

NEWSLETTER

THE STUDENT DIETETICS ASSOCIATION

August 30, 2023

WELCOME BACK FOR FALL 2023!

The Student Dietetics Association would like to welcome you all back for the Fall 2023 semester. We hope that you had a restful break! Be on the lookout for more information about future events coming soon!

Below you will find meeting dates for the Fall 2023 semester, a general membership form, information about our new point system, how to be featured in the Eatatorial, an introduction to the board members and advisors, and opportunities to join the board,

FALL 2023 GENERAL MEETINGS 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



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

GENERAL MEMBERSHIP FORM



In order to become an official general member of the Student Dietetics Association, please complete the general membership form and pay the corresponding membership fee during our 1st general meeting on **September 5th, 2023**.

Membership Fees:

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

MEMBERSHIP POINT SYSTEM

This semester we will be introducing a point system to encourage members to stay involved and active in SDA activities!

Active members can receive points for their participation in the SDA by attending general meetings, guest speaker events, volunteering at fundraisers and other SDA events.

Points will be tracked through sign-in/sign-out sheets with dates and times for volunteering, fundraising, and social events; names will be recorded for Eatatorial submissions; and attendance will be recorded for guest speaker events and general meetings.

The member with the most points will be recognized as **“SDA member of the semester”** during the last general meeting and receive a gift basket. Second and third place runner ups will receive a prize to thank them for their service and support to the organization.

Point Breakdown	
SOCIAL EVENTS	3 pts
FUNDRAISER PARTICIPATION	2 pts./hr.
SDA GENERAL MEETINGS/ GUEST SPEAKER EVENTS	4 pts.
EATATORIAL SUBMISSION	5 pts.

EATATORIAL SUBMISSIONS

Want to share recipes, stories, nutrition related events and information?

Share your experiences and recipes with us to be featured in the Eatatorial!

The Eatatorial is a student publication developed by the Student Dietetics Association that focuses on a variety of nutrition and lifestyle topics, We welcome all submissions from students, faculty members, foodies, and other student dietetic groups.

Please complete the Google form to send us your submission. Thank you!




Complete this form to share your Eatatorial submissions! (General members will be awarded 5 points for each submission.)

EATATORIAL SUBMISSION FORM

BOARD MEMBER RECRUITMENT

WE ARE
recruiting!



Open positions:

- Secretary
- Social Media Manager
- Activities Coordinator
- Eatatorial Editor

Join our team!

The SDA is currently recruiting board members for:

- **Secretary**
- **Social Media Manager**
- **Activities Coordinator**
- **Eatatorial Editor.**

If you are interested in any of these positions, please complete the application form!

BOARD MEMBER APPLICATION FORM

AN INTRODUCTION TO FALL 2023 BOARD



Isabel Liu
Co-President

Isabel is entering her final semester at Cal State LA and will graduate in Fall 2023. She began her dietetic journey at CSULA after transferring from Pasadena City College. Her interest in nutrition sparked after volunteering at her local hospital, and she became curious about how food can affect our health. Isabel aspires to become a Registered Dietitian to one day work in Pediatrics or Prenatal to help families during pregnancy. Outside of school, Isabel enjoys journaling, eating good food, shopping, watching K-dramas, and streaming her favorite K-pop group songs. She is also a huge Disney fan. As the current Co-President with experience as SDA board Events and Activities Coordinator and Fundraising Chair, Isabel hopes to continue to meet new people and enjoy her final semester at Cal State LA.

Rosanne Huang
Co-President



Rosanne is a third-year nutrition student at Cal State LA. Her interest in nutrition and dietetics began during high school, when researching possible majors that incorporated her love of food/cooking and healthcare. She aspires to be a physician assistant in the future, and is also taking medical assistant classes in the evenings. In her free time, she enjoys running, listening to kpop songs, watching anime, and taking care of her chickens. As the current Co-President, Rosanne hopes to connect with her fellow peers and meet new people who have a common interest in nutrition!



Stacey Pothier
Vice President

Stacey is in her last semester at Cal State LA, and plans to graduate in Fall 2023. She aspires to be a registered dietitian who works on the preventative side of wellness, including teaching, counseling, speaking at elementary schools, business events, and conferences. After graduating, Stacey plans to complete a Master's in Integrative Nutrition or Nutritional Counseling at Bastyr University. In her spare time, Stacey enjoys singing at gigs with her husband, spending time with her son, and tending to her fruit and vegetable garden. As the current vice president, Stacey hopes to connect with her fellow peers and expand SDA's presence on campus.

AN INTRODUCTION TO FALL 2023 BOARD



Evelyn Rodriguez
Treasurer

Evelyn is currently a senior in the Nutritional Science program at Cal State LA. She decided to study nutritional science to further her knowledge about food and healing.

She joined this committee to learn about food and to share nutritional-related experiences. During her free time, she enjoys powerlifting/weightlifting as a form of therapy and feeding strays around her community as often as possible. In hopes of this new semester, Evelyn envisions that the SDA will be a group that will educate others on healthy eating and lifestyle changes. As the current Treasurer, Evelyn plans to educate her community and find cheaper, easier alternatives for busy people.



Bethany Peralta
Fundraising Chair

Bethany is a third-year student studying Nutritional Science. She is also minoring in Chicano and Latinx studies. Ever since she was young, Bethany has loved to bake and share her treats with loved ones. She believes that when a gift is given through good intention not only does it brighten someone else's day but also to others around them as a rippled effect. As the current Fundraising Chair, Bethany hopes to create fundraisers that are exciting and combine her love of baking and nutrition.



Guillermo Aranda
Events Implementor

Guillermo was raised down the street from CSULA in El Sereno, CA. He is majoring in Kinesiology. After finishing his undergraduate degree at Cal State LA, he plans to go to DPT school to ultimately become a Physical Therapist. Some of his interests include working out, reading, and monitoring stocks. This is Guillermo's 2nd semester with SDA. As the current Events Implementor, Guillermo hopes to create events that encourage the Cal State LA community to develop healthy eating habits.

SPECIAL THANKS TO OUR ADVISORS!



Dr. Hillstrom

EdD, MPH, RDN, FAND

Advisor



Dr. Nicolo

Ph.D, RDN, CDCES

Advisor



Dr. Cottlesman

DCN, RDN

Advisor

*A Quick
Reminder!*

Our first general meeting will
be on **September 5th, 2023!**

Time: 3:15-4:15 pm

Location: FA 141 (the kitchen)