

# Student Nutrition Organization

Spring 2021 - Meeting 3  
March 1, 2021



STUDENT  
NUTRITION  
ORGANIZATION

# Kids Eat Right Virtual Gala

---

Mark your calendars for  
April 17, 2021 at 5pm

Ticket cost will be  
\$25 per person

SDSU's  
Student Nutrition Organization  
Presents

Josephson-Spindler  
7th Annual  
**KIDS EAT  
RIGHT**  
Virtual Gala &  
Silent Auction

APRIL 17TH, 2021  
@ 5:00PM

Mark your calendar's for a special evening to  
help raise funds for the Kids Eat Right campaign!

# Officer Elections

---

## Positions:

President  
Vice President  
Secretary  
Treasurer  
Public Relations Manager  
Professional Outreach Liaison  
Events Coordinator  
Social Coordinator  
Gala Coordinator

## Dates:

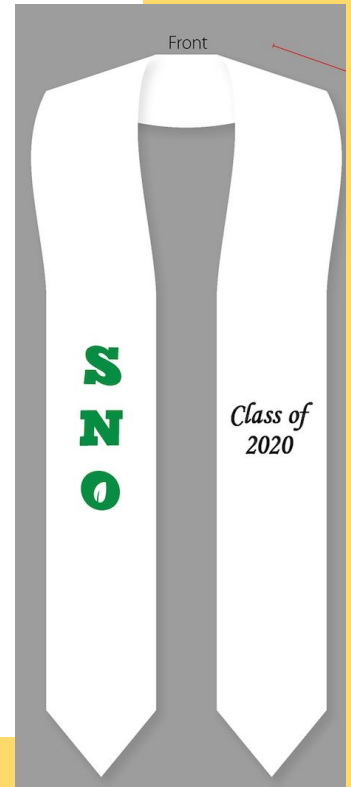
Ballot bios for elections due:  
March 27

Election votes due:  
April 4

Winners announced via email:  
April 5

# Stoles For Spring Graduating Seniors

If you are eligible and would like to receive a stole for spring graduation, please fill out the member survey on the SNO website.



Participating in or recruiting someone to participate in research studies on campus earns you SNO points!

## Oral Contraceptives, Bone Health and Nutrition Study



You are invited to participate in a 12-month research project that examines the effects of dried plums on bone density, bone remodeling and hormones.

### Who Can Participate?

Females:

- ◆ Age 18 to 25
- ◆ BMI between 18 and 32
- ◆ Consume less than 2 alcoholic drinks per day
- ◆ Non-smokers or those who smoke less than 20 cigarettes per day
- ◆ On oral contraceptives for at least a year OR not on hormonal contraceptives

### What Will You Do?

- ◆ Consume dried plums or supplements for 12 months
- ◆ Receive DXA scans
- ◆ Provide blood samples
- ◆ Answer questions about your medical history, diet, medication use, and supplement intake

### What Now?

For more information please contact:  
 Dr. Shirin Hooshmand  
 nutrition.sdsu@gmail.com or (619) 361-1513  
 School of Exercise and Nutritional Sciences  
 San Diego State University

Participants will receive compensation  
 for their time

nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513
nutrition.sdsu@gmail.com (619) 361-1513

# Virtual Point Opportunity

## BLOOM: A Real Connection With My Body

- Virtual women's wellness retreat
- Guest speakers include RDs, an OBGYN, and a psychologist
- Discussing body image, nutrition, and hormones
- Part of the proceeds of the event will be donated to the Fibroid Foundation
- Saturday, March 13th at 8 AM PST
- 3 points for attending
- Details can be found on IG @flourishheights and questions can be directed to [sdsu.sno.socialcoordinator@gmail.com](mailto:sdsu.sno.socialcoordinator@gmail.com)





## March Social: Flow with SNO

---

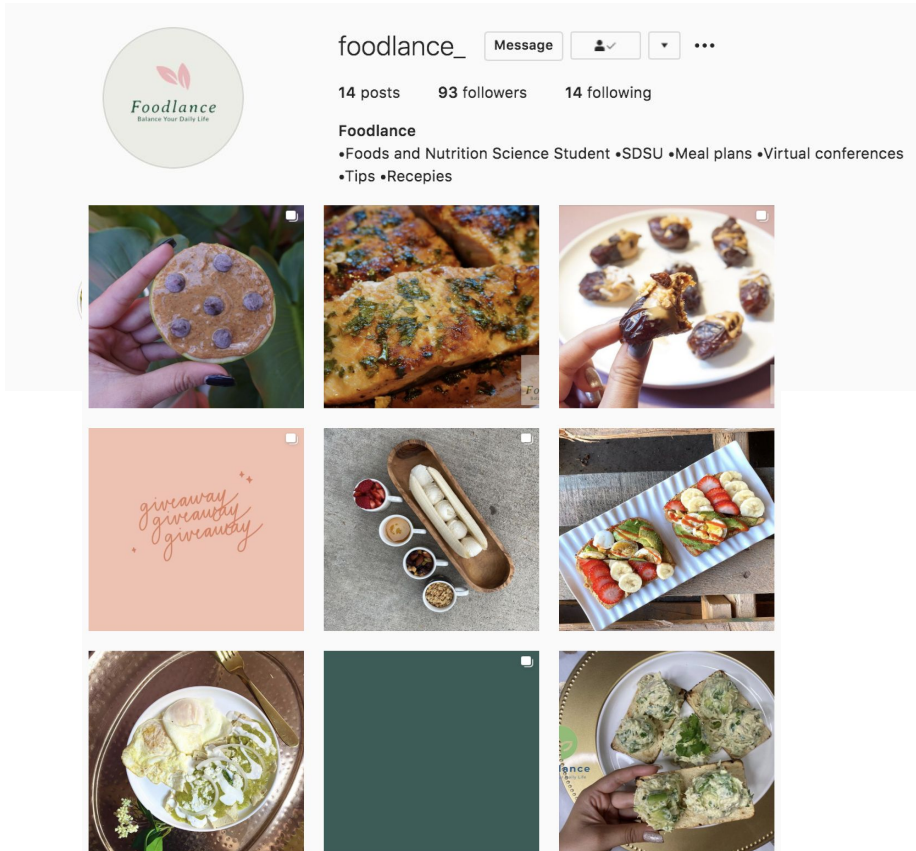
- 1 hr. restorative yoga class hosted by SNO Ambassador, Chelsie Miller
- Unwind and relax with us on Wednesday, March 17th at 7pm
- Sign up on events doc and receive 1 participation point
- Zoom link to be sent out via email



# **SNO Members' Projects and Achievements**



# Check out Samantha Prieto's Nutrition Instagram!!



## Chelsie Miller ran 100+ km in February!!





# *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: Leah Forristall, RD, LDN

