

Welcome Back SNO Members!

Spring 2021 Semester - Meeting 1
February 1, 2021



STUDENT
NUTRITION
ORGANIZATION

Our Mission

The Student Nutrition Organization of San Diego State University aims to serve the San Diego community through nutrition education, advocacy for nutrition and wellness causes and philanthropic ventures, as well as to provide its student members with practical field experiences, community involvement, and an understanding of the diverse opportunities in nutrition.



SNO Advisor + Officers



Advisor: Dr. Mark Kern



President: Isabel Frazier

SNO Officers



Vice President:
Courtney Smith



Secretary:
Stephanie Sust

SNO Officers



Treasurer:
Peter Santos



Public Relations Manager:
Cynthia De Santiago

SNO Officers



Events Coordinator:
Rebecca Rodriguez



Professional Outreach
Liaison: Leslie Gonzalez

SNO Officers



Social Coordinator:
Stephanie Lounsbury



Gala Coordinator:
Carla Corrales

The Southern California Food Industry Conference 2021



March 4-5, 2021

Held virtually

- Taking stock of where we are and what may lie ahead
- Navigating changes in nutrition and protein demand
- Understanding viral diseases in animals and food
- Food safety management during the pandemic
- The changing landscape of the supplement industry impacted by COVID-19

SNO has been awarded the funding for 40 of our members to attend the virtual Southern California Food Industry Conference. Members will be chosen at a first come, first serve basis.

Fill out the survey posted on the facebook page or message one of the officers for more information.

Survey responses must be submitted by February 7 at 11:59PM.

Becoming a Member and Maintaining Membership

Dues are \$15 if paid before **February 15** (second meeting)

\$20 after, must be paid by **March 31** to receive an active member letter for Spring 2021

Payments can be made via:

- Venmo (@Peter-C-Santos)
- For Cash or Check, email sdsu.sno.treasurer@gmail.com

Peter Santos

@Peter-C-Santos

venmo



Membership Requirements

Fill out membership form + SNO member survey (on SNO website + emailed)

To be an active member:

- **20** points completed in the semester (**10** must be from volunteering or virtual volunteering)

To receive a SNO graduation stole:

- Be an active member for **two** consecutive semesters
- 25 points completed in the semester (10 from volunteering)

Spring 2021 Meeting Schedule

A graphic with a white marble background decorated with orange and grapefruit slices and green herbs. A large, red, scalloped-edged shape is centered on the page, containing the meeting schedule text in white.

Spring Meeting Schedule

2/1: MEMBER WELCOME

2/15: LUCIA CANUL, RD

3/1: LEAH FORRISTALL RD, LDN

3/15: KRISTINE ORDAS, RD2B/BE WELL SOLUTIONS
DIETETIC INTERN

3/29: CHRISTYNA M JOHNSON, MS, RDN, LD

4/12: ALISON MEAGER MS, RD, CPT

4/17: SNO GALA

4/26: END OF SEMESTER CELEBRATION

ServSafe Food Handler Certification



ServSafe Food
Handler



The ServSafe Advantage

The ServSafe Food Handler Program is a complete solution that delivers consistent food safety training to employees

- Available to 50 SNO members
- Valid for 3 years
- 3 online exam attempts
- Sections can be completed in about 10 minutes
- Proof of completion must be provided by April 30

SNO Ambassador Program

This is an opportunity for you to promote and represent SNO wherever you go! Whether that be your classes, where you volunteer, or in other organizations

Requirements:

- Be an active SNO member for at least one semester
- Have an active social media account

Commitments:

- Tasks include reposting sdsu resources and sno events/meetings on social media platforms
- Must attend ECRT Student Support Advocate Training
- Must attend ONE Leadership Certificate Info Session through Student Life and Leadership
- Taking leadership in engaging with new members
- Maintain active member status throughout the semester
- Join 2 meetings throughout the semester with the Events Coordinator

*One semester commitment

Be an ambassador!

Earn:

4 volunteer points

+

4 participation points




Review Sessions



Available for:

- NUTR 201
- NUTR 205
- NUTR 302
- NUTR 302 Lab
- BIOL 336
- NUTR 304
- NUTR 401
- NUTR 405
- ENS 304
- ENS 434

Sign up to host a review session on the events document under the “review sessions” tab to earn points, add to your resume, and help your fellow classmates!



Officer Hours

- Every Wednesday 6-7pm (subject to change)
- One of the officers will be available via zoom for any questions you may have
- If this time does not work for you, please email one of the officers and to set up another time



Social Event

Workout with SNO -- early 2000's edition!

- Join us for our first social event of the spring semester! A workout class with a fun playlist will be hosted by CPT, Courtney!
- 1 participation point will be awarded, so be sure to sign up on the events doc.
- As of right now, it will be Wednesday, 2/17 at 6 pm. This date/time is tentative, and if any changes arise you will be notified by the end of the week!

SNO T-Shirts

SNO SHIRTS ARE STILL AVAILABLE!!

- Unisex t-shirt sizes: S, M, L, XL
- **Shirts are \$16** and MUST be paid in advance prior to being shipped or can be paid in cash if picking up in SD
- Fill out the t-shirt form on our website under "SNO Store."



DPD Mentee Program

A poster for the DPD Mentorship Program. The background is light yellow with diagonal stripes in orange and teal. The text is centered and reads: "Spring 2021", "DPD MENTORSHIP PROGRAM", "Student Nutrition Organization & Didactic Program in Dietetics", "This program is for freshman, sophomores, and juniors who are interested in or are already in the Didactic Program in Dietetics (DPD). The mentors are graduating seniors and graduate students who are enrolled in Nutrition 409. Mentors and mentees will meet virtually at least two times over the semester.", "Mentors will help you apply and navigate the DPD, prepare portfolios, and search for internships & graduate programs. Lastly, this opportunity will enhance your knowledge of all possible future careers in dietetics!", and "Sign up to be a mentee at www.snosdsu.org".

Spring 2021

DPD MENTORSHIP PROGRAM

Student Nutrition Organization & Didactic Program in Dietetics

This program is for freshman, sophomores, and juniors who are interested in or are already in the Didactic Program in Dietetics (DPD). The mentors are graduating seniors and graduate students who are enrolled in Nutrition 409. Mentors and mentees will meet virtually at least two times over the semester.

Mentors will help you apply and navigate the DPD, prepare portfolios, and search for internships & graduate programs. Lastly, this opportunity will enhance your knowledge of all possible future careers in dietetics!

Sign up to be a mentee at www.snosdsu.org

- Great way to gain information about the DPD program, dietetic internships, nutrition careers, and more!
- This program is very beneficial to all freshmen, sophomores, juniors, and transfer students
- Sign up on SNO website

Deadline to apply is February 5th

Stay in Touch!

Student Nutrition Organization



It is our mission to keep the members of this organization as connected as possible during this time. Join our GroupMe, Facebook group, and Instagram for information on upcoming events, volunteer/work opportunities, and any questions you have!



sno.sdsu

Follow

298 posts

711 followers

563 following

Student Nutrition Organization

SNO @sandiegostateuniversity

Gain nutrition education & help your community.

Biweekly meetings on Mondays at 10am!

snosdsu.org

Professional Memberships

- Academy of Nutrition and Dietetics (AND)
 - California Academy of Nutrition and Dietetics (CAND)
 - CAND-SD (San Diego Chapter)
- Institute of Food Technologists (IFT)
- American Public Health Association (APHA)
- American College of Sports Medicine (ACSM)
- American Diabetes Association (ADA)

A great way to network with professionals in your field of interest, apply for scholarships, learn about volunteer + job opportunities, attend events, and more!

Zip Launchpad Event

SDSU ZIP LAUNCHPAD | INNOVATIVE AGING SOLUTIONS

VISIONARY HEALTH CHALLENGE

FEBRUARY 19 | 12:00 PM - 5:30 PM



Email me if you are interested in this event and do not have a team. We can try to create a team for SNO!

sdsu.sno.vicepres@gmail.com

— Event Details

Visionary Health Challenge

Team size: 3-4 active SDSU students

Date: Feb 19th

Time: 12:00 PM -5:30 PM

Location: Zoom

The Visionary Health Challenge will focus on BIG health problems facing our community. We will provide the domain experts to advise you on identifying a problem and guide you on finding an innovative solution to the BIG problem. Each team (3-4 people) will pitch their idea at the end of the day to a panel of judges.

Up to **\$2500 in cash prizes** for the winning team and an offer to participate in the ZIP Launchpad SPRING cohort!

Member Projects and Achievements