



Student Nutrition Organization

Spring 2021 - Meeting 2
February 15, 2021



STUDENT
NUTRITION
ORGANIZATION

SCIFTS Conference 2021

Schedule Thursday

March 4th

Highlights

Welcome Remarks
COVID's Impact
Nutrition and Protein
Viral Diseases
Food Safety

Schedule Friday

March 5th

Highlights

Dietary Supplements
Closing Remarks

Officer Elections

Positions:

President

Vice President

Secretary

Treasurer

Public Relations Manager

Professional Outreach Liaison

Events Coordinator

Social Coordinator

Gala Coordinator

Dates:

Ballot bios for elections due

March 27

Election votes due

April 4

Winners announced via email

April 5

SNO Ambassador Training

Cohort 2021

Ingrid Aguilar Ciapara

Chelsie Miller

Sheena Ferrer

Charity Slatnick

Kathy Lee

Samantha Prieto

Nicole Williams

Jasmine Jingco

Denisse Torres

Kate Hodgetts

Janeza Bridges

Sidney Figurido (Walbert)

Jordan Graham

Parker Contreras

Reagan Ridgway

Training February 16th at 6pm

- Check your emails



STUDENT
NUTRITION
ORGANIZATION

Social Event

Wednesday February 17 6pm


Led by Courtney Smith, CPT

Fun early 2000's playlist

~45 min.

Medium weight dumbbells +
resistance band recommended, but
not required

Sign up on events doc!



FEBRUARY SOCIAL

WORKOUT WITH SNO

EARLY 2000'S EDITION

**JOIN US FOR A ~45 MIN. WORKOUT GUIDED BY
A CERTIFIED PERSONAL TRAINER!
MEDIUM WEIGHT DUMBBELLS + RESISTANCE
BAND RECOMMENDED, BUT NOT REQUIRED.**

WEDNESDAY, FEB. 17TH AT 6PM VIA ZOOM

**SIGN UP ON THE EVENTS DOC ON OUR WEBSITE
UNDER 'SOCIAL VIRTUAL EVENTS' TO EARN 1 PT.**

CHHS Meetings

You can earn SNO points by attending biweekly CHHS meeting via zoom.

Meetings are every other Monday from 12-1pm

Upcoming meetings: February 15, March 1, March 22, April 5, April 19, May 3

Sign ups are in the events document in the “virtual opportunities” section

CHHS Meetings

Attend a College of Health and Human Services meeting to learn about other ways to get involved.

Mondays 12-1PM (2/1, 2/15, 3/1, 3/22, 4/5, 4/19, 5/3)

Zoom ID: 957 1355 4756

1 participation point per meeting

Name & Date

Email

The graphic features a central orange-red scalloped-edged shape containing white text. The background is a light grey marble pattern with several slices of orange and grapefruit scattered around the central shape. The title 'Spring Meeting Schedule' is written in a white cursive font at the top of the central shape. Below it, a list of dates and topics is presented in a white sans-serif font.

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

Please welcome our speaker: Lucia Canul, RD!

SNO MEETING 2/15
GUEST SPEAKER:



Lucia Canul
Registered Dietitian

lululentil [Follow](#) ▼ ⋮

416 posts 1,394 followers 680 following

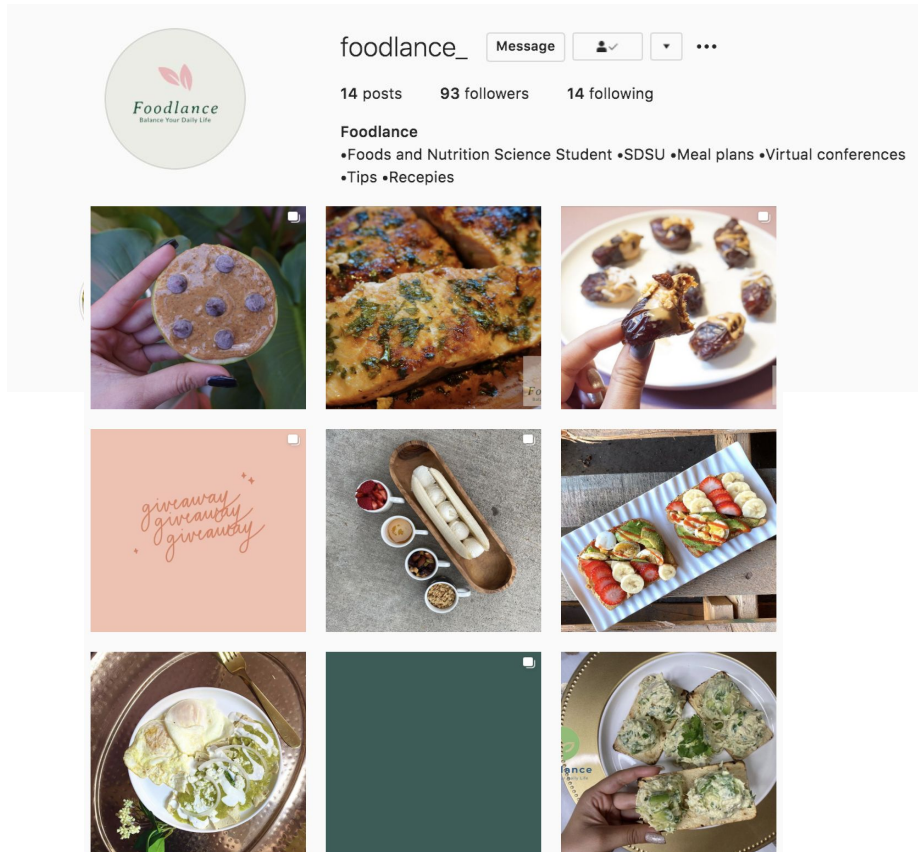
Lucia Canul, RD
registered dietitian nutritionist 🥗
cooking, baking, nutrition tips and fun times 🌱
luciacanulRD@gmail.com ❤️

Followed by stephanie_sust, sno.sdsu, rebecca724 +2 more

NOLA me... BLM nicaragua... costa rica... disneyland cloudstag... WDW 🇺🇸

SNO Members Projects and Achievements

Check out Samantha Prieto's Nutrition Instagram!!



**Chelsie Miller has
ran 100 km so far
this month!!**

