one can ever really prepare you for what it's like to enter a third-world country for the first time. The moment I step foot in Bali, Indonesia, after my 20+ hour flight, I was struck with culture shock. The air was hot and humid, and masses of local Indonesians were zooming past me on mopeds that held entire families on them.

When I arrived at my local village, however, I was pleasantly surprised by the kind and laid-back nature of everyone that lived there. Bali is known as the island of love, and it has some of the nicest people you will ever meet. I was fortunate enough to spend over five weeks in the village of Penestanan and spend my days at a nearby school as a health education volunteer.

For the duration of my stay, I was able to teach a class of sixth graders basic nutrition and other health lessons. Before beginning our lessons, we met with a local doctor who explained the common health issues that many Indonesians are facing today. Bali is slowly adopting many Westernized eating styles such as the consumption of sugary drinks and processed foods in order to accommodate its growing number of tourists. However, this convenience has come at a price and the country is now experiencing higher rates of obesity and diabetes.

Fortunately for us, we were able to target the younger generation and teach them better eating habits. I was able to use my knowledge gained from my classes at Chico State to develop fun and engaging material for the kids to learn from. Although my students were very limited in their English speaking abilities, I was able to simplify the material enough for them to understand.

My time in Bali was one of the most rewarding experiences I've had. I developed better communication skills in regards to nutrition and gained a whole new perspective on our world's health issues. Not only did I gain experience in the classroom, but I also developed genuine relationships with the locals, students, and other volunteers. Sampai jumpa, Bali!



Hike to the top of Mt. Batur, an active volcano in Bali



Indonesian woman working in the rice fields



Ashley with some of her students

Volunteering Abroad

Fiji

Robin Withrow-Wong

Bula! This was the first Fijian word I learned this past summer when I arrived in Nadi, Fiji, in the early morning hours as a Project Abroad volunteer. This Fijian greeting is part of the Fijian culture and is said with gusto when saying hello, goodbye, welcome, love, and more. Bula means “life” and is a blessing of health and happiness. The Fijians have mastered the happiness part of Bula; however, they are struggling with the health part. This is what drew me to volunteering on this tiny island this past summer for two and half weeks. My name is Robin Withrow-Wong, and while I have always enjoyed travel and different cultures, I became especially interested in international nutrition while taking Dr. Goto’s “International Issues in Nutrition” class this past year as a graduate/didactic program in dietetics student. I learned about undernutrition, vitamin deficiencies, and malnutrition. The Fijians struggle with overnutrition and noncommunicable diseases, and the problem is escalating on this peaceful, laid-back island.



The nutrition team consisted of 5-10 volunteers from all over world, and our common bond was wanting to make a difference in the lives of the Fijians and our love of nutrition. Our daily work consisted of travelling to Fijian and Info-Fijian villages around Nadi to conduct health screenings and offer nutrition counseling. I had an opportunity to practice 24-hour dietary recalls and some basic nutrition counseling. I learned how to take blood pressures, blood glucose readings, and BMI measurements. We also led the participants in light exercises.

The nutrition team also went to local schools around Nadi and conducted basic nutrition education and led the children in Zumba, which was enormously popular, even though none of us knew how to do Zumba! However, collectively the volunteers had taken enough aerobics, dance, and miscellaneous exercise classes that we could put movements to music and get the kids moving.

In addition to being able to teach nutrition, another highlight of the trip was the opportunity to live in a Fijian home. My host family welcomed me into their family, integrated me into their lives and graciously answered my many questions about life in Fiji. Through my hosts, the village patients and school children, I experienced the Fijian zest for life first-hand and had memorable experience. “Bula!”



Nutrition and Food Science Association



NFA members at the Strides for Diabetes 5K

The Nutrition and Food Science Association (NFA) aims to promote healthy lifestyle choices and nutrition awareness in a fun and academic environment as well as providing helpful information to encourage long-term success among our members. We work to bring students together with each other and with the community through a variety of volunteering opportunities and other events.

NFA has exciting plans for the 2017-2018 academic year! So far, we have had a vegetable-themed club meeting and have participated in the Strides for Diabetes 5k walk. In the upcoming weeks of the semester, we plan to take a hike in Upper Bidwell Park, have a roller-skating night at Cal Skate, and host

a *Chopped*-inspired cooking contest. We will also invite guest speakers from nutrition professions to present at our meetings to provide our members insight into the numerous opportunities within nutrition. Additionally, we plan to collaborate with other clubs to conduct fun events that advocate for involvement and overall student wellness. Our club is looking forward to a great semester!

For more information, check out our Facebook or our Instagram:

Facebook: [NFA Facebook](#)

Instagram: [@chicostate_nfa](#)

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

Katelynn Gonzales, club president

kgonzales10@mail.csuchico.edu

Maria Giovanni, faculty advisor

mgiovanni@csuchico.edu



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 pane, and a guest speaker.

For more information and ways to get involved

contact:

Cassie Shirakata, president

cshirakata@mail.csuchico.edu

Kelly Seck, vice president

kseck@mail.csuchico.edu

Facebook

<https://www.facebook.com/groups/CSUCHAES/>

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 California Academy of Nutrition and Dietetics annual meeting, small equipment purchases for our laboratory courses, and additional resources for our classes.

Circle of Friends Goals:

- To reestablish alumni relationships with the department
- To encourage student pride and participation
- To encourage involvement among community supporters
- To facilitate networking among nutrition professionals
- To celebrate NFSC contributions to the University and greater North State community

Donor Benefits:

- Networking with alumni, faculty, students, and community partners
- Donation recognition in the annual NFSC newsletter
- Circle of Friends directory, which is mailed to you each 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:

[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
- A set of classroom clickers (50 clickers) so our students can be interactive during lecture courses (\$2,500)

Circle of Friends

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

Amber Johnson

Barbara Kirks-Fischer

Debra Hook

Faye Johnson

Gail Locke

Hahna Kaiser

Jennifer Parrish

Jennifer Sheldon

Jocelyn Christman

Kathryn Silliman

Laura Dick

Laura Fox

Margaret Kelly

Marta McKenzie

Mary Aram

Michelle Morris

Rhonda Howard-O'Brien

Sara Leung

Suzanna Nye

***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!