

Eatatorial Newsletter

[Volume 2 + Issue 2]
October 2017



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Letter from the Editor

Fall is in the air! Well, California fall that is. With its cooler temperatures at night and cloudy mornings, I cannot help but reminisce on my favorite fall memories. I grew up in the Midwest, where the color changes and cooler temperatures evoke the image of changes happening to the earth. I think of the warm sweaters I wore and the hot chocolate I drank, probably every single night until spring arrived. With the seasons changing, and plants and animals preparing for winter time, I think of my own life and reflect on things I want to shed. School is a busy time but also a time to iron out the things we desire to change.

There are two great articles in this newsletter that talk about very distinct and different issues. One is regarding food waste, its impact on our environment, and what two individuals did to highlight these important issues. The other, written by Serina Soto, focuses on how past experiences lead us to find what we aspire to today. Serina's article is a fantastic reminder that we sometimes do not know everything, yet that is what makes us stronger.

I hope that you can take the messages from these articles and the new "It takes a Village" column, find the things that are pulling you down, and let them go (mind the corny leaf analogy). In all seriousness, we all are at a critical time in preparing for our future. What better time to release the bad and keep the good!

Mary Becerra

Eatatorial Editor

Student Liaison for Academy of Nutrition and Dietetics

It Takes a Village



Nana Stark is an adjunct professor currently teaching NTRS 3170 and 3120. She also attended Cal State LA to obtain a masters degree in nutrition and was a member of SDA (as well as SDA secretary)! Nana has a BS in Political Science from UC Berkley but decided to return to school to study nutrition. Her desire to know more about nutrition began when her son had difficulty meeting growth standards. She has been committed to the craft ever since and has felt that they community she had at the time supported her in her efforts to obtain a masters degree. At the time, the nutrition program was not impacted and only 80 students were in the entire program. She was able to make important personal relationships with others because the program was so small.

Originally, Professor Stark was looking to work as a clinical dietitian (and still does) but also enjoyed working in food service. However, none of these has found to be as rewarding as her teaching career. Her best advice to students today is to never give up, take everything in pieces and remember that you are always learning. Get to know your teachers, build relationships, volunteer in the community and do as much as you can. It is not the end of the world if things do not work out, something better usually pops up. So do not panic!



Michelle currently is a graduate student at CSULA, is a part of the CDP program, and is working as a grad assistant for NTRS 4100. Food and its abilities to both heal and bring people together has always fascinated her. She however did not know that nutrition and specifically dietetics was her passion until after she received her BA in Communication Studies from Cal State La. Michelle decided to pursue a master's degree in nutrition and worked hard to complete all the prerequisites required for the program here! She is very interested in nutrition education but is anxious to complete her CDP rotations to see all the options out there. However, with nutrition education she wants to educate and empower others to live healthier lives. Despite being a new member of SDA, she has found so much support, positivity, and friendship from all those in the CSULA nutrition community.

It Takes a Village

Maribell Ramos may work as an Administration Support Assistant but her influence and impact on the nutrition department is so much more. When walking into PE 206, she is the first one to greet you. Her duties include issuing permits, scheduling activity courses for the KIN department, organizing and preparing incoming CDP applications, answering all certificate and nutrition questions, and providing support to staff, faculty and students. Although it has been only one year since she began working in the nutrition department, she feels that she has learned many things from the students she has served.



When asked what she loves most about her job, she replied that she enjoys the interaction and support that she is able to give to the students who come in the office. She is always impressed by nutrition student's work ethic, determination, passion, drive and demeanor. Maribell sees all students as role models to her! Make sure to stop by and say "hi" the next time you find yourself in PE 206!

*It takes a Village is to be a regular column in the Eatatorial Newsletter that features both staff and faculty in the Nutrition Department. If you would like to be featured or have questions, please contact Ashleigh Beltran at csulasdaevents@gmail.com

Film Reflection - "Just Eat It: A Food Waste Story" (2014)

By: Brian Ubiadas

Food waste in recent years has been a topic of interest as it coincides with increasing rates of food insecurity. Did you know that roughly 40% of our food is being wasted? "Just Eat It: A Food Waste Story" sheds light into this rising issue. Grant Baldwin (director) and his wife (producer) Jenny Rustemeyer embark on a 6-month journey where their meals are to consist of only discarded food.

For the majority of their challenge, they engaged in a gathering method called "dumpster diving," where garbage disposals of supermarkets and other facilities are scavenged for anything edible. It sounds unappealing, but as soon as you see the abundance of food that they discovered, you might just want try it out for yourself. At rare occasions when they did purchase goods from grocery stores, they only purchased culled goods, which are those that have been removed from display for disposal.

The documentary highlights the selective processes that occur in farms, supermarkets, and households that lead for perfectly edible foods to be wasted. The root of the issue is the mindset that humans have in regards to aesthetics and abundance. In relation to food, we have a perception that what looks good is better and that we would rather have more and waste instead of barely getting by and having just enough.

Have you ever thought about how your large chain supermarkets keep their produce looking so perfect and uniform?



On the farm level, produce goes through a sorting process where those that are imperfect, mostly for cosmetic reasons are eliminated for sale as it does not meet retailer's (supermarket) standards. Luckily, not all are wasted as these rejected products are either donated by farmers to local food banks or are used for composting. Once the produce is transported from the farms to the stores, the produce once again goes through an elimination process where those that don't meet the cosmetic standards are disposed. Consumers tend to judge quality through appearance, and with supermarkets understanding the mentality of consumers, they appeal to their desires by only selling the perfect and ideal looking produce to drive sales and customer loyalty.

The most important concept from the film was the idea that American society does not see food waste as taboo. This was pointed out by Jonathan Bloom, one of the featured speakers in the documentary and author of *American Wasteland*, which I encourage all of you to read as it goes further into topics of food waste. He goes on to explain how wasting food is viewed as perfectly okay unlike littering or not recycling and explores a period when avoiding food waste was encouraged.

This 73-minute documentary film is a great introduction as it is packed with the general knowledge and perspectives on the topic of food waste. The visual accounts of

farmers, supermarket employees, and individuals against food waste were certainly eye-opening.

Most importantly, the journey that Grant and Jenny went through during the 6 months was mind-blowing. When you think of dumpster diving, you think of someone digging for food scraps and left-overs. However, that wasn't the case here as they got a hold of quality foods that were discarded for outrageous reasons; they even found cases of chocolate bars that was nowhere near its expired or best by date and was not under the recalled list. They definitely did not go hungry during this process. Whether it's because they got lucky, or they knew where to look definitely had a role in their success, but the real focus here is: why are tons of perfectly safe and edible foods going to waste, being landfill bound instead of being donated to the needy or utilized in better ways?

Awards:

Best Documentary - Leo Awards
Best Documentary Director
- Leo Awards
People's Choice Award - Calgary
International Film Festival
Best Environmental Film - Sedona
International Film Festival
Finalist - James Beard Awards

Upcoming Events

Student Dietetic Association

Meeting Schedule Fall 2017

Tuesday, September 5th
3:00-4:20pm
BIOS 144

Tuesday, September 19th
3:00-4:20pm
SH C240

Tuesday, October 3rd
3:00-4:20pm
SH C240

Tuesday, October 17th
3:00-4:20pm
SH C240

Tuesday, October 31st
3:00-4:20pm
SH C240

Monday, November 13th
11:00am-12:30pm
Los Angeles Room 308 A

Tuesday, November 28th
3:00-4:20pm
SH C240



CDP/DPD

Thursday, November 2nd, 2017

Time: 10am-12pm

Location: Los Angeles Room A - USU

**OPEN TO ALL MAJORS
FOOD AND REFRESHMENTS WILL BE SERVED**

Contact Us:

csula.studentdieteticassoc@gmail.com



ASI ASSOCIATED STUDENTS, INC.
THE ASSOCIATED STUDENTS PROGRAM IS A NOT FOR PROFIT ORGANIZATION OF STUDENTS TO STUDENTS, INC.



SDA "GENERAL MEETING" TICKET

**THE
INTERNSHIP
APPLICATION
PROCESS:**

**ALL YOU
NEED TO
KNOW
AND MORE**

**FEATURING
GUEST SPEAKER
TARA JENSEN!**

**TUESDAY, OCTOBER 17, 2017
(3:00 PM - 4:20 PM)**

SH C240

*** ADMIT ONE ***

Upcoming Events

Healthy Snack Stand

MONDAY, OCT. 30TH

12-2:00pm

LOCATION: IN FRONT OF THE BOOKSTORE
ON THE MAIN WALKWAY SIDE

STUDENT DIETETIC ASSOCIATION CELEBRATES

FOOD DAY

MONDAY, OCTOBER 16, 2017

11:00 AM - 2:00 PM

LOCATION: IN FRONT OF THE BOOKSTORE ON THE MAIN WALKWAY

Upcoming Events



**SATURDAY, OCTOBER 21ST
AT GRIFFITH PARK
7:00AM**

Register under "**CSULA SDA**"

REGISTER. FUNDRAISE. STOP DIABETES



Date: Saturday. October 21st
Time: 7:00am for registration, but walk starts at
10:00am
Location: Griffith Park; On the lawn area between the
Merry-Go-Round and Shane's Inspiration Playground

How my Background in Personal Training Has Influenced my Career Today

By: Serina Soto

My name is Serina Soto and I'm a Nutritional Science student here at Cal State LA. I recently transferred last year in the Spring of 2016 from a small town in central California called Delano. What got me into this field first started off with engaging in many different forms of physical activity. Right before I graduated High School, I began going to the gym and incorporating weight lifting/aerobic exercise into my lifestyle. In the past 4 years, I competed in amateur Mixed Martial Arts cage fighting, Brazilian JiuJitsu and Figure Bodybuilding. With all these different forms of weightlifting/aerobic exercise I got to experiment with various types of diets. Once I was certified as personal trainer, I began helping others change their lifestyle, not only with their physical performance but as well as with nutrition. I realized how important nutrition was not just on their physical performance but for their overall health. That's when I realized how much I loved helping others change their lifestyle and therefore led me to my career path in pursuit of becoming a Registered Dietitian. I'm here to discuss with you guys my experience with helping others and what a beautiful thing it is knowing that one day I'll be able to help so many people with proper nutrition towards

a healthy lifestyle as a dietitian.

When I first started helping others with just their physical goals, let me say it was difficult. I never really had anyone teach me how to properly personal train others since many of these certifications are self-taught online. I struggled in the beginning just because I knew how to train myself but had no experience in training others. I was put into situations like instructing fitness classes where I was clueless on what do next but through my mistakes I was able to learn from it and create a foundation where my classes would benefit and thrive. I then started implementing the nutrition portion side to my clients and that's when they began seeing the results they wanted. It was fun being able to see their transformation, but the more clients I received, the more I realized not all diets worked for everyone. As much as I taught myself about nutrition and coaching there's only so much you can learn on your own. Its best to get the knowledge from experts that have had experience in this field like the professors at CSULA. I remember one class during my first semester at CSULA called Communication Skills in Dietetics instructed by Suzanne Elizondo.

This class made me realize a lot of mistakes I was doing with my past clients and not so much in general with nutrition but on how to properly coach people. When I was implementing diet plans and workout regimens to my clients, there was more than just providing the plan and that was having patience and understanding. It was about getting to know the individual and seeing what works for them. What resources can you provide them that will help them succeed in the long run. I think the hardest part was to truly understand that not everyone is going to be ready for change and you should be okay with that. There will be many people at first that will tell you they are ready to change but in reality, they are not. Many of the times they wanted to give up because they were eliminating some of their favorite foods that had no nutritious value. My main objective with my clients was to get them to understand that this isn't about a quick fix but more about a lifestyle change. This school so far has not only taught me about coaching but has also taught me more in depth about the foundation of what nutrition really is and how to apply it in the field. Till this day I am still coaching clients online and every day that I attend my nutrition classes, it has given me an opportunity to learn and share this information with my clients.

I encourage every student out there to stay focused and keep trying to learn as much as you can about nutrition. Don't just try to pass the class just to move on to the next,

but really engage yourself in the class and take with you as much knowledge as possible. There is a huge population out there that need our help as upcoming dietitians and believe it or not they really look up to us. You should see how many clients that I have worked with in the past that made me tear up because of their gratitude for their transformation to a healthier lifestyle. Not only through my personal clients but also through my Facebook and Instagram followers telling me how much I motivate them when it comes to nutrition and physical activity. Many of these people that are unhealthy need our help but don't know where to go and that's where dietitians come in. I know things have recently changed in the past about the requirements of becoming a dietitian but to be honest I would totally say it's worth it. You really need to think about your future and ask yourself what kind of impact you would want on other's well-being concerning a healthy lifestyle. I would say once I graduate with my bachelors in nutritional science I feel it would not be enough education to get me to where I want to be. I'm eager to learn more because the more educated you are, the better dietitian you will become in the long run. Education is such a beautiful thing and as students here at CSULA we should really take advantage of the opportunities. There are many resources given to students here on campus about dietetics and therefore it is essential to engage yourself and continue to ask questions and to seek answers. Stay focused on the prize because in the long run everything will be worth it.

Past Events

Health and Human Services Mix-it-up:

Present at the event was a sample of the clubs and organizations that the College of Health and Human Services has to offer. The Dean and other officers were present at the event and it was a great opportunity to showcase the SDA and connect with other organizations.



Personal Statement Workshop

Lynne Osbourne is a Career Counselor at CSU-LA and spoke at the last SDA meeting on September 19th. She spoke about the do's and don'ts of writing a personal statement. Some do's are to be personal, know your audience (look up information on the school), and pose thoughtful questions. The don'ts are to repeat your resume, mention popular movies or music,

Past Events

Healthy Snack Stand!

This year we have decided to open and sell different healthy snacks to the student body! Our first stand was on 9/11/17 and was a great success. Last week, the second stand (build your own trail mix) was very popular and generated more individuals from the student body to stop by. If you are interested in donating or volunteering at the stand, contact csula.studentdieteticassoc@gmail.com.



Dr. Clemens Presentation on Food Perceptions

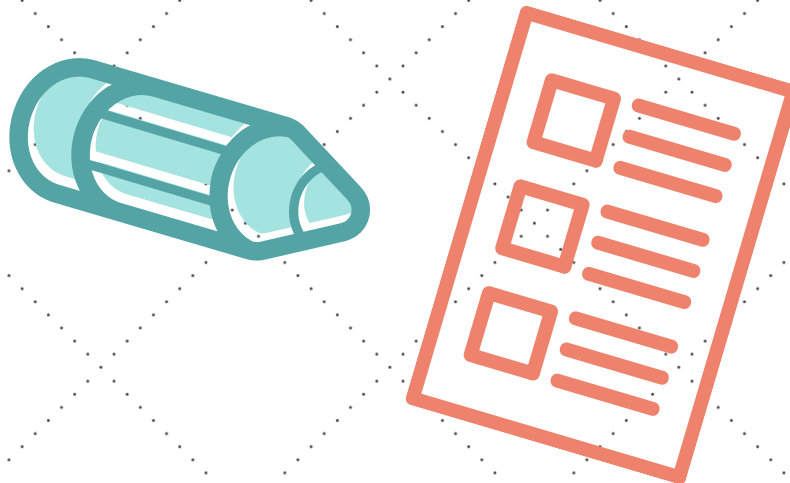


On September 18, 2017, SDA and the Food Science and Technology club hosted Dr. Roger Clemens, who presented a wonderful presentation on critical thinking and common misconceptions of consumers relating to the food industry. It was a fascinating and eye-opening presentation that brought to light many important issues that our society is facing today. If you would like a copy of the presentation, please email csula.studentdieteticassoc@gmail.com!

If you're interested in contributing to the
Eatatorial, please contact
csulaeatatorial@gmail.com

We are accepting ongoing submissions to
the Newsletter and if you're interesting in
submitting for November, the deadline is
October 28th.

We would love to receive feedback on this
issue and future issues of the Eatatorial
Newsletter. Feel free to share ideas and
comments to the email listed above.



Thank you for all those who contributed to this month's
newsletter, we could not publish if it were not for your
support!