



the EATATORIAL

*a Monthly Food and Nutrition Publication
by the Student Dietetic Association of Cal State L.A*

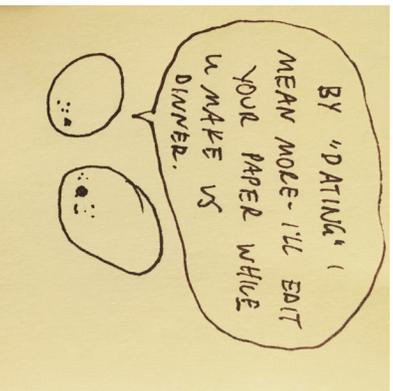
October 2019

RDN INTERVIEW!
PUBLIC POLICY!
FARMERS MARKET UPDATES!



IN THIS ISSUE

- 1 Vegan Chia Pudding
- 4 Noteworthy Things to Do
- 6 Enhanced Access To SNAP Act of 2019
- 8 Meet RDN Amanda Saucedo
- 12 Fresh + Local at the Farmers Market



A Lemon Who Doesn't Care About the Movies

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VEGAN CHIA PUDDING PERFECT FOR THE MORNING ROUTINE

Recipe by Jesse Ibarra



Chia pudding is a great way to start your morning routines and also perfect after a good workout. This recipe is an easy-to-make breakfast food for an on-the-go busy person. Chia pudding is a great way to incorporate both fiber, and protein to your diet. The dish is sweet, but you can personalize it by adding or substituting other ingredients of your liking.

Ingredients:

- 3 Tbsp. chia seeds
- 2 Tbsp. unsalted Pistachios
- 1 tsp. matcha powder
- 2 cups almond milk
- 1 Tbsp. peanut butter
- ¼ cup sliced banana
- ¼ cup diced peaches

Directions:

- 1. Mix together chia, pistachios, matcha powder, and almond milk in a small or medium ramekin. Let mixture sit for 4 hours or overnight in the fridge.
- 2. After cooled stir in peanut butter and top with bananas, peaches and enjoy!

NOTEWORTHY THINGS TO DO THIS MONTH

On Campus

Internship Meeting

SH C162

Friday, 10/18, 10:30am-12pm

Healthy Snack Stand

Library North, Main Walkway

Thursday, 10/24, 10:30am - 12:30pm

CSU Northridge Annual Internship Meeting

Saturday, 10/26, 9am - 4pm

RSVP here: <https://www.eventbrite.com/e/2019-dietetic-internship-symposium-tickets-72288160835>

There are a ton of food events happening through Current LA. Check out Currentla.org for something going on almost every day this month.

Here are a few we especially love:

Cows to Concrete, Rail Yard to Cornfield with Rachel Surtis

LA State Historic Park, Chinatown, Council District 1

presented by Los Angeles Food Policy Council
Wednesday, 10/16, 5pm - 7pm

Fermentation: Workshop with Jessica Wang

Barnsdall Park, East Hollywood, Council District 13

presented by Los Angeles Eats Itself
Saturday, 10/19, 11am - 12pm

SÜPPFEST

Leimert Plaza Park, Leimert Park, Council District 10

presented by SÜPPFEST
Saturday, 10/19, 12pm - 5pm

Solar Cooking Workshop #2

Roger Jessup Park, Pacoima, Council District 7

presented by Bed & Breakfast
Sunday, 10/20, 10am - 3pm

Eating Green?

Orcutt Ranch Horticultural Center, West Hills, Council District 12

presented by Nonfood
Sunday, 10/20, 11am - 1pm

Dreaming of Food Sovereignty in LA with Mezli Projects, Toypurina Youth Arts and Action

LA State Historic Park, Chinatown, Council District 1

presented by Los Angeles Food Policy Council
Wednesday, 10/23, 5pm - 7pm

SEE-LA Change: Anyone Can Grow

Martin Luther King Jr. Park, South LA, Council District 8

presented by SEE-LA
Saturday, 10/26, 11am - 5pm

Foodscape Festival: Art, Cultural & Ecological Histories

Reseda Recreation Center, Reseda, Council District 3

presented by Across Our Kitchen Tables
Saturday, 10/26, 12pm - 4:30pm

Breast/Milk: A Discussion of Support, Access and Class

Palms Park, West LA, Council District 5

presented by Babsi Loisch
Sunday, 10/27, 10am - 12pm

What's Going on with Recycling?!

Closing Celebration and Conversation

Valley Plaza Recreation Center, North Hollywood, Council District 2

presented by Shana Lutker
Sunday, 11/3, 11am - 1pm

HOPE FOR THE HUNGRY COLLEGE STUDENT WE HOPE

by Alicia Popanek

Rep. Jimmy Gomez
Introduces the Enhanced
Access to SNAP (EATS)
Act of 2019

If you are a college student, which, if you're reading this I would suffice to say you are, you're probably broke. Who has time to be a full-time student and have a full-time or even a part-time job when you're focused on getting As, learning something useful, and carving out some semblance of a path for your entire life? And if you're broke, you're probably not spending the little money you have on a well-balanced, fruit- and vegetable-heavy diet. (Please, correct me if I'm wrong).

If you're someone who cares about food affordability, has a proclivity for real, healthy food, combined with an aptitude for accessing social benefit programs, you may know that as a full-time college student without a full-time job, you do not qualify for SNAP/CalFresh (otherwise known as EBT or food stamps).

As a student, the way to qualify for around 190/mo in SNAP dollars is by also working 20 hours per week making no more than \$1,287.00/mo (about \$320/week, around \$16/hour if you are indeed only working 20 hours/week). For part-time students, this kind of schedule may be possible, however, to be clear, \$1,287.00/mo, even with the extra cushion of \$190/mo for food is a super unrealistic way to live in Los Angeles.

When I was a part-time student, I fragnagled 20 clocked work hours a week just to qualify for SNAP, despite how demanding even those part-time classes were. As a full-time student, there's no way I could work 20 hours a week—a

number that is also nonsensical when you consider that shift work usually happens in 8- or 6-hour chunks. Either way, you're working at least three days a week. So getting rid of my three to four days of work per week and paring it down to a manageable two days per week means not only are my personal funds severely depleted, but I also lose my SNAP benefits—money I depended on to feed myself in the way I know, as a nutrition student, is also crucial to my success.

Additionally, some of you may be about to graduate with this thought: "While I get on my feet and take that low-paying job and live off of basically no money, I'll just apply for SNAP to bridge the gap so I can eat real food." Actually, sorry, no you won't. Have you been a student for the last three months not working 20 hours a week? Yeah sorry, you don't qualify either.

This makes no sense. The Study of Student Basic Needs, published in 2018 by CSULB professor Dr. Rashida Crutch-

field, EDD, MSW and HSU professor Dr. Jennifer Maguire, PhD, MSW, found that 40% of Cal State students are food insecure. So why are we, a population in particular need of this benefit, being shut out of something that stands to benefit us so monumentally? Money? I kind of doubt it.

OK, I'm painting a dire picture, but bare with me because I've set this up to hopefully blow your minds.

It seems U.S. Representative Jimmy Gomez of California's 34th district (which covers northeast LA) asked himself the same question. Because on September 12, 2019, he made a game-changing move for students and introduced HR4297 Enhance Access to SNAP Act of 2019 (EATS). EATS amends the Food and Nutrition Act of 2008 (the act that lays out the ground rules for SNAP qualification) by newly stating that students who are "attending an institution of higher education or employed a minimum of 20 hours per week" may now qualify to receive SNAP benefits.

If this amendment passes, college students at the community college or university level will qualify for SNAP without having to also work 20 hours a week.

There is a long list of state- and federal-level advocacy groups that back this initiative, along with 49 cosponsors thus far in the House of Representatives. As of September 24, 2019, it went into

committee for consideration. If approved, it will be implemented in January 2020.

Friends, look up who your house legislator is (<https://www.house.gov/representatives/find-your-representative>) and write them an email, send them a tweet, call them on the phone and let them know that you want them to cosign this if they haven't already. Advocate for yourselves and your fellow students—it's really important. We cannot live on chips, coffee, and cereal alone.

Something like this would suffice:

Dear _____

My name is _____ and I am a nutrition student at Cal State LA. I was recently made aware of legislation introduced by Jimmy Gomez, HR 4297 Enhanced Access to SNAP Act of 2019. I am writing today to ask that you support this act. As a student struggling to make ends meet while also attempting to excel in school, I don't always have money for healthy food, and often experience food insecurity, like many of my CSU peers. Legislation like EATS would make a huge difference for those of us attending institutes of higher education, and it's important to me as your constituent you do everything in your power to help it pass.

Thank you for your support in this matter.

In Solidarity, _____

MEET RDN AMANDA SAUCEDA

by Christina Armendariz



Amanda Saucedo is a Registered Dietitian Nutritionist focusing on gut health. She became a dietitian simply because she loves to eat and knew she would never get tired of talking about food. Amanda focuses on helping people with digestive problems find foods they love that don't make them run to the bathroom or feel bloated all day. She currently has a private practice in Long Beach, CA where she is able to work one-on-one with clients in her signature 90 Day Gut Reset Program.

What was your RD2BE journey like and what programs/internships/schools did you go to?

I went to CSULB to complete my undergrad in nutrition and never anticipated staying at CSULB beyond that. To my surprise I ended up getting matched to CSULB for the dietetic internship and stayed after the internship to finish my Master's degree there as well! So my journey was pretty straightforward. Crazy enough I haven't left the CSULB campus since I graduated high school because I also teach there now!

Was dietetics always your first choice as a career?

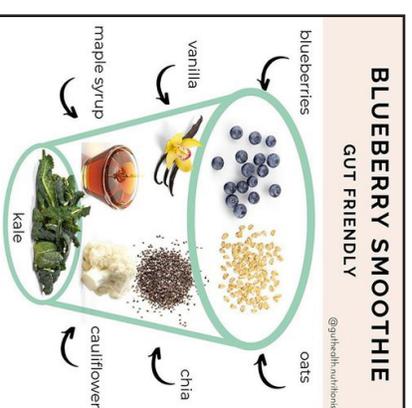
Yes! I knew I wanted to be a dietitian since junior year of high school. I wanted a career where I could talk about food all the time because I knew I would never get tired of talking about food! Despite the surprise of all the chemistry classes that came with the degree I haven't looked back.

What type of business do you have, and population do you serve?

Do you have a specialty you focus on?

I have a private practice in Long Beach where I focus on helping women with digestion problems like constipation, diarrhea, and bloating. My signature program my 90 Day Gut Reset where I work with clients 1:1 over 5-6 sessions to help them figure out what foods do and don't work for the gut problems. I also have a background with all specialties such as

intuitive eating, culinary genomics, health coaching, integrative and functional nutrition, and food sensitivities.



Are you a part of any subgroups within the academy? If so which ones?

I am the secretary of Nutrition Entrepreneurs DPG [Dietetic Practice Group]. I have also been a part of Dietitians in Integrative and Functional Medicine DPG. DPGs are great to join!

How important is social media in the world of Dietetics?

Social media is really important in the world of dietetics now not just for networking and also for connecting with your audience or potential clients. Social media is really a great tool that is also a free way to market yourself.

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I highly encourage you to get involved with social media in some type as a student because it will really help you build your audience as you grow and become a dietitian.

What is some advice you wish was given to you as a student?

I think the best piece of advice that I was given was to network; I always tell students to network as much as possible. The piece of advice that I wish I was given was to start working on my personal brand as a student. As a student I thought that personal branding with something you do when you're already at a dietitian but really the earlier you start with exploring who you are as a nutrition professional the more room there is for growth both professionally and personally.

Where do you see yourself in 10 years as a Dietitian?

Honestly, I haven't pictured what I'd be doing in 10 years as a dietitian. 10 years seems like such a long time away but it really isn't! So I imagine in 10 years I would like to have a thriving private practice and exploring other ways to connect with people such as being a spokesperson.

Is there anything you'd like to see change in the world of Dietetics?

The thing that I would like to see change in the world of dietetics is more inclusion for people's different perspectives. Lately it seems that some of the nutrition world can be polarizing. Just like how all of our clients have different backgrounds and needs each dietitian has a different approach and way of thinking. It's neither right or wrong it's just different.

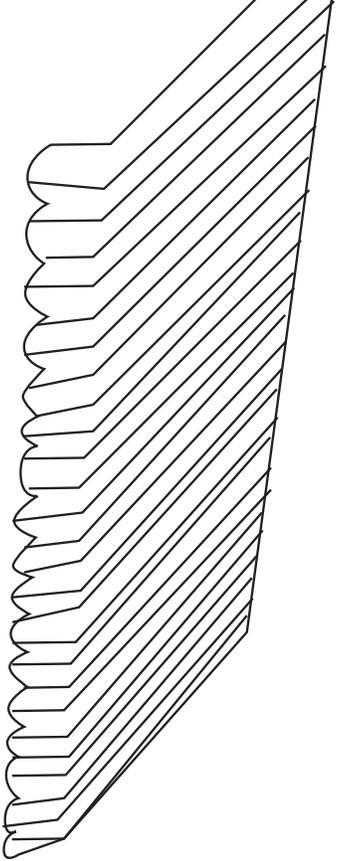
Any words of advice for CSULA students?

I think CSULA students are in such a prime area with so many different cultures, populations, and different programs you really don't see outside of LA so you should take advantage of everything that is nearby to you. You have so many doors open to you as a student take advantage of them all.

Stay in touch + follow Amanda's adventures:

<https://www.amandasauceda.com/>

Instagram: [@guthhealth.nutritionist](https://www.instagram.com/guthhealth.nutritionist)



EATIN' FRESH 'N LOCAL AT THE FARMERS MARKET

A Letter from the Editor / Alicia Papanek

OCTOBER / NOVEMBER

Mid-October and here in Southern California it's finally starting to feel like fall. That means we're saying goodbye to nectarines, plums, peaches, strawberries, affordable blueberries and blackberries, despite their persistence at the market. To be honest, despite how tasty and sweet they still kind of are, I'm over it. The season's changing, I'm ready to say goodbye to summer aheady. Juicy peaches and nectarine gallettes are for mid-July BBQs, not chilly California evenings. Something's still gotta be done with all those peaches though, so maybe grab a few and try your hand at preserving them into jam, because peach jam is acceptable on a chilly California evening. (Or stewed into oatmeal, or added to your vegan chia pudding) I'm more jazzed about the Asian pears, the amazing variety of apples from farms like Ha's Apple Farm, and the Kyoho grapes.

KYOHO GRAPES are a super sweet and tangy, seed-filled variety of grape that have a very short window of seasonality. They take a bit of extra work because of the seeds, but they're surely worth it. If you see these babies at the market, you would be a fool to not grab a bunch.

I know I said I don't like *APPLES*, which is true, but you probably do, and just because I don't care for them personally doesn't mean I don't respect them. Huge beautiful sweet green candy-crisps, fuji's, melrose, sommerfeld, and a handful of other varieties you may not have heard of are making their way in droves to the farmers market. There's a flavor for each of you, maybe even for me.

After a long summer plumping up underground, *JICAMA* is also making a guest appearance at the market. Crunchy, juicy, super hydrating jicama—an excellent addition to any salad, or sliced up for on-the-go snacks (don't forget your lime and tajin, or just your hot sauce because we could all stand to be a little bit more like Beyonce and keep hot sauce in our bags).

BABY GREENS, MICROGREENS, KALE, CHARD, CABBAGE, GORGEOUS CARROTS, BEAUTIFUL POTATOES—it's all there—patiently waiting for you to bring them home to make hearty fall stews. Peppers of all kinds have about a month left, tomatoes and squash are on their way out. I'm not crying about it.

GREEN BEANS, LONG BEANS, AND YELLOW WAX BEANS are particularly tasty these days and available by the pile. A quick saute with garlic and a little salt goes a long way with this supreme vegetable, over rice with some toasted sesame seeds and maybe a little soy sauce? Or maybe chopped up and put into a chunky vegetable chili? Or added to your stir fry? These guys are versatile and you can sneak them in just about anywhere to increase that fruit + vegetable intake.

WHERE IS YOUR LOCAL FARMERS MARKET?
VISIT <http://projects.latimes.com/farmers-markets/> **TO FIND OUT!**