

Newsletter

The Student Dietetics Association

November 2nd, 2023

"Be thankful for everything that happens in your life; it's all an experience."
-Roy T. Bennett

We are more than halfway through the semester, and hope you all did well during your midterms and are ready for your well-deserved Thanksgiving break.

We want to thank the members that joined us for our last meeting and to those that volunteered at the Eating for Wellness event. We could not have done it without your help.

Here are some tips to help you stay healthy as the weather begins to change:

- Stay Hydrated
- Get enough sleep
- Eat the rainbow
- Stay active



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

Join us and our Guest Speaker
Dr. Maryam Ekramsadeh
 for our 3rd General Meeting

Dr. Maryam Ekramsadeh has a Ph.D. in nutrition science and is now a Postdoc research fellow at Harbor UCLA Medical Center and a current post-baccalaureate student at Cal State LA.

Topic:

Thylakoids: A Novel Food-Derived Supplement for Obesity



Upcoming Events

Eagle Fest 2023

The SDA will be participating in Eagle Fest 2023, to share with future Cal State LA students our nutrition experiences and opportunities.

Date: Saturday, November 18,
2023

Time: 9:00 AM to 12:30 PM

*BONUS: SDA members in attendance will earn 1 pt.



Upcoming Events

Speaker Event

All Access Dietetics & NutraCo Dietetic Internship Program

- All Access Dietetics is a program that assists aspiring RDs in their journey.

The workshop will cover:

- How to create your personal application roadmap
 - How to prep your references
 - How to impress program directors
 - Freebie bonuses: Program Database, Free resume template, Personal statement guidance and mistakes to avoid
- NutraCo DI is a distance dietetic internship offering a full-time, 8 month non-degree DI track along with a number of options to complete the DI alongside our affiliated or student-identified graduate degree program

Date: Tuesday, November 14,
2023

Time: 4:00 to 5:00 PM

Location: Zoom

Eatatorial

The Eatatorial is a student publication developed by the SDA. It focuses on a cornucopia of nutrition and lifestyle topics, including healthy dieting, food justice, innovative cooking, and cultural diversity.

We welcome all submissions from students, faculty members, foodies, and other student dietetic groups.

Eatatorial will be published by the end of the semester

*BONUS: SDA members will earn 5pts. for each submission

Pitch us your ideas
by filling out our form!

<https://forms.gle/WjkXoTpTKm6r6vMB8>



The SDA wishes
you a

*Happy
Thanksgiving*

Surrounded by
friends and family

Follow US!



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

