

Newsletter

The Student Dietetics Association

September 27, 2023

"Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar."

-Delia Owens,
Where the Crawdads Sing

We hope your fall semester is going well; pumpkin lattes and flannels are finally here!

We want to thank the members that joined us for our first meeting at the beginning of the month and we are excited to meet again at our upcoming events.

As we receive fall, we want to remind you of the fruit and vegetables that are in season

- Artichokes
- Brussel Sprouts
- Mandarins
- Persimmons
- Pomegranate
- Sweet Potatoes



Fall 2023 General Meeting Info



All general meetings will take place ONCE a month on the **FIRST Tuesday of each month.**

DATES:

- **September 5th, 2023**
- **October 3rd, 2023**
- **November 7th, 2023**
- **December 5th, 2023**

Location: FA 141 (the kitchen)

Time: 3:15- 4:15 pm

GENERAL MEMBERSHIP FORM

Become an official general member of the Student Dietetics Association!
 Complete the general membership form and pay the corresponding membership fee during our 2nd general meeting on **October 3rd, 2023** .

Membership Fees:

- New Members: \$20
- Returning Members: \$15

Click to be redirected to the form or scan the QR code below



Upcoming events

Homecoming 2023

Come and support the SDA as we participate in the Student Organization Homecoming Poster Competition



Date: Friday, September 29, 2023

Time: 3:30 to 7:00PM

Location: Main Walkway & University Stadium

SDA will have the opportunity to parade during festivities at the Main Walkway and during the halftime of both men's and women's soccer games, at 4:30 PM & 7:00 PM respectively

***BONUS:** All attending SDA members will receive 4pts

*Interested in joining the SDA during the parade please email us at calstatelasda@gmail.com for more details.

Upcoming events

Well-Being U

The SDA is partnering with Well-Being U and we are looking for volunteers that will like to be part of this fascinating experience

Date: Wednesday, October 25, 2023

Time: 11:00 AM to 1:00PM

Location: South Village Housing Community Room and Kitchen

Volunteers will be:

- Engaging with our Cal State LA community
- Prepping food samples
- Leading food demonstrations
- Teaching how to eat for wellness

Interested in becoming a volunteer please sign up here



*Do you have any questions? Please contact us at calstatlasda@gmail.com



Can't participate as a volunteer, but you would like to attend the event.



Register here

***BONUS:** Volunteers will receive 5 pts. Attendees will receive 1 pt if you tag us on your story @calstatelasda

Welcome our new Board Members



Susan Oseguera
Secretary

Susan is a junior in the Nutritional Science program at Cal State LA. Her interest in nutrition started because she grew up playing sports, mostly basketball, and knew that nutrition was an important part of her athletic performance. In her free time, she enjoys going to karaoke with friends and tries to stay active by running at the beach or hiking. Susan hopes to help the SDA connect with her fellow peers and spark their interest in nutrition in regard to their health.



Carmen Sycip
Social Media Manager

Carmen is currently a freshman at Cal State LA studying Nutrition. Her ultimate dream would be to attend a Bruno Mars concert. A common lunch for Carmen is popcorn chicken and poke bowls. She picked up needle felting during quarantine and it became her main hobby which led to a cute small business. Carmen loves to travel to new places and experience the different cuisines. She likes eating refreshing fruits and shaved ice during the summer. During the winter she enjoys a nice hot soup (broccoli cheddar is usually the go to). She dreams of becoming an oncology dietician after graduating with a bachelor's degree. And Carmen is very excited to be the newest addition to the SDA board! :D .

Welcome our new Board Members



Ofra Martinez
Activities Coordinator

Some of her hobbies are watching anime and K-drama during her free time. Along with spend time looking up new recipes to try and make. As well as listening to K-pop, hip hop, and R&B.



Janib Saravia
Eatatorial Editor

Hi everyone my name this is Janib, a senior who transferred from WLAC during the pandemic. Outside of school and work she really enjoys going for hikes or any outdoor activities. One of her favorite trails is Murphy's Ranch in the Palisades. She is born and raised in the city of Angels. Her favorite food is platanos fritos (fried plantains). Since a young age she was curious about nutrition and how food affects people specially athletes. After graduating with her bachelors in nutrition she will work in the field and build up her resume, then apply to a masters program. She is hoping to be matched somewhere in the west coast (CA, or OR) or east coast (MA or NY)

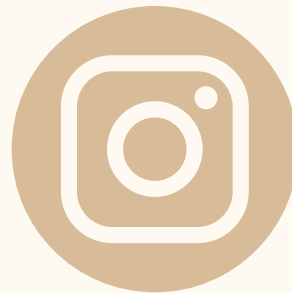
Don't Forget our
next General
Meeting!!

October 3rd, 2023

Time: 3:15 to 4:15
PM

Where: FA 141 (The
Kitchen)

Follow US!



@CalStateLASDA

<https://calstatelasda.weebly.com/>



EATING FOR WELLNESS

- Date: Wednesday, October 25, 2023
- Time: 11:00 AM to 1:00 PM
- Location: South Village Housing, Community Room, and Kitchen



Volunteering Form

- Volunteers will be responsible for:
 - Food prepping (need Food Handler's Card)
 - Operating booths- Food Demonstrations, passing out samples, and answering any questions
 - Event set-up/ breakdown
 - Cleaning
 - Assisting leaders

Presented to you by:

WellBeingU, Student Dietetics Association, Department of Nutrition and Food Science, Dreamers Resource Center, Guardian Scholars Program, Student Health Center, and Food Pantry

