

# Nutrition @ Syracuse



**FALK** | Syracuse  
University

NEWS ABOUT THE NUTRITION SCIENCE AND DIETETICS PROGRAMS AT SYRACUSE UNIVERSITY | FALL 2019

## Learning beyond the classroom

In the Syracuse University nutrition programs, we are blessed with excellent resources. Our two guest lecture series, the Nutrition Assessment, Consultation and Education (ACE) Center and teaching kitchens, endowed scholarships, and donor support make it possible to offer students many enriching activities. Of course, being part of Syracuse University further extends those opportunities for those who choose to study nutrition here. Because I have been conducting specialty accreditation reviews of other universities' dietitian education programs for the past 17 years, I am in an excellent position to compare our resources to others.

As a faculty member, I have learned that, as much as students might like to participate in events outside the classroom, the academic rigors of the program, and service, economic, social, and family obligations make competing demands for our students' time. Because of this, a number of years ago, I implemented something called "citizenship credit" as a required assignment for my courses.

For citizenship credit, students must participate in something outside the classroom, and write a brief summary that reflects on how it affected what they think, know, or do. It is a course requirement, and typically constitutes three to five percent of the final course grade. I accept a wide variety of activities, including those not directly related to nutrition, which probably reflects my own liberal education.

I am firmly convinced that our students learn from participating in, and reflecting upon, learning experiences beyond the classroom. This summer I looked back through the citizenship assignments students submitted

for my courses this past year. I found evidence that these learning activities helped students engage as citizens of our country and world, and as members of a profession. I found that some students were able to apply or recognize what they learned to phenomena around

them. I found that students were inspired to seek out further information, or read a book, based on what they learned from a guest lecture or exhibit (see page 2).

Many students attended the Ann Litt '75 Distinguished Speaker Series, given this year by Katy Meassick G'10, the performance dietitian for the Cleveland Browns.: "Katy Meassick was one of the most influential speakers I've seen here at Syracuse." "Her talk showed me the wide range of responsibilities that

a dietitian can have as well as where it can take you." "Katy told us about the Collegiate and Professional Sports Dietitians Association (CPSDA) and recommended their website, [www.sportsrd.com](http://www.sportsrd.com) for more information."

Student comments from the lunch with Joan Dye Gussow, part of the Joan Christy Food & Culture lectures: "I'm really happy I decided to attend this event because it opened the door to a whole subject I wasn't aware that I was interested in. I went home and looked into her work and history in the field. The work she has done is so inspiring for me to start thinking about what I can do as a habitant of this Earth." "Going into the luncheon, I had never heard of the GRAS (Generally Regarded as Safe) list, which is a federal government tool to regulate food additives. I decided to look into this more..." This student went on to report two additional articles she read about the GRAS list.

One of my ongoing concerns is that our students do not and cannot appreciate how

fortunate they are to be getting a Syracuse University education, since they have little basis for comparison. Our lecture series, fabulous learning facilities, and opportunities for trips to professional conferences are a direct result of the support we receive from our generous alumni, donors and friends of the nutrition program, and our ongoing support from the Dean. Sometimes students realize and communicate an appreciation for all that we have and for their education. A student who attended a guest lecture in the Maxwell School by the authors of the book *Pressure Cooker: Why Home Cooking Won't Solve Our Problems and What We Can Do About It* wrote, "It really made me realize how difficult it is to get ahead when you don't start ahead. Food is medicine. Healthy food can prevent, and in some cases cure, many of our nutrition-related epidemics in the U.S. Wouldn't it make sense to ensure access of healthy foods to every American to improve our health and lower healthcare costs?"

I find it very rewarding when students communicate that they recognize the quality of their Syracuse education in the nutrition programs. A student who went to FNCE attended a session on the application and match process for dietetic internships. "A lot of the questions students from all over were commonly asking were things that we already knew as Syracuse students."

These anecdotes illustrate why I am convinced that much learning can occur outside the formal curriculum. I continue to require "citizenship credit" to incentivize students to take advantage of the wonderful opportunities in the SU nutrition programs. I am ever grateful to our outstanding faculty leadership team, our loyal alums, our Dean, and the students who continue to inspire me as part of the Syracuse University nutrition community.

**Kay Stearns Bruening, G'80**  
Ph.D., RDN, FAND



Kay Stearns Bruening



Diane Lyden Murphy

### From the Dean...

The field of nutrition's move toward strengthening dietetic instruction through competency-based education is something Falk College's nutrition program anticipated for some time now. Since the release of educational standards and competencies by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) last year, our nutrition faculty and staff thoroughly explored the benefits and opportunities that students in

our program and elsewhere might encounter with a move to what the Council refers to as the Future Education Model, or FEM. ACEND issued invitations for programs like ours to become demonstration models, and Syracuse's bachelor's and master's degree programs were

selected to become early adopter demonstration programs for the FEM in dietetic education.

Our transition to FEM, which will take place after 2020, has many notable benefits for students and our programs (see page 6). The shift in emphasis from hours of supervised practice to the mastering of core competencies supports a learning model based on each student's individual skills and abilities. Our early adoption as a FEM demonstration program is another illustration of Nutrition at Syracuse's reputation as an innovator and leader in educating the next generation of nutrition and dietetics professionals. I'd like to thank each and every nutrition faculty and staff member for their thoughtful study of the Future Education Model. Their commitment to our students, and to Falk College, is evident, and greatly appreciated.

**Diane Lyden Murphy, M.A., M.S.W., Ph.D.**  
Dean, Falk College

**From a student who attended the Falk College session with Mona Hanna-Attisha (see page 4) about lead contamination of the water supply in Flint, MI:**

*"It would seem that something so dangerous would not be allowed to happen in the U.S. due to all the regulations and government agencies that are involved in public safety and health. You always need to be asking questions."*

**From a student who attended the Academy of Nutrition and Dietetics Food and Nutrition Conference (FNCE):**

*"I attended a lecture about food policy and public health, which are two of my personal interests...I extended my trip and attended the Public Policy Workshop, where I was able to advocate for malnutrition awareness on Capitol Hill."*

**From a student who attended a guest lecture on eating disorders in athletes in Professor Jessica Redmond's sport nutrition class:**

*"The warnings and signs of eating disorders made me think about the eating and behavioral habits of myself and people I know. I found this guest lecture to be very interesting because of how relevant disordered eating and eating disorders are among college-aged students."*

**From a student who attended the Trevor Noah lecture, part of the annual Martin Luther King celebration at Syracuse University:**

*"What struck me most was Noah's explanation that humor is how he chooses to process the world he lives in despite the hardships he endured in his childhood in South Africa. The idea of handling the world in a positive way was my takeaway from this event."*

## In their own words: How students learn outside of the classroom

**Contributors:** Michele Barrett, Nicole Beckwith, Lynn Brann, Kay Bruening, Chaya Charles, Valerie Pietra, Kim Desmond, Tanya Horacek, Sudha Raj, Jessica Redmond, Nancy Rindfuss, Steve Sartori, Donna Sparkes, Jane Uzcategui, Margaret Voss, Jennifer Wilkins.

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## Joan Christy Food and Culture Lecture Series at the ACE Center

The Falk College nutrition program hosted a lecture presentation and live culinary demonstration with culinary star, TV host, and award-winning cookbook author Julie Taboulie on March 20, in the Nutrition Assessment, Consultation and Education (ACE) Center demonstration kitchen as part of the Joan Christy Lecture Series.

In “Lebanese Cuisine & Culture and Mediterranean Living,” Taboulie focused on her famous food philosophies, “fresh is best” and “health is wealth,” while sharing professional techniques she uses on her television shows.

Hailed as the “Queen of Lebanese Cuisine,” Julie Taboulie (Julie Ann Sageer), is the host of the Emmy-nominated *Cooking with Julie Taboulie* and her brand-new award-winning series *Julie Taboulie’s Lebanese Kitchen*, currently airing on PBS stations and Create TV nationwide. Julie is the bestselling and award-winning author of her new cookbook *Julie Taboulie’s Lebanese Kitchen: Authentic Recipes for Fresh and Flavorful Mediterranean Home Cooking*. She is a guest chef on NBC’s *Today Show*, Hallmark Channel’s *Home & Family*, and makes special guest appearances on numerous national and international media outlets. As an authority on Lebanese, Middle Eastern and Mediterranean cuisines, she believes that “fresh is best”, which is not only her brand mantra, but is also her food philosophy and way of life.

Julie made her mark in the culinary



Julie Taboulie and her mother visit the Nutrition ACE Center, March 2019.



Julie’s fresh, homemade taboulie.

world by making television history in 2012 with producing and premiering her Emmy-nominated and multiple award-winning national Public Television cooking show series *Cooking with Julie Taboulie*. This breakthrough in American broadcasting shattered the country’s “kitchen” glass ceiling to become the first and only Lebanese cooking series to air in the United States and Canada. Born Julie Ann Sageer in the United States to an immigrant Catholic Lebanese family, Julie is first-generation and full-blooded Lebanese-American who has been immersed in learning, making and sharing Lebanese cuisine and culture all her life.

Julie’s family lives just west of Syracuse near Otisco Lake, and keeps a garden providing many of the fresh ingredients for her show. She demonstrated how to make taboulie, which is often a grain salad with a few vegetables, but according to Julie, is traditionally a fresh vegetable and herb salad with a small amount of grain.

The Joan Christy Lecture Series is made possible by The Christy Food and Culture Fund, established in 2005 through the generosity of Syracuse University nutrition alumna Joan Christy ’78, G’81 to provide support for a lecture series in the nutrition program at the University.

## Sport performance nutrition focus of 2018 Ann Litt Distinguished Lecture

Falk College and its nutrition program welcomed nutrition alumna, Katy Meassick G’10, R.D., in November for the Fourth Annual Ann Litt Distinguished Lecture. Her presentation, “Sports Nutrition and Application in Professional Football,” provided an overview of sport nutrition practices and performance nutrition approaches for football.

The performance dietitian for the Cleveland Browns overseeing the team’s nutritional needs since 2016, Meassick manages the menus in the players’ café and implements nutrition protocols for injured athletes and those athletes in need of weight guidance. She manages body composition while setting off-season weight goals for each athlete, working with the players’ position and strength coaches.

“Katy’s dual credentials as an athletic trainer and sport nutrition specialist, along with her years of experience in both NCAA and professional sports, made this a

wonderful opportunity for anyone interested in performance nutrition, especially for football,” says associate professor Kay Stearns Bruening.

Prior to joining the Cleveland Browns, Meassick was the director of sports nutrition for Florida State University and previously held positions at the University of Pennsylvania and at Arizona State University. She holds a bachelor’s degree in athletic training from University of South Florida, and a master’s degree in nutrition science from Syracuse University. She completed her dietetic internship at the University of Maryland.

A registered dietitian with the Academy of Nutrition and Dietetics and member of the Sports, Cardiovascular, and Wellness Nutrition (SCAN) dietetic practice group, Meassick is also a board certified specialist in sports dietetics, and a certified athletic trainer with the Board of Certification for Athletic

Trainers. She is a member of the Collegiate and Professional Sports Dietitians Association where she participates on the Conference Committee.

Now in its fourth year, the Litt Distinguished Speaker Series is named after Falk College nutrition alumna Ann Selkowitz Litt ’75, a nationally known nutritionist who helped children and adolescents with eating disorders and assisted developing athletes in reaching their full potential. The nutrition consultant to *CosmoGirl* magazine, Litt was the author of *The College Students’ Guide to Eating Well on Campus*, *Fuel for Young Athletes* and *The ADA Guide to Private Practice*. She was the nutritionist for the NFL’s Washington Redskins and served as spokesperson for several media campaigns during her career, including the “Got Milk” campaign. After her death, the Ann S. Litt Foundation, Inc. was created to support nutrition education.

2019-2020 Ann Litt Distinguished Lecture: Details coming soon at [falk.syr.edu](http://falk.syr.edu)!

# Falk College intersects with Robert Shetterly visit



Dr. Mona Hanna-Attisha autographs copies of her book after the University Lecture.

Robert Shetterly is a Maine portrait artist who created a collection of 235 pieces, “Americans Who Tell the Truth: Models of Courageous Citizenship.” The University Lectures series brought Shetterly and his entire collection to campus in November. This was the first time the entire collection was displayed publicly in one location. His portrait subjects include several thought leaders in food, nutrition, and public health, including Rachel Carson, Cesar Estrada Chavez, Dr. Paul Farmer, Dr. Joan Gussow, Dr. Mona Hanna-Attisha, Frances Moore Lappe, Michael Pollan, Alice Waters, and Judy Wicks.

For the lecture, moderated by SU associate provost and professor of law, LaVonda Reed, Dr. Mona Hanna-Attisha, public health advocate and pediatrician at the Hurley Medical Center



Robert Shetterly's portrait of Joan Dye Gussow includes the quote: “As for food, if we want to be responsible to ourselves and the planet, then the best most of us can do most of the time is to shorten the chain from the farm to our table, get as close to the producer as possible, whenever we can.... We have forgotten that food comes from the land. If we do not learn it again, we die.”

in Flint, Michigan, and Richard Bowen, senior lecturer in the Naveen Jindal School of Management at The University of Texas at Dallas, joined the artist on stage. Richard Bowen was a senior vice-president in banking when he exposed mortgage fraud at Citigroup that triggered the subprime mortgage crisis.

All of Shetterly's living subjects were invited to campus to see the

exhibit and attend the lecture.

Falk College co-sponsored Dr. Hanna-Attisha's visit. Her research showed that children were exposed to dangerous levels of lead in Flint, Michigan after a change in the public water supply. We were very fortunate to welcome Dr. Mona (as her young patients call her) for an informal afternoon discussion session that drew students,



Professor of practice Jennifer Wilkins introduces Joan Dye Gussow.

faculty, and staff from nutrition science and dietetics, public health, and human development and family science, in addition to people from the public health program at Upstate Medical University. Dr. Hanna-Attisha published a memoir of her advocacy for the children of Flint: *What the Eyes Don't See: A Story of Crisis, Resistance, and Hope in an American City*.

The nutrition programs were delighted that another portrait subject, Joan Dye Gussow, visited campus for the exhibit opening. She shared an informal lunch with students and faculty from the nutrition and food studies programs in the afternoon, visited the Tree of 40 Fruits on the Syracuse University Quad, and said a few words at the opening of the exhibit.

## Thank you to our generous donors

Falk College gratefully acknowledges the following gifts recorded during the 2018-2019 academic year. Every effort is made to be as accurate as possible in reporting our donors' generosity. If there is an error or omission, please contact us at 315.443.8989 or via email at [kmdesmon@syr.edu](mailto:kmdesmon@syr.edu).

To learn more about how to support our nutrition programs, whether your interest is in making a financial gift, student mentoring or providing networking opportunities to them, please contact Megan Myers, Falk College assistant director of development, at [mmyers01@syr.edu](mailto:mmyers01@syr.edu) or 315.443.1817. Gifts can also be made online at [falk.syr.edu](http://falk.syr.edu) where there is the option to donate to numerous funds that benefit Falk College students, including the Nutrition Discretionary Fund.

Charlotte A. Bakeman and James Bakeman  
Catherine H. Bastian and Douglas Bastian  
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Clair L. Russell  
Arlene O. Sanoy and Michael Arvan  
Donna Jeanne Sparkes  
Holly Terpstra  
Margaret Althea Voss  
Catherine M. Zbieszkowski

# Mediterranean Food and Culture 2019

by Tanya Horacek, Ph.D., R.D.

For two weeks, 16 students from across the university enjoyed the best food in the world via farm-to-table, slow-food, and artisanal producer experiences! This was the eleventh short-term Mediterranean Food and Culture experience I have run since 2011. We were fortunate to have Antonella Battaglia, SU Florence Italian teacher, and friend, as the co-adult/translator for the full trip. With Antonella, we had a local view and interpretation of Italian culture as we sang our way through the trip. Although the weather was rainy and cooler for 75 percent of our time, it never dampened the students' spirits and only required a few adjustments to the schedule.

Meeting in Pisa, the students visited the Leaning Tower on their own. For three days in Maremma (southern part of Tuscany), we stayed at a new agriturismo, Il Fusini. As in the past, we visited the award-winning olive press, Frantoio Franci, and had a slow-food meal at Antica Fattoria del Grottaione Montenero d'Orcia. The asparagus crepe was fondly remembered the entire trip. After our tour of the completely sustainable Casificio Inno al Sole, we tasted fresh mozzarella and ricotta and a variety of aged cheeses made with buffalo milk. At La Salve, an organic farm, we enjoyed a detailed tour of their sustainable practices. This year at La Salve, we also

cooked an amazing meal using artichokes five different and delicious ways! Although we rode the bikes in Parco Maremma, it was too cold to swim, so we added in an afternoon at a hot springs spa.

Traveling north to central Tuscany, we spent four days at the Agriturismo, La Ginestra. Here we worked with the bees and made pizza with flour from La Ginestra's own antique grain, spelt. A highlight for the students was black truffle hunting with a trained dog, Cuoco. We then prepared and enjoyed our spoils as a frittata and a butter truffle sauce over pasta. As usual, we had amazing meals at La Ginestra, made by Lydia with their own or other very local ingredients. We visited small artisanal producers for pasta, Pastificio Fabbri, and pecorini cheese/chianti, Corzano and Paterno. This year, we cooked not just one but two meals, with Jacopo, once at his home in Montespertoli and the other at SU Florence.

New this year, we added in three days in Modena/Bologna. It was obvious immediately that the food was very different in this new region but thoroughly enjoyed. We toured two vineyards and tasted the local wine, Lambrusco. Visiting and touring the oldest Acetaia (1605), we experienced and tasted real Modena balsamic vinegar. In Bologna, we watched an amazing tortellini pasta

## Consider joining us in Italy in 2020.

We are running two trips (May 13-25, 2020 and May 27-June 8, 2020) and would love to have some alumni join in on the full class (offered online NSD 652 spring 2020 and trip) or at least take the trip. Contact Tanya M. Horacek [thoracek@syr.edu](mailto:thoracek@syr.edu) for more information.

demonstration at Sfoglia Rina and had a varied tasting of local salamis and prosciutto at Simoni.

Spending four days in Florence, we tried Lamprodetto (sheep intestine meat- a real delicacy) at the famous Nerbone; gelato at Perche No!; sfoglia at Seine Pastificceria; and truffle oil and biscotti. Students thoroughly enjoyed the guided tours of the city and the Uffizi provided by Suzanne Myers- a true walking/talking marvel!

Next year, the class leading up to the trip will be completely online and we will offer two trips: one late May and one mid-June so students, alumni and faculty can enroll. Deadlines are early October, so watch your emails to enroll. For more information, contact [thoracek@syr.edu](mailto:thoracek@syr.edu).



Tasting pecorini cheese and chianti at Corzano and Paterno.



Frantoio Franci in Maremma.



Making pizza at La Ginestra.



Parmesan cheese wheels in Modena.



Cooking with Jacopo at his home in Montespertoli.



Bologna

# Dietetics at Syracuse University's move to the Future Education Model

by Kay Stearns Bruening, Ph.D., RDN, FAND

In 2018, the Accreditation Council for Education in Nutrition and Dietetics (ACEND) released educational standards and competencies to implement competency-based education (CBE) to strengthen dietetic education while maximizing effective use of available professional training opportunities. ACEND calls this initiative the Future Education Model (FEM). Health professions training programs (medicine, nursing, pharmacy, physical therapy) in Canada, the Netherlands, and a few other countries have led the development of competency-based education.

ACEND issued invitations for programs to apply to become demonstration programs under the FEM accreditation standards, with three deadlines in 2018 and 2019. ACEND's goal is to have geographically distributed demonstration programs at public and private institutions at both the undergraduate and graduate level, with baccalaureate degree programs that lead to qualification for the national credentialing exam for dietetic technicians, registered, and master's degree programs that qualify graduates for the registered dietitian-nutritionist exam. This approach aligns with the new requirement that candidates for the registered dietitian exam must have a master's degree, beginning January 1, 2024.

During Summer 2018, a committee of four Nutrition Science and Dietetics (NSD) faculty and staff met six times to work on this initiative. The committee deliberated on how the SU nutrition programs could reimagine the graduate nutrition program to maximize opportunities for more students, from SU and elsewhere, to become registered dietitians, and whether the FEM was the best path to achieve this goal. The committee considered program mission, goals, objectives, program length, pathways for entry, faculty strengths and limitations, available resources for supervised experiential learning, and curriculum. Ultimately, the committee recommended that we begin the application process for both the FEM graduate and undergraduate programs. In August 2018, the committee presented its ideas to the NSD faculty who voted unanimously to approve moving forward with the FEM application. The committee then presented the idea to Falk College Dean Diane Lyden Murphy, Associate Dean for Academic Affairs Eileen Lantier, and Budget Director Kristin Davis. They approved moving forward with the application process. The committee then presented the proposal to the SU Dietetic Programs Advisory Board at the September 2018 meeting. The Board also

voted unanimously to approve applying to become a demonstration program.

The Falk College NSD programs received notice in the spring that ACEND approved our applications to become early adopter demonstration programs for the Future Education Model (FEM) in dietetic education, for both the bachelor's and master's degree programs.

## So what is different about the FEM?

- The FEM programs integrate supervised experiential learning into degree programs, similar to the existing coordinated programs. However, ACEND requires supervised experiential learning to be integrated across the degree program.



While waiting for their flight back to Syracuse, the NSD faculty visited the urban garden at Chicago's O'Hare Airport.

- » Prescribes, recommends, and administers nutrition-related pharmacotherapy (shows), and;
- » Demonstrates understanding of transference and counter transference in the therapeutic relationship (knows).

The FEM allows us to expand supervised experiential learning that the NSD faculty can simulate or supervise. It shifts the emphasis from hours of supervised practice to achievement of competencies, assessed using performance indicators. ACEND has engaged an expert in competency-based education to lead this initiative, and provides free training for faculty in the new model. Competency-based education (CBE) personalizes learning so that students advance based on their own skills and abilities, working at their own pace, rather than on a timeline set by the program. In May and June 2019, the NSD faculty participated in FEM training online and in Chicago. The training included innovative approaches to assessment.

Because our two ACEND-accredited programs will have self-studies and site visits for reaccreditation in the 2019-20 academic year, the transition to FEM will begin after 2020. The transition will require major curriculum revisions and approvals. As part of the transition to the FEM, NSD aspires to create an accelerated

BS-MA option for students completing undergraduate studies in nutrition at Syracuse University.

Advantages of moving SU's nutrition programs to the FEM include:

- The opportunity to maintain SU's reputation as leaders in nutrition/dietetic education.
- With creation of an accelerated BS-MA program comes the opportunity to grow the graduate nutrition program. The NSD faculty envision the new program as a track within the existing graduate program.
- Ability to take advantage of financial incentives offered by ACEND (waiver of program change fee and one year of accreditation fees for two programs).
- Free training for NSD faculty and professional staff in competency-based education (CBE).
- National recognition of the SU NSD programs as leaders in CBE.
- Participation in a closed networking group with the other FEM program directors and faculty.

To learn more about the Future Education Model for dietetic education, visit the ACEND website.

- The FEM emphasizes attainment of specific competencies, evaluated using rubrics. The new programs organize curriculum, instruction, and assessment around these competencies with an aim to balance theory and practice. There is less emphasis on completing a specific number of hours of practice, with a focus on practicing until competent.
- Some of the FEM competencies are new, and are oriented towards future practice. ACEND calls these "enhanced" competencies. In the new programs, we will assess achievement of competencies using performance indicators at the knows, shows, and does levels. Examples are:
  - » Applies an understanding of agricultural practices and processes (shows);
  - » Applies project management principles to achieve project goals and objectives (does);
  - » Applies understanding of the impact of complementary and integrative nutrition on drugs, disease, health, and wellness (shows);
  - » Integrates knowledge of nutrition and physical activity in the provision of nutrition care across the lifecycle (does);

## ACE Center provides learning lab for high school pre-med and health professions program

by Margaret Voss, Ph.D.

Professors Kay Stearns Bruening and Margaret Voss, graduate student Nick Marino, nutrition science student Justin Pascual, and nutrition summer intern Alyssa Sims participated in the 2019 Syracuse University Summer College for High School Students Pre-Med & Health Professions class in July. This year's focus was on healthcare across the lifespan. Students explored the spectrum of healthcare occupations with faculty and staff from four of Syracuse University's schools and colleges, as well as professionals outside the University. Healthcare-related jobs require different degrees, certificates, practicum hours, and more. This program helped students consider what their journey could look like

as they work towards becoming a healthcare professional. Professors Bruening and Voss offered classroom and lab sessions to help students understand the path toward becoming a registered dietitian and the ways in which nutrition and nutrition science degrees can be used in preparation for post graduate training for other allied health careers. The students attended a food demo session in the ACE Center and practiced physical assessment techniques on the ACE Center's patient simulation mannequin. Students also observed demonstrations of the ACE Center's body composition, metabolic rate, and point of care blood analysis equipment.



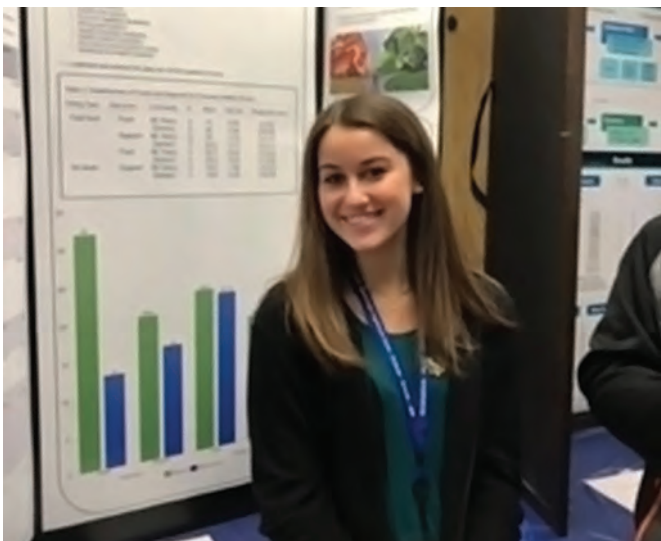
### Join us October 27 at FNCE 2019

Come mingle with students, alumni and faculty at the FNCE Meeting in Philadelphia, PA. Join us at the Field House, 1150 Filbert Street, Philadelphia, PA, on Sunday, October 27, 2019, 5:15 PM - 8:30 PM. URL to RSVP for our alumni event at FNCE in Philadelphia: <http://cusecommunity.syr.edu/nutrition-alums-gathering>

## STUDENT NEWS

### Welcome to the Class of 2023

Falk College is pleased to welcome 24 new transfer and Class of 2023 students to the NSD programs starting Fall 2019. In addition, four students will start in the master's program. Welcome to our newest students!



Over the past two years, Aliza Hackmyer '23, completed research under the supervision of Tanya Horacek. Her project was "A Comparison between the Food Environments in Two Socioeconomically and Environmentally Diverse Urban Neighborhoods." For this, she used portions of the Healthy Campus Environmental Audit. She used the dining/restaurants, stores, and demographic audits to evaluate her communities. For all audits, Aliza completed the training, practiced, satisfactorily met interrater reliability criteria by passing the quizzes, and collected the data. Horacek analyzed her data, and Aliza wrote her literature review, methods, results, and discussion. She presented her posters at the local and international GENIUS Olympiad competitions (44% acceptance rate) and won an honorable mention.

*Aliza Hackmyer presenting her research poster at the international GENIUS Olympiad competition. She completed this project with Tanya Horacek while a high school student, and entered the first year nutrition class in August 2019.*

## Nutrition Honor Roll

### Nutrition BS

#### 2019

BreeAnna L. Beach  
 Gregory M. Belzak  
**Julianna Blake**  
 Kayla Chen  
 Olivia A. Cullen  
 Rachel Goldie Dragon  
 Heather Marie Falise  
 Taylor Jordyn Garlow  
 Dana M. Gnacek  
 Lesly Gomez  
 Marissa Gusmao  
 Sydney Marie Hughes  
 Kristen Marie Jervis  
 Emily Kathleen Kuettel  
 Mary Mik  
 April Elizabeth Pelkey  
 Clair L. Russell  
**Holly Terpstra**

#### 2020

**Emily Louise Gibbs**  
**April M. Hill**  
 Sarah Elizabeth Lease

Madeline Hayes Peck  
 Jamie Rae Weisenberg  
 Kelsie Wilson

#### 2021

**Nicole Antoinette Brennan**  
**Mariane Domingos**  
 Sophia Gertz  
 Grace Isabelle Pezzimenti  
 Danielle J. Robinson

#### 2022

Madison M. Baker  
 Sarina Blake Bialow  
 Julia Christine Fickenscher  
**Madeline S. Hobika**  
 Yael C. Larios  
 Alana Jade Spiro  
**Olivia Florence Templeton**

### Nutrition Science BS

#### 2019

Jessica Bak  
**Bridget Emily Clark**  
 Kristen El-Amir  
**Bridget Amelia Frontale**  
**Tatiana Candace Inkeles**

Leah Kochen  
**Jacky Lin**  
**Yi Lyu**  
**Carly Sheffer**

#### 2020

**Emma Susan Asher**  
 Victoria-Marie Berlandi-Short  
 Sarah Genevieve Koutana  
**Caitlin M. Murphy**  
 Justin Pascual  
 Mary Mackenzie Proud

#### 2021

**Gwen E. Mercer**  
 Jessica Lynn Neidel  
**Haomou Pu**  
**Mackenzie Lilan Swanson**

#### 2022

Epiphany A. Jesequel  
**Samantha T. Jezak**  
 Eleni Karakasi  
 Andrew Le  
 Ava S. Nejad  
 Rose E. Noterman

### Nutrition Science Graduate Students

#### 2019

Kara Lynne Andrews  
**Kelly Catharine Brown**  
**Caroline Marie Check**  
**Justyna Marie Dapuzzo**  
 Iris Jaquez  
**Laura Elizabeth Kilburg**  
 Catherine Shamlian  
 Rosemary Anne Squires  
 Jillian Lynn Wilson  
**Alexandria Roman Yorke**

#### 2020

Travis Dean Cudlin  
**Nicholas Joseph Marino**  
**Stephanie Rothschild Sall**  
**Amanda Shultz**

*Students maintaining > 3.4 GPA at the end of June 2018. Bold indicates students maintaining > 3.8 GPA.*

## Nutrition Science and Dietetics 2019 Awards

### Syracuse University

Remembrance Scholar	Mary Mik
Graduate School Master's Prize	Justyna Dapuzzo

### Falk College

College Marshal	Mary Mik
Falk College Scholar	Tatiana Inkeles
Falk College Scholar	Carly Sheffer
Falk College Student Research Award	Bridget Clark
Falk College Student Research Award	Olivia Cullen

### Nutrition Program

Emily Gere Coon Award	Haomou Pu
Faculty Award for Excellence in Nutrition Science	Yi Lyu
Elizabeth L. Reid Memorial Award	Mackenzie Proud
Marjorie V. Dibble Scholarship Award	Mackenzie Swanson
Nutrition Science and Dietetics Research Award - Undergraduate	Bridget Clark
Peer Leader in Nutrition Science and Dietetics Award	April Pelkey
Ruth Tolley Award - Women of the University Community	Emily Gibbs
Selleck Award	Bridget Frontale

Susan J. Crockett Prize for Student Leadership	Emily Kuettel
Victoria F. Thiele Scholarship Award	Nicole Brennan
Victoria F. Thiele Scholarship Award	Madeline Peck
Victoria Li Scholarship Award	Elizabeth Gardner
Vershann Icem-Wright Professional Promise in Nutrition Science and Dietetics Award	April Hill
Nutrition Science and Dietetics Research Award - Graduate	Justyna Dapuzzo
Outstanding Graduate Assistant in Nutrition Science Award	Jillian Wilson
Outstanding Graduate Student in Nutrition Science Award	Laura Kilburg
Outstanding Dietetic Intern - Director's Award	Kristina Didio
Department Marshal - Undergraduate (Nutrition)	Clair Russell
Department Marshal - Undergraduate (Nutrition Science)	Carly Sheffer
Department Marshal - Graduate (Nutrition Science)	Catherine Shamlian
Susan Klenk Undergraduate Teaching Assistant Scholarship	Kelsie Wilson
Susan Klenk Undergraduate Teaching Assistant Scholarship	Georgia Barton



## Congratulations nutrition science graduates

Jessica Bak	Working as a medical scribe during a gap year. She is in the process of applying to physician assistant programs.
Beier Chen	Will be attending graduate school after a gap year.
Bridget Clark	Will be attending the University of Vermont's graduate program in nutrition and food science in the fall. Bridget received full tuition and a research assistantship to support her MS degree work. She will be working with Dr. Emily Morgan conducting research on plant-based diets.
Kristen El-Amir	Will attend LeMoyne College's master's program in physician assistant studies. While at SU, Kristen was a member of Phi Delta Epsilon International Medical Fraternity, where she served as head of recruitment for two semesters. Kristen was also an active member of Syracuse University Ambulance serving as the group's secretary in her junior year and vice president her senior year.
Malinda Farrell	Accepted a position at ACR Health as a nutrition health educator.
Madison Forcione	Taking a gap year before graduate school. She has had several interviews for health educator positions for the upcoming year.
Bridget Frontale	Began course work in the physician assistant program in the College of Health Professions at Upstate Medical University in June.
Emma Gutstein	Pursuing her masters at New York University in health policy and management. Her specific interest is in food policy to help prevent obesity and diseases related to the diet. She has applied to join a research team that looks at marketing, environmental and social factors that influence obesity. This will allow her to work with organizations to help develop fact sheets, policy briefs, infographic and grant proposals.
Binying Hou	Will take a gap year before continuing on to graduate school.
Tatiana Inkeles	Currently working as a medical scribe. She has applied to the Peace Corps for her gap year experience and is prepared to apply to medical school in the upcoming application cycle.
Natasha Jackson	Applied to several MBA programs for the upcoming year.
Leah Kochen	Plans to work as a medical scribe for Scribe America during a gap year. She will be applying to physician assistant programs in the next application cycle.
Fang Lin	Will be working as a pharmacy tech during a gap year while he applies to doctor of pharmacy programs.

Jacky Lin	Currently attending graduate school in the Department of Nutrition Science program at the University of Illinois Urbana-Champaign. Jacky has been given the opportunity to bypass his master's defense and take the qualifying exams for his Ph.D. He was awarded a full research assistantship in Dr. Bo Wang's lab that focuses on understanding the intricacies of lipid metabolism and will be working on a project to elucidate the mechanisms of enzymes such as lysophosphatidylcholine acyltransferase 2 and their relevance in health-related diseases.
Yi Lyu	Awarded the 2019 George Wiley Award for exceptional performance in organic chemistry from Syracuse University's Chemistry Department. Yi has been accepted to the Graduate School of Agricultural and Life Sciences at the University of Tokyo. She will work in the lab of Professor Nagata on the stability and autoxidation activities of (-)-Epigallocatechin gallate (EGCG), the most abundant and powerful catechin in green tea.
Carly Sheffer	Applied to medical school for Fall 2020. She is currently working as a medical scribe for Scribe America in Saratoga, NY.
Andie Simon	Will work as a medical scribe at White Plains Hospital during her gap year. She will apply to PA programs in the future.

## McNair Scholars updates

The Ronald E. McNair Scholars program prepares high-achieving undergraduate students for graduate/doctoral studies with hands-on research, academic services, and scholarly activities. The program provides motivation, encouragement, and support to 29 students annually from all disciplines. This year the nutrition programs are so proud to have three McNair scholars, a remarkable accomplishment for a relatively small program within the university.

**Victoria Berlandi-Short '20** is doing research in Dr. Jeffrey Amack's Cell and Developmental Biology lab at Upstate Medical University on zebrafish. She is studying the effects of pH regulation on a proton pump known as V-ATPase, located in the inner ear hair cells of the zebrafish. When this pump is ineffective or even mildly dysfunctional, it becomes a lethal mutation in zebrafish and leads to deafness in humans. Over the next year, she hopes to learn more about the intricacies of V-ATPase and prove that pH regulation is vital for both development of the inner ear and sound conduction to the brain. Her McNair Capstone will contribute to current literature that seeks to find a method to reverse this mutation in humans.

**Sarah Koutana '20** has been accepted into one of the biomedical research labs at Upstate Medical College to complete her McNair Capstone research project. Sarah is also a research assistant to professor Lynn Brann (Nutrition & Food Studies) for two different projects (Nutrition Serious Games and the Syracuse Lead Study). Sarah will complete her program of study in nutrition science in only three years, and has already completed her application to medical school for anticipated entry in Fall 2020.

**Justin Pasqual '20** is working on a McNair capstone project titled "Endocrine Disruptors in Athletic Performance: BPA's Impact on Recovery in Endurance Athletes." His work is part of a larger research project to determine the source of bisphenol A in drinking water. That project is a collaborative effort that includes Laura Markley, a doctoral student in Civil & Environmental Engineering, professors Charles Driscoll (Civil & Environmental Engineering), Mario Montesdeoca (Civil & Environmental Engineering), Eric Finkelstein (Syracuse Biomaterials Institute) and Margaret Voss (Nutrition & Food Studies).

## Master's students updates

Kara Andrews (MA)	Sodexo (Maryland Branch) Dietetic Internship
Kelly Brown (MA)	Meredith College Dietetic Internship
Caroline Check (MA)	Clinical dietitian, Van Duyn Center for Rehabilitation and Nursing
Justyna Dapuzzo (MS)	Has been accepted to the University of Oregon to work on her Ph.D. in human physiology with Dr. Elinor Sullivan. Justyna's research will focus on the maternal diet and transfer of nutrients and the onset of psychosocial disorders in the children. Justyna will be a teaching assistant, aiding in teaching larger lecture classes.
Iris Jaquez (MS)	Working as a temporary nutritionist for the Onondaga County Health Department - WIC Program while completing her thesis research until September and job searching for pediatric clinical jobs.
Laura Kilburg (MA)	Cornell University Dietetic Internship
Catherine Shamlian (MA)	Syracuse University Dietetic Internship
Rosemary Squires (MA)	Clinical dietitian, Van Duyn Center for Rehabilitation and Nursing
Jillian Wilson (MA)	Syracuse University Dietetic Internship
Alex Yorke (MA)	Will be attending the doctoral program in nutritional sciences at Rutgers University Fall 2019.

## Master's thesis project updates

Student	Title	Advisor
Justyna Dapuzzo	Associations of urinary BPA levels and dietary fat intake with prior breast cancer diagnosis among women: Results from the National Health and Nutrition Examination Survey	Professor Margaret Voss
Iris Jaquez	Diet Quality within the LGBTQ+ Community	Professor Lynn Brann



Graduate class of 2019

## Dietetic Internship activities:

Dietetic interns **Markell Reid '18**, **Mariana Serback '16, G'18**, **Cindy Wisor**, **Heather Brubaker G'18**, and **Hayley Mielnicki** were selected to attend the second Dietetic Interns Leadership Summit sponsored by the National Beef Council last October at the New York Kitchen in Canandaigua, New York. The program was developed with a National Beef Council grant in collaboration with **Cindy Chan Phillips G'11**, the director of nutrition education for the New York Beef Council. The two-day conference included a tour of two beef farms to learn about food agriculture, sustainability, food safety, and animal welfare. Joan Ruskamp, chairwoman of the Cattle Beef Board, gave a leadership and advocacy presentation. Interns practiced media interviews and social media development, and then finished with a culinary workshop and tastings. Interns met and networked with other students from internship programs across New York.

In collaboration with the Central New York Dietetic Association (CNYDA), the dietetic internship program hosted an evening of learning, networking, and thanks. CNYDA members and internship preceptors attended a presentation on plant-based eating made easy and building relationships for farm-to-fork in a continuing education program. Attendees dined on locally sourced foods with the assistance of dietetic interns in a gesture of appreciation for their role as preceptors and mentors.

## DI Class of 2019 updates

Emily Blake, RD	Clinical dietitian, long-term care, WV
Heather Brubaker, MS	Nutrition educator, Food Bank of CNY, Syracuse, NY
Kristina Didio, RD	Per diem clinical dietitian, Auburn, NY; consulting dietitian, Kelly's Choice, Skaneateles, NY
Susan Fukes, RD	Registered dietitian, St. Joseph's Hospital Health Center, Syracuse, NY
Hayley Mielnicki, RD	School dietitian, Oneida-Herkimer-Madison BOCES, New Hartford, NY; consultant, Food Feasible, LLC, Cazenovia, NY.
Jacqueline Misch, MA, RD	Clinical dietitian, The Commons on St. Anthony, Auburn, NY
Markell Reid, RD	Eat Well, Play Hard dietitian, Child Care Council, Rochester, NY; clinical dietitian, Ontario Center, Canandaigua, NY
Christine Santella, RD	Clinical dietitian, The Commons on St. Anthony, Auburn, NY
Mariana Serback, MS, RD	Clinical dietitian, long-term care, Schenectady, NY
Francesca Sereno	Clinical dietitian, Loretto, Syracuse, NY
Cindy Wisor, RD	Clinical dietitian, Newark-Wayne Community Hospital / DeMay Living Center, Newark, NY

## DI Class of 2020

Twelve interns matched to the dietetic internship. Eight interns are Syracuse University alumni and four are from other colleges and universities.

## DI curriculum changes and plans

Interns will gain hands-on experience with adaptive feeding and enteral nutrition equipment, as well as a HemoCue hemoglobin analyzer. Interns will attend the Food and Nutrition Conference and Expo in Philadelphia, PA, in October 2019 and the New York State Academy of Nutrition and Dietetics Annual Meeting and Expo in April 2020.



Dietetic interns Kristina Didio, Christine Santella, Susan Fukes, Cindy Wisor at the NYSAND poster session.



Dietetic interns Markell Reid, Hayley Mielnicki, Mariana Serback, Heather Brubaker, Cindy Wisor at the New York Beef Council Leadership Summit.



Dietetic interns Francesca Sereno, Emily Blake, Hayley Mielnicki, Markell Reid, Jackie Misch preparing to serve hors d'oeuvres at the preceptor appreciation event.

## Dietetic interns develop community nutrition program plans for Syracuse-area populations

by Jennifer Wilkins, Ph.D., R.D.

To strengthen competency in outcomes management (the SU Dietetic Internship concentration) interns focused on three population groups in Syracuse. Teams developed participatory program plans during the Spring semester with input from key informants and community leaders in the City of Syracuse. Teams used a policy, systems and environmental approach in each project.

Program Team 1 planned “Strengthening responsive feeding and responsive parenting practices in Head Start/Early Head Start (HS/EHS) families: A policy, systems, and environmental approach”, focused on parents and young children. In this project plan, **Heather Brubaker, MS, Jacqueline Misch, MA, and Mariana Serback, MS**, focused on the challenges low-income families with young children face that can undermine healthful eating intentions, contributing to increased rates of childhood overweight and obesity. Using a policy, systems and environmental (PSE) approach, this team’s multi-level intervention included the following strategies: 1) establish policies at HS/EHS and other preschool programs that support responsive feeding/parenting practices, 2) create resource teams that connect programs to additional services, and 3) assist programs in adopting environmental changes that promote responsive feeding/parenting practices. The intervention’s nutrition education for preschoolers ages 2-5 years and their parents/ caregivers included nine lessons paired with group discussions. Short-, medium- and long-term outcome evaluation measures included understanding of and ability to implement responsive feeding/parenting strategies, increased fruit and vegetable intake, and lower rates of childhood overweight and obesity.

Focusing on African-American adolescents, Team 2 developed a program plan, entitled, “A policy, systems and environmental (PSE) approach to improving healthy food access and reducing obesity prevalence among African-American adolescents in Syracuse, NY.” In this program, **Emily Blake, Hayley Mielnicki, Markell Reid, and Francesca Sereno**, addressed high rates of adolescent obesity among African American students in the Syracuse City School District by examining typical adolescent dietary patterns limited in fruit, vegetable and whole grain intake, excessive intake of added sugars and limited healthy food access. A planned PSE approach included building partnerships with corner store managers to increase availability and promotion of healthy options, establishing new bus routes from target schools to grocery stores, initiating a punch card incentive program, and promoting healthy food via social media, recipes, posters, and informational fliers. Intended outcomes included: increased nutrition knowledge and food preparation skills, increased fruit and vegetable intake and purchase from corner and grocery stores, decreased fast food intake, and increased access to healthy food. Outcomes evaluation included pre- and post- surveys of the youth, corner and grocery store sales records and store manager interviews, and social media analytics at the one- and two-year time points.

Team 3 focused on the needs of low-income seniors in Syracuse in their program, “A multi-level approach to addressing diet-related chronic disease and food insecurity among low-income independent seniors in Syracuse, NY.” **Kristina Didio, Susan Fukes, Christine Santella, and Cynthia Wisor** used the PRECEDE PROCEED program planning model and two behavior change theories (Health Belief Model (HBM) and Social Cognitive Theory (SCT)) to increase food security and reduce diet-related chronic diseases. Intervention strategies included developing partnerships with corner stores, advocating for improved walkability of city sidewalks, providing education about misconceptions associated with SNAP benefits, and increasing awareness of available assistance with the SNAP application process as part of the multi-level PSE approach. The plan included the use of social media and strategically

placed fliers throughout the community to build awareness of locally-available resources for seniors. Evaluation of intended outcomes was planned at one, five and ten years through pre- and post-program participant surveys and publicly available health and demographic data.



DI interns

## DPD update includes 90 percent match rate!

by Nancy Rindfuss, MA, RDN, CDN

This April, 19 of our 21 (undergraduate and graduate) students successfully matched to a dietetic internship. Our match rate this year was 90 percent and we are very proud of the applicants. This percentage is considerably higher than the national match rate of 66 percent. A total of 4,200 students applied to internships throughout the U.S. this spring. The match process occurs twice per year (fall and spring), but the spring match period has the largest pool of internship options for the students. Seven of the students will continue in our own dietetic internship at Syracuse. Some of these programs are a traditional internship or are combined with earning a master's degree. The programs have a variety of concentrations such as medical nutrition therapy, public health or communications. Many students attended open houses and had formal in-person or remote interviews (Skype, phone) as part of the selection process. The table below indicates where students matched and will continue on to next year. Congratulations all!

Lauren Anderson	Syracuse University, MPH
Kara Andrews	Sodexo, MD DI
Breeanna Beach	Syracuse University DI
Gregory Belzak	Syracuse University DI
Julianna Blake	Syracuse University DI
Kelly Brown	Meredith College DI
Daria Bryja	Syracuse University DI
Kayla Chen	Graduate School
Olivia Cullen	Montclair State University, NJ DI
Rachel Dragon	University of St. Joseph, CT DI
Olivia Dubois	DTR Exam
Heather Falise	Cornell University DI
Dahabo Farah	DTR Exam

Andrea French	Montclair State University, NJ DI
Taylor Garlow	Columbia University Teacher's College graduate program in nutrition education
Dana Gnacek	Law school
Lesly Gomez	Traveling
Marissa Gusmao	Loyola University, IL DI
Sydney Hughes	Murray State University, KY
Elizabeth Ingerson	DTR Exam
Kristen Jervis	Syracuse University DI
Jaleh Kermani	Peace Corps, Senegal, Africa
Laura Kilburg	Cornell University DI
Emily Kuettel	Loyola University coordinated graduate dietetics program, IL
Eva Li	Syracuse University DI
Siyun Li	Tufts Graduate School, MA
Alexis Maier	DTR Exam
Mary Mik	UMass- Amherst, MA
April Pelkey	Syracuse University graduate program
Felicia Ramallo	University at Buffalo coordinated graduate program
Khija Rockett	Appalachian State University, NC, coordinated graduate program
Clair Russell	University of Vermont coordinated graduate program
Catherine Shamlian	Syracuse University DI
Holly Terpstra	DTR Exam
Jillian Wilson	Syracuse University DI
Andrea Yip	DTR Exam

## NDEP meeting in Cleveland

Nancy Rindfuss (DPD director) and Nicole Beckwith (DI director) both attended the Nutrition and Dietetic Educators and Preceptors (NDEP) Central Regional Meeting in Cleveland, OH in March. They participated in roundtable discussions related to topics that impact dietetics education, received updates from ACEND, Commission on Dietetic Registration, Council on Future Practice and DICAS (the online dietetic internship application portal). They also participated in discussions and lectures about the Future Education Model, given the mandatory master's requirement affecting the dietetics field in 2024. This is always a good conference to attend to help the program directors stay up to date with the latest issues in dietetic education and network with others in the field.

## New Facebook Group

In the coming weeks, the Syracuse University nutrition programs will launch our own Facebook Group. Our department sees this as an opportunity to stay connected with our alumni and also share all of the exciting things happening in our department. We hope you will join us in these efforts and would welcome any volunteers to help make this happen!

## Healthy snacking workshop

In May, Alicia Licari (BS 2021) volunteered for us at the Wellness Event at Roxboro Elementary School in Mattydale, NY. She introduced parents and elementary aged children to the topic of healthy snacking using the new food label, food packages and an interactive poster that helped participants identify snacks using a stoplight theme: red, yellow, green.

## ORANGEWRAP

The one-credit practicum course ORANGEWRAP, led by Nancy Rindfuss, was offered Fall 2018, and five students participated. ORANGEWRAP stands for **O**utreach and **N**utrition **G**roup **E**ducation by **W**ellness and **R**esponsibility **A**dvocating **P**eers, and is made up of juniors, seniors and graduate students who provide nutrition education to students across campus. The students were involved with taste tests in dining halls, sports nutrition presentations, SU Childcare Center for preschool aged children, Upstate Medical University employee weight loss program and coordinated with Kelly Boswell, RD (MA 1994) at the Camillus Middle School. The students have the flexibility of taking on opportunities that fit their own course schedule but must meet the 40-hour requirement. Many of these students who take this course are able to count this for volunteer hour experience when they apply to dietetic internships.

## ACE Center hosts NSD 326 Practice of Dietetics, Food Demo Lab



Kelsie Wilson (BS 2020) is shown here as the kitchen learning assistant in the NSD 326 Practice of Dietetics class. The students in this course have a four-week lab that allows them to develop their skills to deliver effective and professional food demonstrations. This hands-on lab allows them to use and combine their food service, nutrition and public speaking knowledge to convey an effective food and health message related to food and health to their audience.

## Our students in the community

by Chaya Charles, M.S., RDN, C.S.G., CDN

In April, students in NSD 511 Nutrition Education conducted group education sessions at various field placement locations in the Syracuse area. The sites and class topics included:

### Skaneateles School District

Our students led a class of 50 kindergarten students in games that helped them properly identify food groups.



Skaneateles School District

### Menorah Park

Our students discussed the importance of hydration with a group of approximately 15 seniors living in on-site senior housing, and demonstrated how to make two refreshing drink options for summer to promote adequate fluid intake.



Menorah Park

### SU Food Services

Our students led an on-campus health event showcasing healthy carbs and dispelling myths about low-carb dieting.



SU Food Services

### Oswego County Opportunities Nutrition Services

Our students conducted a food demo on healthy breakfast and/or snack items (including no-bake energy bites and smoothies) to a group of 35 seniors living in the community.



OCO Nutrition Services

All sites were extremely pleased with the outcome of the presentations, and commented on the professionalism and knowledge of our students.

# Shaw Center programs

## Books and Cooks

by Professor Tanya Horacek, Ph.D., R.D.  
Books and Cooks advisor

The mission of Books and Cooks is to inspire and educate elementary-aged students on culture and nutrition. The program focuses on three components: literacy, nutrition, and food preparation. Every week the lessons feature on a different country and nutrition topic, using engaging activities with a world map, a cultural lesson, a letter from a student of the country, a worksheet and, of course, a recipe they make together. During Fall 2018, Books and Cooks engaged approximately 41 elementary school students (ages 10-11) in a fifth grade class at Dr. Weeks Elementary School and in the spring, there were approximately 23 students. Nutrition leadership interns, Elizabeth Gardner and Amber Liong, managed the program at Dr. Weeks Elementary in the fall, and Amber Liong and Nicole Brennan led the program during the spring semester. This year's lessons started in the United States with an overview of My Plate. Continuing on to Japan, the students studied fruits and vegetables and made vegetable sushi. In Honduras, they studied plant-based proteins and made Baleaadas, a refried bean/cheese tortilla. While studying Greece and the dairy group, they made Tzatziki and enjoyed it with pita. In Spain, they studied grains and made pan con tomato (bread with tomatoes). The final celebration for fall involved Jeopardy, Bingo, and yogurt parfaits. For the spring



Books and Cooks Spring 2019

semester, the students studied Kenya and made Kachumbari. In Italy, they studied carbohydrates and made Caprese salad. While studying Egypt and proteins, they made and enjoyed hummus. Via a study of Cuba and fats, they made a traditional pineapple, avocado and rice salad. Finally, via a virtual trip to India, they studied vitamins and minerals and made



Books and Cooks

mango lassi. We appreciate the dedication and hard work of the volunteers and nutrition intern leaders to keep this program running.

## Cooking on the Hillside 2019

by Kay Stearns Bruening, Ph.D., RDN, FAND

Cooking on the Hillside engages high school youth in making healthy, nutritious food choices while learning basic food preparation and food safety skills. The program occurs weekly at Hillside Work-Scholarship Connection a few blocks away from the Syracuse University campus. Hillside's mission is to increase the graduation rates of high school students by providing long-term advocacy, academic resources, life skills development, and job training, with a vision of developing self-sufficient, contributing adults in the community. Each year, a nutrition leadership intern from Syracuse University's Shaw Center leads the program. This year's leader was BreeAnna Beach '19.

BreeAnna recruited and trained student leaders for Cooking on the Hillside. She also created the curriculum, selected recipes, and made lesson plans. Every program session begins with welcoming the 12-15 participants and asking them to place their belongings outside the kitchen, wash their hands, and make a nametag. The leader shares behavioral expectations, food safety points, an introduction to the recipes, and a reminder to clean throughout the session. The students then split into three groups to prepare a recipe with the assistance of the Syracuse nutrition volunteers. Once the food is ready, each group presents its dish and the class enjoys the food together.

Each semester, Cooking on the Hillside has a theme. For the fall semester, lessons focused on macronutrients and micronutrients. The MyPlate food guide was the theme for the spring semester. Over the course of the year, Hillside students made and shared curried brown rice, Mexican tomato rice and beans, guacamole and black bean burritos, carrot and apple salad, kale with white beans and sausage, broccoli and cheese mini-frittatas, whole wheat pancakes, hummus, sweet potato "fries", easy eggplant parmesan, and more.

In April, the Cooking on the Hillside participants and their faculty advocates visited campus for a food demonstration in the ACE Center, followed by a tour of Falk College and a glimpse of the college experience. The recipe for the food demo was black bean brownies,

with an emphasis on protein and fiber. The Hillside students asked questions and tasted the recipe. The Falk College admissions staff greeted the Hillside students and gave each of them a backpack and handouts. The students viewed a short video about Syracuse University and Falk College before touring the Klenk Learning Café and Kitchens.



BreeAnna Beach '19, a nutrition volunteer, and Professor Kay Stearns Bruening assist Cooking on the Hillside students in massaging kale.

## Food Busters

by Margaret Voss, Ph.D.

Food Busters is a nutrition education program embedded in Melanie Pelcher's ninth grade Principles of Biomedical Sciences class at Henninger High School in Syracuse. The course is part of Project Lead the Way, a nonprofit organization that creates STEM-focused curricula to emphasize real world challenges and applications. The course at Henninger exposes students to forensics and health-related topics through lessons focused on the life and death of a fictitious woman, Anna Garcia. The Food Busters volunteers develop and implement nutrition-based lab activities within this framework.

For the 2018-19 academic year, Shaw Center nutrition leadership intern Nicole Gray '21 led the Food Busters program. With my guidance, Nicole developed lesson plans for seven nutrition programs offered during the school year. Prior to each program, Nicole created worksheets, developed new labs, and updated previous lab exercises. In the classroom, Nicole led large group discussions, oversaw transitions between lab stations, and made sure the class stayed on track. Nicole recruited, interviewed, and trained five volunteers to assist her in this. This was the first year that the Food Busters Program was open to other majors. Nicole and the Shaw Center interns recruited other majors in Falk through tabling and through attending the Falk College Career Opportunity Fair. Prior to the start of Food Busters, all nutrition volunteers were required to attend the volunteer orientation session to learn about the structure of Food Buster lessons, the demographics of Henninger High School and the Principles of Biomedical Science class, and their specific volunteer roles and responsibilities. We are happy to report that Food Busters completed another successful year of using nutrition- and health-based scenarios to improve math and science comprehension at Henninger High School.

## Syracuse Crunch grocery store tour

by Jane Burrell Uzcategui, MS, RDN, CD

Syracuse University nutrition graduate students, **Kara Andrews**, **Justyna Dapuzzo**, **Iris Jaquez** and **Laura Kilburg** and undergraduate students **Heather Falise**, **Sydney Hughes**, and **Kristen Jervis**, provided a grocery store tour at Wegmans to members of the AHL Syracuse Crunch. On the tour, students educated the athletes on how to choose performance-boosting whole foods and time saving tips to ensure proper fueling to maintain strength and endurance into the playoff season.



Heather Falise

## Student highlights

**Greg Belzak '19** was the public relations and social media chair for the Central NY Dietetic Association.

**Bridget Clark '19** and **Olivia Cullen '19** were selected as undergraduate winners for the 2019 Falk Student Research Celebration. Clark's research, *Process Evaluation of the healthy campus environmental audits*, was co-authored with **Kelly Brown G'19**, **Heather Brubaker G'18**, **Laura Brown G'17**, **Baylee Carroll '18**, **Elizabeth Gardner '21**, **April Hill '21**, **Sarah Mihalko '18**, **Katie Obojkovits '18**, and **Madeline Peck '21**. Cullen's research was co-authored with **Madeline Peck '21**. Professor Tanya Horacek was the research mentor for both projects.

Dietetic intern **Susan Fukes '18** was the recipient of the Ann Selkowitz Litt Memorial Scholarship, awarded by the Academy of Nutrition and Dietetics Foundation Scholarship Committee.



Emily Kuettel

**Emily Kuettel '19** received the Academy of Nutrition & Dietetics Outstanding Dietetic Student award at the NYS Academy of Nutrition & Dietetics conference in Syracuse in April. NYSAND chooses one student for each program type, based on emerging leadership potential and achievements.

Graduate student **Stephanie Sall G'21** served as the social media coordinator for the NYS Academy of Nutrition & Dietetics Annual Meeting and Expo in Syracuse in April.

**Mariana Serback G'17** presented her thesis research at the New York State Academy of Nutrition and Dietetics Conference (May 2019). Professor Lynn Brann was her co-author and thesis advisor.

In April 2019, **Rachel Watkins G'19** successfully defended her master's thesis entitled "Evaluating Maternal Eating Competence in Relation to Maternal and Child Fruit and Vegetable Intake." Professor Lynn Brann was her thesis advisor.

Nutrition dietetics student **Kelsie Wilson '21** traveled with a team of culinary students from SUNY Morrisville and Onondaga Community College to represent the Syracuse chapter of the American Culinary Federation to compete in the Barn H. Garland regional Knowledge Bowl Competition in Atlantic City, NJ in February 2019.

Slow Food SU is a new Registered Student Organization at Syracuse University, representing students from a variety of different backgrounds, majors and interests. Their mission is to provide opportunities for all students to get involved with food-related initiatives in the Syracuse community through events, field trips and volunteer work. At the 44 Stars of Excellence awards ceremony this year, the group won an award for Best New Event or Initiative.



Slow Food



Chancellor Syverud visited the NSD 555 class, Food, Culture and Environment, Fall 2018.

## Conference publications

Serback M, **Brann LS**. Prevalence of Orthorexia Nervosa in United States Didactic Program in Dietetics Students. Selected Poster Presentation at the New York State Academy of Nutrition and Dietetics Conference in Syracuse, NY. May 2019.

Brubaker H, **Brann LS**. Understanding Vegetable Feeding Practices Among Families With Young Children: Does Using Farmers' Market Coupons Increase Children's Vegetable Consumption? Selected Poster Presentation at the Society for Nutrition Education and Behavior Conference in Minneapolis, MN. July 2018.

**Brann LS**. The Relationship Between Emotional Regulation and Diet Quality in Children. Accepted for FNCE Phil, PA. October 2019.

Sheffer K, **Brann LS**. An Examination of the Relationship Between Child IQ and Diet Quality. Poster presented at Falk Research Day. April 2019.

Cullen O, Peck M, **Horacek T**. Assessing Food Insecurity Rates and Effects on a Sample of Students at Syracuse University. Accepted to for FNCE Phil, PA. October 2019.

Brown K, Clark B, Brubacker H, Brown L, Carroll B, Gardner E, Hill A, Mihalko S, Obojkovits K, Peck M, **Horacek T**. Process Evaluation of the Healthy Campus Environmental Audits. Accepted to for FNCE Phil, PA. October 2019.

Cullen O, Peck M, **Horacek T**. Assessing Food Insecurity Rates and Effects on a Sample of Students at Syracuse University. Poster presented NY State Dietetic Association and Falk Research Day. April 2019.

Peck M, Cullen O, **Horacek T**. Assessing Body Satisfaction in Undergraduate Students. Poster presented NY State Dietetic Association and Falk Research Day. April 2019.

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Riggsbee K, Riggsbee J, Vilaro M, Spence M, Anderson Steeves, E, Zhou, W, Olfert M, Franzen-Castle L, **Horacek T**, Colby S. Utilizing Story-Mapping to Better Understand and Explore Adolescent Food Environments. American Public Health Association. November 2018.

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M. Bulgarella, S.A. Knutie, **M.A. Voss**, F. Cunninghame, P.J. Lester, G.E. Heimpel, C.E. Causton. Reproductive and health effects of permethrin exposure on a passerine bird. Implications for ectoparasite control in wild bird nests in Galápagos. 2019 New Zealand Bird Conference and 80th Birds New Zealand AGM. June 2019.

## Research publications

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**Horacek TM**, Dede Yildirim E, Kelly E, White AA, Shelnett KP, Riggsbee K, Olfert MD, Morrell JS, Mathews AE, Mosby TT, Kidd T, Kattelmann K, Greene G, Franzen-Castle L, Colby S, Byrd-Bredbenner C, Brown O. Development and Validation of a Simple Convenience Store SHEL F Audit. *Int. J. Environ. Res. Public Health* 2018, 15(12), 2676; <https://doi.org/10.3390/ijerph15122676>

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Vilaro MJ, Colby SE, Riggsbee K, Zhou W, Byrd-Bredbenner C, Olfert MD, Barnett TE, **Horacek T**, Sowers M, Mathews AE. Food choice priorities change over time and predict dietary intake at the end of the first year of college among students in the U.S. *Nutrients* 2018, 10(9), 1296; <https://doi.org/10.3390/nu10091296>

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Staub D, Colby SE, Olfert MD, Kattelmann KK, Zhou W, **Horacek TM**, Greene GW, Radosavljevic I, Franzen-Castle L, Mathews AE. A Multi-Year Examination of Gardening Experience and Fruit and Vegetable Intake During College. *Nutrients* 2019 In Press.

Misra, R., Balagopal, P., **Raj, S.** et al. Red Meat Consumption (Heme Iron Intake) and Risk for Diabetes and Comorbidities.? *Curr Diab Rep* (2018) 18: 100. <https://doi.org/10.1007/s11892.018.1071-8>

Noland D, **Raj S.** Academy of Nutrition and Dietetics: Revised 2019 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Nutrition in Integrative and Functional Medicine. *Journal of the Academy of Nutrition and Dietetics*. <https://doi.org/10.1016/j.jand.2019.02.010>

**Shin D**, Won Lee K, **Brann L**, Shivappa N, Hebert JR. Dietary inflammatory index is positively associated with serum high-sensitivity C-reactive protein in the Korean adult population. *Nutrition*. 2019;63:155-161.



## Research awards

**Lynn Brann** (PI), **Margaret Voss** (Co-PI), **Dayeon Shin** (Co-PI), **Jessica Redmond** (Co-PI), Brooks Gump (Co-PI). Small Equipment Grant Proposal: Blood Chemistry Analyzer. \$18,325, Syracuse University SEG 2019.

Brooks Gump (PI), Bryce Hruska (Co-Investigator), Kamala Ramadoss (Co-Investigator), **Lynn Brann** (Co-Investigator), Aesoon Park (Co-Investigator), and Kevin Heffernan (Co-Investigator), NIH/NIOSH: Vacation, Stress, and Physical Health, \$2,188,990, submitted June 2019.

**Lynn Brann** (PI), Rachel Murphy (Co-Investigator), Leah Moser (Co-Investigator), Joseph Boskovski (Co-Investigator). Robert Wood Johnson Foundation: Syracuse University and Syracuse City Schools District - Culturally Aware Foods and Environmental & System Supports (CAFES), submitted July 2018. Not funded.

**Jessica Redmond** (PI) **Margaret Voss** (Mentor/Collaborator) Sandra Lane (Mentor/Collaborator) Tiago Barreira (Mentor/Collaborator). 2019 Collaboration for Unprecedented Success and Excellence (CUSE) Grant Program Grant: Effect of maternal stress, dietary intake, and physical activity behaviors on adverse birth outcomes \$20,000, awarded May 2019.

**Jessica Redmond** (PI) **Margaret Voss** (Mentor/Collaborator) Sandra Lane (Mentor/Collaborator) Tiago Barreira (Mentor/Collaborator). 2019 Falk Seed Grant : Health behaviors among pregnant Women with prior pregnancy loss, \$9,000, awarded May 2019.

**Jessica Redmond** (PI) **Sudha Raj** (Collaborator) **Margaret Voss** (Collaborator). 2019 Vegetarian DPG Grant: Diet quality of vegetarian versus non-vegetarian female collegiate athletes, \$10,000, submitted May 2019.

**Margaret Voss** (Co-PI), Rick Welsh, (Co-PI). National Science Foundation CNH2-S Proposal: Promoting Sustainable Agriculture to Protect Endangered Birds, \$ 631,851, submitted 2/14/19, pending.

## Faculty honors

**Sudha Raj** was the winner of the DIFM Excellence in Service Award from the Dietitians in Integrative and Functional Medicine Dietetic Practice Group of the Academy of Nutrition and Dietetics. The award was presented at the Annual Food and Nutrition Conference and Expo in Washington, D.C. on October 21, 2018.

Artwork created by **Margaret Voss** was recognized during SU's On My Own Time exhibition April 29-May 15 in the Noble Room at Hendricks Chapel. A panel of judges from CNY Arts selected her painting, entitled "Golden Skye and the Red Cuillin Hills" for the fall exhibit at the Everson Museum of Art.



Golden Skye and the Red Cuillin Hills

## Professional activities

**Lynn Brann** will serve as an advisor for the Pediatric Nutrition Practice Group of the Academy of Nutrition and Dietetics for a three-year term (2019-2022).

**Kay Stearns Bruening** led accreditation reviews for dietitian education programs at Northern Arizona University, Nova Southeastern University, the University of Puerto Rico, and the University of Massachusetts-Lowell.

**Kay Stearns Bruening** served on the Future Education Model Demonstration Program Application Review Committee for Cohort 3, February 2019.

**Jessica Redmond** is working as a Lead Analyst with the Academy of Nutrition and Dietetics' Evidence Analysis Library. She is assisting in the scoping review for a project on Adult Weight Management.

**Jennifer Wilkins** gave the keynote address, *Food Matters: How what you eat connects you to the earth, your community, and your health* at the 2018 Finger Lakes Youth Climate Summit at the Finger Lakes Institute at Hobart and William Smith Colleges on October 24, 2018.



Assistant professor Jessica Redmond participated in the Nutrition and Dietetics Advocacy Summit this July in Washington, D.C. in her role as the public policy coordinator for the New York State Academy of Nutrition and Dietetics. While in DC, Jessica met with legislators, including her U.S. House of Representatives member, Anthony Brindisi, to discuss the Treat and Reduce Obesity Act (TROA) and the Expanding Access to Diabetes Self-Management Training Act (DSMT). As a result of the meetings, Rep. Brindisi signed on as a co-sponsor to TROA.

## Faculty and staff highlights



Some of the NSD faculty and staff showed their support for the SU Women's Basketball team in February at the Carrier Dome.

### Nutrition faculty position searches begin

This year, the NSD programs will be recruiting for three faculty positions to begin in August 2020. Two positions are for highly engaged faculty members with expertise in some combination of: nutrition counseling, community/public health nutrition, social media/nutrition health promotion, nutrition/food systems and policies, nutrition epidemiology or global health/nutrition. One is an associate teaching professor position, which requires a minimum of a master's degree. The other is a tenure-line assistant professor position, with minimum qualifications including an earned doctorate related to community/public health nutrition, an active portfolio of externally funded research and peer reviewed publications (or evidence of potential to develop such a portfolio), and teaching experience at the university level.

The third position is for a tenure-line assistant professor research scholar with expertise in integrative and functional medical nutrition therapy, integrative nutrition science, nutritional biochemistry, metabolism, nutritional genomics, immunity, and inflammation. Minimum qualifications include an earned doctorate related to integrative nutrition science, an active portfolio of research with funding appropriate to rank, peer reviewed publications (or evidence of potential to develop such a portfolio), and teaching experience at the university level.

Please pass the word to qualified colleagues who would like to join our faculty leadership team. For online application instructions go to <https://www.sujobopps.com/> assistant professor integrative nutrition (Job # 074708); assistant professor, community nutrition (Job # 074706); and associate teaching professor of Nutrition (Job # 074707) and attach the following: a cover letter, curriculum vitae, and the contact information for three references. Syracuse University is an EO/AA employer and particularly encourages applications from women and minority candidates.

### Congratulations and thank you!

This year we bid farewell to assistant professor Dayeon Shin and Daina Falk Professor of Practice Jennifer Wilkins. Professor Shin returned home to South Korea in January. She had taught the undergraduate research methods and community nutrition courses. Students appreciated her clear teaching approaches and mentoring with research projects. Professor Wilkins taught nutrition education, community nutrition, the graduate food policy course, and community-based participatory research. She was instrumental in supporting interdisciplinary initiatives with the food studies program. She is retiring, but will maintain an academic relationship with the Nutrition and Food Studies Department. We wish both professors Shin and Wilkins well in their future endeavors. We will miss them.

Syracuse University has granted tenure to Professor Margaret Voss who teaches nutritional biochemistry, macronutrient and micronutrient metabolism, and nutritional genomics. Her previous title was professor of practice. She is a metabolic physiologist who maintains an active research program on sustainable agriculture and avian conservation in the Galapagos Islands. She is especially strong in advising our students for medical school, physician assistant, and other post-baccalaureate health professions programs, and she makes biochemistry and metabolism comprehensible, engaging and relevant. We are thrilled that she now has a permanent faculty appointment as an associate professor. Congratulations, Margaret!



Farewell dinner for Dr. Dayeon Shin.

## Alumni News

**A'Keema Austin (BS 2016, MS 2018)** is a clinical dietitian for Sodexo at Union Memorial in Baltimore, MD.

**Alexa Bickhart (BS 2015)** participated in a marathon to raise money for WhyHunger in New York City in May.

**Elizabeth Giovannetti Campbell (MA 2003)**, senior director, legislative and government affairs, Academy of Nutrition and Dietetics, was a speaker at the New York State Academy of Nutrition & Dietetics conference in Syracuse in April. In May, the School Nutrition Services Dietetic Practice Group recognized Liz for her advocacy and leadership.

**Baylee Carroll (BS 2018)**, RD is a clinical dietitian at University of Rochester Medical Center.

**LTC Renee Cole (Ph.D. 2006)** RDN, LD is the SP Director, U.S. Military-Baylor University Graduate Program in Nutrition Joint Base San Antonio-Fort Sam Houston, TX.

**Jennifer Comeau (BS 2014)** completed her BSN at Columbia University after graduation from SU. She is currently a certified nurse anesthetist (CRNA). Jennifer was recently accepted to the University of Kansas's CRNA DNAP program and is now working toward her doctoral degree as a nurse anesthetist.

**Alyssa DeTogni (BS 2018)** began coursework in the physician assistant program of Johnson and Wales University, RI, in May 2019.

**Shizhao Duan (MA 2015)** passed away on April 29, 2019. A memorial service was held on May 11 at the State College Chinese Alliance Church in State College, PA.

**Anthony Dushane (BS 2018)** began coursework in the physician assistant program in the College of Health Professions at Upstate Medical University in Syracuse, NY, in June.

**Angela Fish (BS 2012)**, RD works as a clinical dietitian at Rady Children's Hospital in San Diego. In November 2018, she was a panelist for an SU alumni event in Los Angeles on body image, nutrition, and fashion. The other panelists were Supermodel Emme (VPA 1985) and Stephanie Boone, MS, RD (VPA 1991), after a screening of the film *Straight/Curve*.

**Elyse Freschi (BS 2013)** walked in the Hartford Kidney Walk at the University of Hartford in June. In May, she completed qualification as a Certified Health Coach (CHC).

**Stephanie Haber (BS 2018)**, RD works at Monte Nido residential eating disorder program.

**Miho Hatanaka (BS 2015)** published an article, *My Global Table: JAPAN*, published in July/August 2019 issue of *Food & Nutrition* magazine.

**Mary Elizabeth (Briggman) Howard (BS 2015)** is the owner of EIM Nutrition, LLC.

**Heather Hudson (MA 2002)**, RD is the owner of Rooted in Health Consulting, Syracuse, NY.

**Qianzhi Jiang, Ph.D. (MA 2011)**, RD is a consulting community nutritionist with Pyramid Nutrition Services, Inc., Amherst, MA.

**Brittany (Chin) Jones (BS 2010)** changed the name of her business to Brittany Jones Nutrition Group. Brittany made several television appearances this year and published collections of seasonal recipes.

**Anisa Kamel (BS 2017)** is a student in the Pharm.D. program at the University of Arizona College of Pharmacy.



Emily Kratz



Roshan Luke

**Gillian Kelly (BS 2017)**, RD is a retail dietitian for Wakefern Food Corp. in Scranton, PA.

**Ellen (Bobich) Kenney (BS 2013)** is a clinical nutritionist at Children's Healthcare of Atlanta.

**Emily Kratz (BS 2015)** is a clinical dietitian at Hematology/Oncology Associates of Central NY. She was named Outstanding Young Dietitian of the Year by the NYS Academy of Nutrition & Dietetics at its conference in Syracuse in April.

**Andy Lai (BS 2015)**, RD, is a medical student at St. George University School of Medicine in Grenada.

**Roshan Luke (BS 2000)** visited campus in July. She is a clinical dietitian with the home care division of the VA Palo Alto Health Care System.

**Karlie Mahan (BS 2015)** graduated with a doctor of pharmacy degree from Wegman's School of Pharmacy at St. John Fisher College in May. Karlie was also awarded received the Mylan Excellence in Pharmacy Award at the school's hooding event. She has recently begun her post-graduate residency for clinical training.

**Anthony Murphy (MA 2016)** was accepted to Tufts University School of Dental Medicine and as of July, has become a member of part of the D'23 class.

**Cindy Chan Phillips (MS 2011)** will serve as president-elect of the Mohawk Valley Dietetic Association for the coming year. In April, she received the NYS Association of Family & Consumer Sciences Educators Ellen Swallow Richards Award in recognition of her "outstanding contributions and significant impact" to the field.

**Sara A. Quinteros-Shilling (MS 2015)** is director of business development and a partner, with her husband Reid Shilling, in the Shilling Canning Company Restaurant, which opened in July at 360 Water Street SE in the Washington, DC Navy Yard neighborhood.

**Holly Sostock (BS 2011)** started a new position as a renal dietitian at Loyola Medical Center, Chicago, this past spring.

**Baylee Carroll (BS 2018)**, RD is a clinical dietitian at University of Rochester Medical Center.

**Kristen Sportello (BS 2018)**, RD is a clinical dietitian at Teresian House, Albany, NY., entered the Master of Science program in Nutrition Science at University of Michigan-Ann Arbor.

**Mary Timmons (CAS 2018)** is a clinical dietitian at Upstate University Hospital in Syracuse, NY.

## From the ACE Center to your kitchen!

Tried, tested, and tasted in the Falk College ACE Center, below are recipes made by our students and faculty as part of teaching, learning, and community education programming:

### Healthy Carrot-Walnut Muffins

Makes 12 muffins

Healthy carrot muffins made with whole wheat flour, canola oil, and maple syrup!

#### Ingredients:

- 1¾ cups white whole wheat flour or regular whole wheat flour
- 1½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 2 cups peeled and grated carrots (about 3 large or up to 6 small/medium carrots)
- ½ cup roughly chopped walnuts
- ⅓ cup canola oil
- ½ cup maple syrup
- 2 eggs at room temperature
- 1 cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 tablespoon turbinado sugar, for sprinkling on top, if desired

#### Instructions

1. Preheat oven to 425 degrees F. If necessary, grease all 12 cups of muffin tin with butter or non-stick cooking spray.
2. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda, salt, ginger, and nutmeg. Blend well with a whisk. Add the grated carrots and chopped walnuts and stir to combine.
3. In a medium mixing bowl, combine the oil and maple sugar and beat together with a whisk. Add the eggs and beat well, then add the yogurt and vanilla and mix well.
4. Make a well in the dry ingredients. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are OK). Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with turbinado sugar, if desired. Bake muffins for 13 minutes, or until the muffins are golden on top and a toothpick or cake tester comes out clean.
5. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store covered at room temperature for two days, or up to four days in the refrigerator. Freeze leftover muffins for up to 3 months.

Adapted from <http://cookieandkate.com>

### Vegetable Egg Cups

Prep time: 5 min.

Cook time: 20 min.

Total time: 25 min.

Serves: 6

#### Ingredients

- 12 large eggs
- 1 cup chopped bell peppers
- 1 cup chopped mushrooms
- Sea salt and pepper to taste
- 2 green onions, thinly sliced
- 12 tablespoons salsa

#### Instructions

1. Pre-heat the oven to 375.
2. Crack eggs into a large mixing bowl and whisk until fully combined.
3. Add mushrooms, bell pepper and onions to the eggs and mix well.
4. Season with salt and pepper to taste (optional).
5. Coat the muffin tin with nonstick cooking spray.
6. Evenly divide the mixture between the 12 muffin cups.
7. Bake for 15 minutes - 20 minutes (a toothpick inserted into the muffin should come out clean).
8. Top each egg cup with 1 tablespoon of salsa.

<http://mrs.fitness/vegetable-egg-cups/>

### Fall Harvest Salad with Apple Cider Vinaigrette

Yields 6

This Fall Harvest Salad is full of fall flavors; roasted butternut squash, tender wild rice, pepitas, sweet apples, and hearty kale. And finish the salad with a seasonal Apple Cider Vinaigrette! A dish that is perfect to make ahead!

Prep time: 15 min.

Cook time: 15 min.

Total time: 30 min.

#### Ingredients:

##### Salad:

- ½ cup uncooked wild rice
- 2 pounds butternut squash, peeled, seeds removed & cut into ½ inch cubes
- 1 tablespoon olive oil
- 5 cups kale, center rib removed, and sliced thin
- 1 medium apple, cut into 1/2 inch cubes
- ¾ cup dried cherries
- ½ cup toasted pepitas (or pecans)
- Salt
- Black pepper

##### Apple Cider Dressing:

- 2 tablespoons apple cider (or apple juice)
- 2 tablespoons apple cider vinegar
- ¼ cup + 2 tablespoons olive oil
- ½ teaspoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder

#### Instructions

##### Salad:

1. Preheat the oven to 375 degrees F. Line a large baking sheet with parchment paper or foil. Toss the butternut squash with a bit of olive oil, salt and pepper. Add to prepared baking sheet. Spread into even layer.
2. Place in oven and cook for 15 minutes or until roasted. Remove and set aside to cool.
3. Meanwhile, cook the wild rice per manufacturer's instructions. Once cooked, let cool.
4. In a large bowl, combine the kale, apple, dried cherries, pepitas, cooled butternut squash and wild rice. Toss until evenly mixed.

##### Dressing:

1. In a small bowl, whisk all ingredients together. Set aside.
2. If serving immediately, toss with the dressing and serve.
3. If preparing the salad ahead of time, store the salad in an airtight container and the dressing in another container. Dress before serving.

<http://withsaltandwit.com/fall-harvest-salad-with-apple-cider-vinaigrette/>

### Black Bean Brownies

Serves 20

#### Ingredients:

- 1 (15 oz.) can black beans, drained and rinsed
- 1 box brownie mix
- 1 large egg, beaten (optional)

#### Directions:

1. After draining and rinsing, return beans to can, adding enough water to cover.
2. Place beans and water in a blender or food processor; puree.
3. Combine bean puree and brownie mix in a mixing bowl. Add egg if you want a softer, spongier consistency.
4. Mix thoroughly and bake according to box directions.

from Joy Bauer's From Junk Food to Joy Food