Hello Autumn!

Letter from the Editor:

Thao Tran

Bring forth the fuzzy sweaters and pumpkin spice lattes because Fall is officially here! It is hard to believe that we are already six weeks into the school year. As the days are getting shorter and midterms are approaching, stress is bound to creep up unannounced. No worries though, I am here to help you take a break from all the studying with exciting opportunities and events for you to take part in. With all the stress of exams and projects coming up many tend to forget to take care of themselves physically and mentally; I have compiled some tips to help lower stress and help boost brain power with delicious healthy recipes. A quick reminder that the annual Dietetic Internship Workshop is this Saturday, get there early because it going to be a full house! The semester is in full swing, so keep calm and study on! Wishing you all the best of luck!

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Letter from the President:

Max Schroeder

Greetings SDA members and SFSU students,

On behalf of the SDA, I want to thank everyone who came out to our very first SDA meeting of the year on Sept. 14. It may have been the largest audience to witness a first SDA meeting, period. To me, it looked like a million, a million and a half people. Beautiful. We heard from each of the officers about talking about their exciting duties. Maedhbh Lillis talked about her plans on making the Farmer’s Market Committee the best yet. Thao Tran spoke about recruiting members to the Balanced Beings Committee, to bring nutrition education to
Thank you all for coming to our first SDA meeting. The SDA would not be what it is without all of you. Many thanks and we hope to see everyone at our next meeting!

SDA SUBCOMMITTEES

Balanced Beings
If you have a passion for nutrition and teaching, Balanced Beings is the program for you. Volunteers will have an opportunity to teach elementary students about nutrition, health, and exercise through a 6 to 8-week program. The goal is to motivate and empower children to make healthy food choices and exercise daily. Contact Thao Tran at stfu.balanced@gmail.com if you are interested in making a difference in the community.

Farmer’s Market Committee
The SDA Farmer’s Market Committee holds regular tabling events and cooking demos on Thursdays at the SFSU farmer’s market. They promote awareness about various nutrition and wellness-related topics and demo healthy recipes using fresh, seasonal ingredients. For more information, please email the subcommittee co-leaders Maadhoo & Rana at stfu.sda.farmersmarket@gmail.com

Sports Nutrition Subcommittee
Interested in the interplay between nutrition, fitness, and sport? If you said yes, The Sports Nutrition Subcommittee wants to welcome you to learn more about how nutrition affects fitness, endurance, energy, and performance! If you have suggestions for group activities, or would like to propose a speaker, please contact Shelby Landry at shelbyvli@gmail.com

Getting involved in the SDA Subcommittees as a students is important, as it will count towards your community nutrition hours and look great on a resume. Dietetic Associations is also a terrific way to get involved in professional events, network, and broaden your understanding of the field of Dietetics. In addition, Academy membership offers access to scholarships, current research, and the latest in nutrition policy. Click on the links to join and receive the amazing benefits of being a member!
POP UP FOOD PANTRY

The Food Pantry has been serving 200+ students every Monday for the past 5 weeks and students are loving this program. If you have not heard, Associated Students Incorporated (ASI) and the SF-Marin food bank launched a pop-up food pantry on campus to provide food, at no cost, to students in need. The Pop-Up Food Pantry occurs every Monday from 12:30-2:30 in Annex 1. Volunteers Alison, Tiffany, Sridevi, and Chanya can be seen passing out fresh products such as banana, cauliflower, tomatoes, and even saltines. Get involved and sign up for this amazing program if you have not already!

Interested in volunteering? Sign up here
Want more information? Click here

Fun at the Farmer’s Market

The SDA Farmer’s Market Committee hosted their first food demonstration of the year on Thursday 9/28. The energetic demo crew was a big hit with the market goers - all the samples disappeared quickly! Special thanks go to Sophie and Jason for helping with setup and breakdown. The featured recipe was a fiery Harissa Chickpea salad - a great choice for college students looking for a new dish to add to their meal prep routine. This spicy salad provides a boost of nutrients with inexpensive ingredients that are easy to prepare.

The October demo date will be announced shortly - please come out and support our events! Get involved and join the awesome crew, email Maebdh for more information!

The Dressing: Harissa is a spicy North African chili paste that is balanced with tangy yogurt, sweet honey, zesty lemon, and coriander. Add the finishing touch with freshly minced parsley.

Eat in color: Diced tomatoes and cucumbers
Harissa Chickpea Salad

INGREDIENTS
1 tsp Harissa Paste
1/2 tsp. extra virgin olive oil
1/4 cup plain yogurt
1 tbsp honey
1 tsp coriander powder
1 lemon, zest and juice
1/2 bunch of parsley
1 medium lemon
1 large cucumber
1 cup cherry or grape tomatoes
1 can garbanzo beans (low sodium)
1/4 cup feta cheese

DIRECTIONS
1. In a large bowl, combine harissa, olive oil, yogurt, honey, lemon zest and juice, and coriander to make the dressing. Strip the parsley leaves from stems, chop roughly, and mix with the dressing.
2. Peel and slice the shallot very thin and place in cold water for 3 minutes then strain and pat dry with a paper towel.
3. Rinse the garbanzo beans and drain off excess water. Cut cucumber and tomatoes in pieces roughly the same size as the garbanzo beans and add all remaining ingredients to the bowl. With the dressing reserve half the feta cheese.
4. Season lightly with salt and mix together. Garnish with remaining feta cheese, lemon wedges, and serve with whole wheat pita bread, or drizzle with more olive oil if desired.

added gorgeous, vibrant hues to this salad. Tomatoes are a great source of lycopene, vitamin C, potassium, and folate. Cucumbers provide hydration and fiber, two essentials for a healthy digestive system.

Quick tip: Mellow out the sharp taste of raw shallots or onions by soaking them in cold water for a few minutes. The sulfur compounds which give raw onions their characteristic “bite” will dissolve in the water.
Dietetics student receives support to help reach professional goals

Danielle Davidson, a senior B.S. Dietetics and Food Management student in the Family Interiors Nutrition & Apparel Department, was awarded a $2,000 Phyllis S. Howe Scholarship from the California Academy of Nutrition and Dietetics Foundation. The foundation makes scholarships available to “the best and brightest Registered Dietitian Nutritionists of the future.” She also received a $3,000 SF State University Scholarship, which was established to recognize the academic achievements, financial need, community involvement of SF State students, and to help students complete their educational endeavors and reach their professional potential. Congratulations Danielle, keep up the good work!

There are many scholarships out there, make sure you join CAND-BAD and the Academy to see what scholarships you qualify for!
Be on the look out for The Digestible Blog starting the week of Thanksgiving. Amazing things are coming. Join now!
Juniors, as you have been going through the semester, do you find yourself wondering if you are studying correctly for one of your classes? Where to volunteer in San Francisco or outside of the city? How to apply for the dietetic internship next year? Maybe you feel like you need advice on how to balance your time? Become a mentee! You will be paired with a senior who has completed junior year already and will be there to answer all of your questions when you have some throughout the year.

Seniors, we are also looking for mentors who can pair up with a mentee this year. This is a great way to gain leadership skills and share your wisdom to juniors. We know senior year is really busy, so we ask that you connect with your mentee at least once a month or more if the mentee needs it. Communication can range from meeting up with the mentee or connecting by email or text messages.

To become a mentor or a mentee, visit SDA website and sign up!
Max has been experimenting with barley all summer and decided to share this wonderful salad. The recipe is included below. Try it out! It’s pretty easy, and very delicious!

MAX SCHRODER PRESENTS

**Barley Salad with Green Beans, Chickpeas, and Feta in a Citrus Vinaigrette**

1 CUP COOKED BARLEY  
1 CUP COOKED CHICKPEAS  
1/2 CUP (4 OZ.) CRUMBLED FETA CHEESE  
4 TBS. OF FRESHLY CHOPPED HERB SUCH AS PARSLEY, CILANTRO, OR DILL  
1 CUP GREEN BEANS: BLANCHED

**VINAIGRETTE:**  
4 TBS OLIVE OIL  
2 TBS LEMON JUICE OR APPLE CIDER VINEGAR  
1 TBS LEMON ZEST  
PINCH OF SALT TO TASTE  
FRESHLY CRACKED PEPPER

**DIRECTIONS:** MIX COOKED BARLEY, CHICKPEAS, FETA CHEESE, CHOPPED HERBS AND GREEN BEANS TOGETHER. FOR VINAIGRETTE: IN A SEPARATE BOWL, COMBINE OLIVE OIL, LEMON JUICE, SALT, PEPPER AND LEMON ZEST. POUR MIXTURE OVER SALAD, AND TOSS. FRESHLY CRACKED PEPPER

Thank you for reading the October Newsletter! If there are any events, photographs, news stories, tips, or recipes you would like to share please email me at thaotran2013@gmail.com so it can be included in the December issue.
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