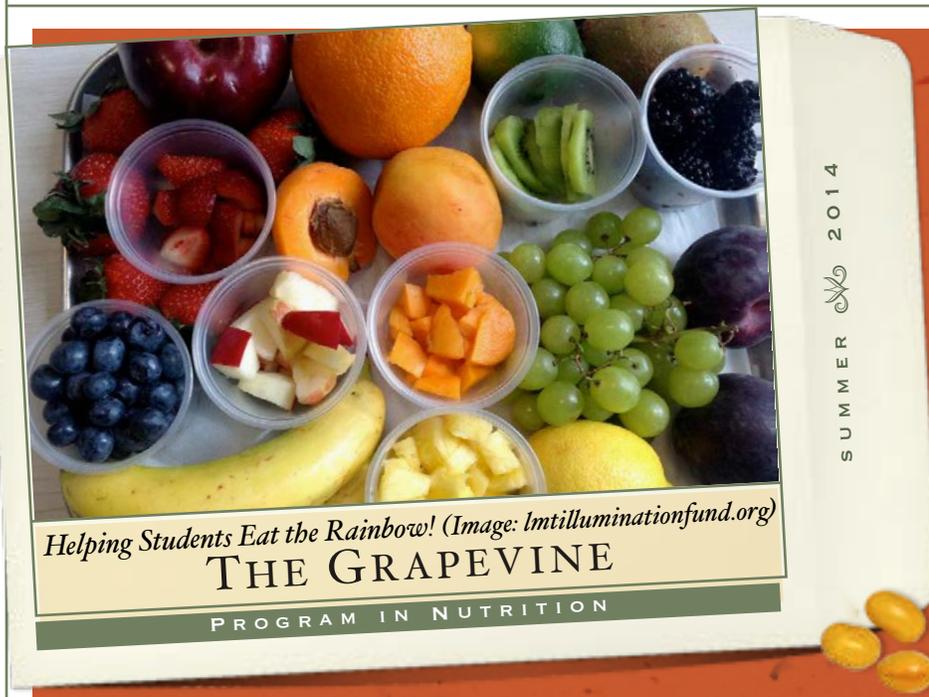


# THE GRAPEVINE

*Teachers College, Columbia University*



Helping Students Eat the Rainbow! (Image: lmtilluminationfund.org)

**THE GRAPEVINE**

PROGRAM IN NUTRITION

## Food Policy for Breakfast

School Meals and the Child Nutrition Reauthorization Act

*by Casey Luber*

**I**t was a cold and rainy April morning as I headed into the Roosevelt House at Hunter College. Nonetheless, the excitement of the day's speakers was certainly not dampened by the weather.

An assortment of muffins, fruit, and warm coffee welcomed us to the Food Policy for Breakfast event hosted by the New York City Food Policy Center, where the topics for the morning included the upcoming Child Nutrition Reauthorization (CNR), and school meals in New York City.

New York City is one of the largest meal providers in the world, serving approximately 260 million meals a day to the various

institutions that make up "the public plate." These meals are served through the School Breakfast and National School Lunch Program, child-care and senior centers through Child and Adult Care Food, as well as the Women, Infants, and Children program (WIC).

The Child Nutrition Act (CNA) authorizes the funding for these programs that have far reaching impacts on the health of those who receive these meals, local economic development, environmental security, and social justice. In essence, the well being of New Yorkers and the economy depends on these dollars, but what if these funds were in danger of

*continued on pg. 4*

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**LETTER FROM THE EDITOR**

Dear Students, Faculty, Alumni, and Staff,

Summer is finally here! Every summer, The Grapevine catches up with some of the Teachers College Program in Nutrition alumni. Check out the Alumni Notes section with brief updates, and dive into the Alumni Spotlight to catch up with former students Lauren Au and Christina Riley. Alumnus Abigail Robinson drops us a note from Detroit, where she is finishing up her clinical dietetic internship.

Everyone seems to be “Out and About” this issue, from conferences near and far to farm visits, athletic events, and at-home gardening experimentations. Casey Luber catches us up on all things policy with an update on the Child Nutrition Reauthorization Act and New York City school meals.

It’s hot outside, and Lindsay Smith reminds us all to stay hydrated when we exercise this summer. In her restaurant review, Jessica Laifer gives us the scoop on the east village’s Dirt Candy. This issue’s recipe section is all about keeping it cool with Jacki’s No-Cook Watermelon Tabouleh Salad and Jeanne’s Piña Colada Pops.

Thanks to all of the students who volunteered to write. The Grapevine is written by the students in the Teachers College Program in Nutrition. I encourage all of you to get involved. Send your ideas to me at [sal2182@tc.columbia.edu](mailto:sal2182@tc.columbia.edu).

And don’t forget to “like us” on Facebook at

***Facebook.com/TheGrapevineTeachersCollege***

Special thanks to students Ryan Renaud and Jessica Laifer, who help find exciting stories to post on our Facebook page.

Enjoy the issue!

Stephanie Lang  
Editor-In-Chief  
Nutrition Education

**Editor**

**Stephanie Lang**  
Nutrition Education

**Faculty Advisors**

**Randi L. Wolf, MPH, PhD**

**Isobel R. Contento, PhD**

**Contributing Faculty Editor**

**Karen Dolins, EdD, CSSD, CDN**

**Contributing Writers**

**Tyffanie Ammeter**  
Nutrition & Exercise Physiology

**Ian Ang**  
Doctoral Student, Behavioral  
Nutrition

**Tiffany Chag**  
Nutrition & Exercise Physiology

**Jessica Laifer**  
Nutrition & Public Health

**Casey Luber**  
Nutrition & Public Health

**Kathleen Mathis**  
Nutrition Education

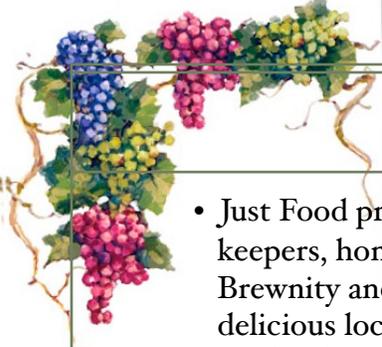
**Jeanne Petrucci**  
Nutrition Education

**Abigail Robinson**  
Dietetic Intern

**Lindsay Smith**  
Nutrition & Exercise Physiology

**Anthony Wind**  
Nutrition & Exercise Physiology

**Jacqueline Zuckerberg**  
Nutrition Education



## Fresh off the Vine: Events & Announcements

- Just Food presents, **Kegs & Kluckers**, an exciting event dedicated to urban chicken keepers, home-brewers, and the people who love them. Hosted in partnership with Brewnity and Good Beer Month, Kegs & Kluckers will include home-brewed beers, delicious local fare, Egg Olympic Games, raffles, and a Deviled Egg Competition. Tickets are \$25 (includes one raffle ticket and unlimited Brooklyn Brewery drafts) and proceeds will raise money for Just Food's City Chicken Project, which provides the training, coops, and hens that school and community gardening groups need to raise healthy chickens and delicious eggs.

\*Monday, July 14 from 7:30pm-10:30pm at Brooklyn Brewery

\*Visit [Justfood.org](http://Justfood.org) for more information and a link to purchase tickets

- Sustainability Workshop Series at Hudson River Park: **Indoor Composting**. Composting is not just a growing movement — it's becoming the law. The Lower East Side Ecology Center, celebrating its 20th year, will offer troubleshooting tips at two seminars at Pier 46, Hudson River Park at Charles Street (July 16, Aug. 3, \$5). Walk away with new knowledge, resources and confidence for wasting less in NYC. <http://lesecologycenter.org>

*On behalf of The Grapevine, we send our congratulations to the 2014 graduating class, and we wish all of the Fall 2014 Dietetic Interns a fruitful and fulfilling internship experience.*

### On the Web

The Grapevine is giving a shout-out to some of the students in the Nutrition Program who have websites and blogs related to food, nutrition, health and exercise. Check them out, and let us know if you would like your site mentioned in a future issue! Keep in mind, views of our students are not necessarily reflective of views of the Program.

#### Casey Luber

Club Nutritious

<http://clubnutritious.wordpress.com/>

#### Jeanne Petrucci

Living Plate

<http://livingplate.com>

#### Jenny Senecal

Healthy Prongs

<http://healthyprongs.com/>

### Congratulations!

Nutrition and Exercise Physiology student Anthony Wind came in first place at the Northface 50 Mile Endurance Challenge in Washington, DC this June. Hip Hip Hooray! Check out his piece on how to fuel during a long race on page 12.



Anthony Wind (left) keeping his pace.

(Food Policy for Breakfast, cont'd)

being cut? Every five years, Congress has the opportunity to re-authorize the CNA and, by extension, the funding for these vital food assistance programs. On October 1, 2015 the Child Nutrition Act will expire and, should members of Congress choose to not re-authorize the bill, the health status, academic achievement, and economic security of millions of low-income children and families will be in jeopardy.

Feeling overwhelmed by the complexity of this issue (as I often do with many sensitive food and nutrition matters), I started to ask, "Where do we begin and how do we ensure the successful passage of the CNR?" The expert panel provided some insight.

Nancy Easton is the co-founder and executive director of Wellness in the Schools (WITS) and an ardent supporter of the CNR. With the passage of the 2010 Child Nutrition Act came an increase of \$0.06 per child in spending money for school lunch, which allowed WITS to implement significant changes in the cafeteria, such as offering a different color vegetable every day and putting protein sources on salad bars, and has widened the scope of work outside the cafeteria through partnerships with programs such as Studio in a School. However, as with any piece of legislation tied to a cash flow, Ms. Easton acknowledges various struggles felt by her organization due to the regulations of the bill. Flexibility of food items being offered on the hot line or the salad bar is becoming more and more limited, and their dream goal of cooking most items from scratch will be difficult to accomplish without more dollars allocated to training of school food workers. "Changes to school food takes time," says Ms. Easton, "but success will come through strengthened school leadership, food education that is school-wide and interactive, and really, persistence, persistence, persistence!"

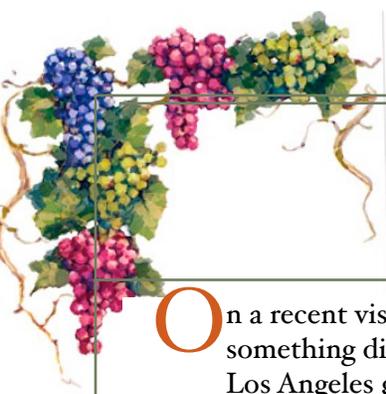
Next on the panel was Simone Herbin, who started working as the School Food Associate of the Brooklyn Food Coalition (BFC) in 2010 when the CNA was just reauthorized. With the new nutritional requirements passed down with this legislation, Simone shared similar frustrations with limited flexibility, which translated into less exciting eating opportunities for students and increased disconnect with their food. Yet, the BFC realized that if we really want to increase food choice and break apart some of the "menu-lockdown" seen in cafeterias, parents can become the strongest advocates for change and are steadfast advocates for immediate and long-term

changes to school food. With the reauthorization of the CNA, Simone and her colleagues at the BFC hope to strengthen existing and create new partnerships within schools that address not only the physical health of students, but also the overall mental and emotional health by implementing non-funded school wellness policies.

To tie together the feeding of children and education about food and nutrition, Pam Koch, Executive Director of The Laurie M. Tisch Center for Food, Education & Policy, elaborated on her research-based efforts to better understand what good nutrition education can accomplish and how the CNR can support more positive experiences with food and long-term student health. As was mentioned by the previous speakers, changes to school food often take place in partnerships, and The Tisch Center has been working with organizations such as Edible Schoolyard, WITS, and New Settlement to longitudinally assess the impact of various nutrition education and food procurement programs on students' eating behaviors and attitudes. Dr. Koch highlighted that positive changes to eating behaviors come from good nutrition education, which needs to first motivate and inspire the community, be behaviorally focused or skill-based, and finally, take place in an environment that supports healthy eating behaviors. Finally, Dr. Koch offered ways to seamlessly incorporate effective nutrition education efforts into a more robust CNR. She mentioned greater assistance going towards the unfunded school wellness policies, building up the training and technical assistance given through the USDA's Team Nutrition, and finally strengthening Farm-to-School programs that bring together the feeding of children and nutrition education.

Now more than ever the CNR needs support. Changing school meals is clearly not an easy task, but through effective partnerships, good nutrition education, and persistence, we can create more opportunities for positive experiences with food in and out of the cafeteria. With a few months left until re-authorization, I urge my fellow nutrition advocates to join the NYC Alliance for CNR ([www.nyc4cnr.org](http://www.nyc4cnr.org)) by simply becoming more informed about the issues, or directly supporting their priorities and engaging in debate with policymakers.

*Interested in more food policy efforts in NYC? Be sure to attend future events hosted by the New York City Food Policy Center at Hunter College ([www.nycfoodpolicy.org](http://www.nycfoodpolicy.org)).*



# The Ban on Plastic Bags: Pros & Cons

By Stephanie Lang

On a recent visit to Los Angeles, I noticed something different. Since January 1, 2014, Los Angeles grocery stores are mandated to ban plastic carry-out bags.

Grocery stores all over the city display prominent signs at their entrances, reminding customers about the ban and to bring their own bags.

San Francisco was the first city in the United States to regulate plastic bags (2). Seattle, Washington D.C. and other cities across the country have similar laws.

Former New York City Mayor Michael Bloomberg proposed a five cent tax on plastic bags in 2009, but the plan was later dropped in a budget agreement with the City Council (2). In March 2014, the City Council began to consider a proposal to mandate a 10 cents charge per plastic and paper bag at most stores.

Under the Los Angeles ban, stores can provide paper bags made with at least 40% post-consumer recycled content, but must charge 10 cents for each one as an incentive to encourage reusable bags.

Farmer's markets, restaurants, and other food service providers are excluded from the ban.

## Plastic Bag Ban Pros:

- Intends to reduce landfill waste. Transporting waste to landfills costs a lot of money.
- An estimated 12 million barrels of oil are used to manufacture the bags Americans use each year, depleting the oil supply and contributing to CO<sub>2</sub> build-up in the atmosphere. (1)
- Producing fewer plastic bags could lessen the environmental costs of manufacture.
- Plastic bags can clog up storm drains, exacerbating flooding.
- An estimated 100,000 marine animals die each year from suffocating on or ingesting bags. (1)

## Plastic Bag Ban Cons and Questions:

- Is 10 cents enough to change behavior? Is a bag ban better or more effective in changing behavior than a tax on bags?
- Bags at the store are convenient for those spontaneous shopping trips.
- What will people use to clean up after their dogs and cats?
- Bags are useful for small waste bins at home.
- Are we taking away jobs from people who work to manufacture bags?

We may never get rid of plastic bags completely in the United States, but I am pleased to see that people are making more of an effort to use less plastic.

In New York City, many people order in food or pick something up from the store every single day. That's a lot of plastic bags! It seems simple: if everyone started to carry even one reusable bag with them in their purse, backpack, or pocket, we could significantly reduce plastic bag use.

Next time you are at the store, think before you bag.



(1) Climate Change: Plastic bags. One Bag at a Time. <http://www.onebagatime.com/planet/environmental-impact/climate-change/>

(2) Larsen J, Venkova S. Plastic Bag Bans Are Spreading in the United States. Earth Policy Institute. April 22, 2014. [http://www.earth-policy.org/plan\\_b\\_updates/2013/update122#Table](http://www.earth-policy.org/plan_b_updates/2013/update122#Table)

# Alumni Notes

*Each summer at The Grapevine Newsletter, we dedicate our issue to the Teachers College Program in Nutrition alumni. We love hearing about all of the different career paths that our graduates have taken. Feeling inspired? Reach out and make a connection!*

**Greta Breskin, MS, RD** graduated with an MS in Nutrition Education in 2013. She works as a retail dietitian at ShopRite Supermarkets, Inc. of New Rochelle, providing free nutrition services for the customers, associates and the community. Part of her work involves individual counseling, group nutrition education, and cooking demonstrations. [Greta.breskin@gmail.com](mailto:Greta.breskin@gmail.com)

**Christie Custodio-Lumsden, MS, PhD, RD, CDN** is a 2013 Teachers College graduate and a postdoctoral research scientist at Columbia University College of Dental Medicine. Her research is helping to expand the conduct of diet and oral health related research with young, underserved children in New York City. She designs and aids in the implementation of oral health-related interventions, develops and submits grant proposals to secure funding for research projects, and teaches a Research Methods course to Pediatric Dental Residents. [clc2123@columbia.edu](mailto:clc2123@columbia.edu)

**Gila Daman, MS, RD** graduated with an MS in Nutrition and Exercise Physiology in 2010. She currently works as a dietitian at Jacobi Medical Center, counseling patients ages 0-18 for overweight/obesity, underweight, diabetes, renal, food allergies, digestive disorders. She sees children as a delight to work with, and she is very much enjoying her role helping people become more empowered to make healthy changes. [giladaman@yahoo.com](mailto:giladaman@yahoo.com)

**Michelle Gross, MS, RD, CLC** graduated with an MS in Nutrition and Public Health in 2011. She works as a project coordinator at NYU School of Medicine/Bellevue Hospital Center, where she manages a USDA funded primary care based early child obesity prevention randomized control trial. The trial enrolls in low-income Hispanic women in pregnancy and follows them for 3 years with a nutrition education and parenting family group intervention. [michelle.gross@nyumc.org](mailto:michelle.gross@nyumc.org)

**Kerri-Ann Jennings, MS, RD** received her MS in Nutrition Education in 2010. She is a freelance health writer and nutrition coach, where she writes articles, blogs and recipes for websites and magazines, and conducts individual and family nutrition counseling and health coaching sessions. [info@kerriannjennings.com](mailto:info@kerriannjennings.com)

**Maggie Moon, MS, RD** graduated with an MS in Nutrition Education in 2007. She works as a senior manager of nutrition communications at Roll Global, where she manages domestic and international nutrition communications for healthy produce brands under the Wonderful Brands umbrella. Some of

*(Continued on the next page)*

## Alumni Notes

her work-related tasks/responsibilities include: program planning, budget management, project management and execution, spokesperson, media relations, content development, legal compliance, nutrition research. rd@maggiemoon.com

**Lizzy Pope, MS, RD** received her MS in Nutrition and Exercise Physiology in 2008. She is currently a Post-Doc at Cornell University. She works with Dr. Brian Wansink in Cornell's Food and Brand Lab where she researches ways to help make healthy eating choices easier and mindless. She also assists with teaching behavioral economics to undergraduate students. This fall, Pope will be starting as an assistant professor of nutrition and director of the didactic program in dietetics at the University of Vermont. efpope@uvm.edu

**Danielle Press, MS, RD** received her MS in Nutrition and Exercise Physiology in 2009. She currently works as a nutrition counselor at Riverfront Nutrition Associates, where she counsels patients with various health issues. danielleoo@gmail.com

**Jenna Rosenfeld, MS, RD** graduated with an MS in Nutrition Education in 2013. She works as a clinical dietitian (dietitian level III) at Kings County Hospital Center. Some of her duties there include: assess, document, and intervene to improve nutrition status of critically ill patients on multiple hospital units including ICUs, step down, and psych floors, and conduct weekly group nutrition education sessions with psychiatry patients to improve nutritional understanding prior to discharge. jenna.rosenfeld@gmail.com

**Dana Youkilis, MS, RD** received her MS in Nutrition Education in 2012. She works as the Farm to Preschool Manager of the Child Care Council of Nassau. Her responsibilities include running a farm to preschool grant, which incorporates farmers markets, garden education, and nutrition education for children, families, and staff of child care centers. As part of her job, she also writes newsletters, conducts cooking demos, and manages program evaluation. dyoukilis4@gmail.com

**Jacqueline Santora Zimmerman, MS, RD** received her MS in Nutrition Education in 2010. She is a nutritionist in the division of adolescent medicine at Cohen Children's Medical Center, part of the North Shore-LIJ Health Center. She primarily counsels adolescents with eating disorders, but she sees some weight management patients. In addition, she consults on the nutrition component of research being carried about by physicians and staff in the Division. jacq.zimmerman@gmail.com



# Alumni Spotlight

## Lauren Au, M.S., Ph.D., R.D.

*We recently caught up with Teachers College Nutrition alumnus, Lauren Au. Read on to get a taste of her career and to snag some valuable words of wisdom.*

### **What is your most memorable TC experience?**

Meeting all of my amazing friends during orientation and welcome week. I am still very close with my TC friends, especially friends from different majors.

### **Where do you currently work?**

U.S. Senate

### **What is your job title? Job responsibilities?**

I am a Legislative Fellow for Senator Gillibrand of New York. In my year in Congress, I have had the incredible experience of writing letters and garnering support from other Senators and House members to try to prevent SNAP cuts in the Farm Bill that would leave close to a million people hungry. SNAP is the Supplemental Nutrition Assistance Program, what used to be known as the food stamp program.

I also started working on child nutrition legislation that has great potential to be included in next year's reauthorization. One of my biggest achievements was helping the Senator lead a letter in Congress that would give some states more time to comply with a Farm Bill provision that would otherwise mean reducing food stamps for certain families by roughly \$90 a month. While we were not granted the extension, our letter was powerful in paving the way for Governors to announce that they would prevent food stamp cuts from happening in their states. In New York, that meant

that the Governor would help prevent \$457 million in food stamp cuts from happening this year! This will be, by far, the biggest impact I will ever have in nutrition.

### **What are your future career goals?**

I will be starting a research position at UC Berkeley this fall. I am very fortunate to be able to work with one of my nutrition role models, Patricia Crawford, DrPH, RD at the Center for Weight and Health. In this position, I will work on nutrition interventions and evaluations that will help inform important public policy decisions, such as WIC, school food environment, and food stamps.

### **What other jobs have you held besides your current position?**

Clinical Dietitian at Hospital for Special Surgery in NYC

### **What do you like to do in your free time?**

I'm an avid swimmer! I swam Alcatraz, Charles River, Hudson River, 8-miles in the Boston Harbor, and 11-miles in the Potomac River – all without a wetsuit!

### **What advice or words of wisdom can you offer TC students?**

- **Persistence:** It is a tough economy and you may not land the first job you apply to. Be persistent and push through failures. Determination and following-up goes a long way in the job market.
- **Balance:** Work life balance is incredibly important for reducing stress, staying motivated and healthy. You need to prioritize your time. It is okay to say “No” to things. Being able to swim almost every day has refreshed me to keep going through

the most frustrating and challenging life events. Swimming is my relaxation, what is yours?

- **Goals:** Set life and professional goals for yourself. It helps to stay on track and keeps you reaching for your end goals. I created a bucket list when I moved to Boston for my PhD. Now I am onto my post-PhD list. Dream big.

### **Anything else you would like to share about yourself?**

I have grit. Grit is being able to persevere through setbacks and challenges, while always moving forward. I constantly think of my 5 or 10-year life plan, both personally and professionally. While I understand not everything works out as planned, I like to have a framework. I am passionate about nutrition and chronic disease prevention. I love the nutrition field for how much it has changed in the past decade and how much there is still yet to tackle, including the obesity epidemic. Find what you love doing and work towards making it your career.

*Au has a B.S. in Dietetics from UC Berkeley (May 2007). She pursued her M.S. in Nutrition and Public Health from Teachers College (February 2009) and became an registered dietitian shortly thereafter. She went on to receive her Ph.D. from Tufts University in Food Policy & Applied Nutrition (May 2013).*



# Alumni Spotlight

## Christina Riley, M.S., R.D.

*We recently caught up with Teachers College Nutrition alumnus, Christina Riley. Read on to get a taste of her career and to find out about some of the local Australian food she tasted on a recent trip.*

### **How did you come to TC and the field of nutrition?**

During my undergrad, I went on a nutrition study abroad program in Peru. We provided nutrition education to low income mothers in the shantytowns outside of Lima to help prevent nutritional deficiencies in children. After this experience, I decided to focus my graduate work on nutrition education and came to TC because this was the best program in this area.

### **Where do you currently work?**

At USDA in Washington, D.C.

### **What is your job title? Job responsibilities?**

I am a Nutritionist in the Food Distribution Division and focus primarily on USDA Foods distribution to schools. I work to improve the nutrition quality of the foods made available to schools, work on policy initiatives and communications for the USDA Foods program, and provide technical assistance and support to states and school districts.

### **What do you like most/least about your work?**

I love that my work impacts nutrition programs across the country. This is an opportunity to make large scale changes to the food system. I also appreciate that my current role allows me to work on both nutrition and domestic agricultural issues.

### **What are your future career goals?**

I would like to stay with USDA and continue to support the work of the Food and Nutrition Service.

### **What other jobs have you held besides your current position?**

Prior to USDA, I worked at the NYC Department of Health and Mental Hygiene focusing on the development and implementation of the New York City Food Standards for City agencies. I also worked as a nutritionist for the Food Bank for New York City where I focused on improving the nutrition quality of the foods provided by soup kitchens and food pantries across the five boroughs.

### **What do you like to do in your free time?**

I love to travel and always enjoy exploring the food culture in each country I visit. I recently

took a trip to Australia and enjoyed sampling the kangaroo, passion fruit topped pavlova, and of course, the local wine.

*Riley has a B.S. in Food Science and Human Nutrition from the University of Illinois. She pursued her M.S. in Nutrition Education from Teachers College and became a registered dietitian shortly thereafter. Before she moved to Washington, D.C., Riley was very involved with the New York City Nutrition Education Network (NYCEN).*



## Out and About

### Just Food Conference Showed Me The Other Fate of Food

by Ian Ang

I learned a valuable lesson in food waste when I volunteered at the 2014 Just Food Conference this past April.

I signed up to volunteer on Day 1 of the conference, and was privileged to work with Marisa DeDominicis and Charlie Bayrer, the co-founders and directors of Earth Matter. Earth Matter is a New York based non-profit organization with a mission to reduce organic waste misdirected into garbage streams, through increasing composting efforts. The organization sees composting as both a science and an art.

My experience with Earth Matter showcased how easy it can be to increase composting efforts to help reduce landfill waste.

Just Food Conference is about bringing people together to learn about regional farm and food issues, CSA trends, and cooking and food preservation techniques, as well as ways to mobilize communities in order to increase access to farm-fresh, locally grown food. As such, one aspect of the conference included educating and involving attendees to help sort out their waste items for composting after meals.

During my short volunteer training, I learned that the waste from the conference would be sorted into four bins:

1) Beverages and sauces. They got flushed down the toilet!

2) Compostable waste items such as solid food scraps, compostable disposable tableware and napkins.

3) Recyclable waste items such as paper or plastic disposable tableware.

4) Non-compostable and non-recyclable trash such as food packaging and wrappers (these are usually mixed-material and are therefore too difficult to be recycled).

Then came the *art* of composting. After my brief training, I followed Marisa and Charlie as they went around Everett Lounge surveying the food being served and the potential waste, in particular the disposable tableware and food packaging.

Food sponsors like DAVIDs TEA brought their own house-brand paper cups. Even though the cups were touted to be made from recycled paper, upon dissection, we found that the cups contained an inner plastic lining of unknown properties. We decided to sort the cups as recyclable cardboard/paper as opposed to compostable waste.

In contrast, the cups, plates, and cutlery that were brought in directly by the Just Food Conference event organizers, were made from corn plastic and were clearly labeled as compostable.

The sorting was simple enough to follow for most of the conference attendees, with the guidance of Marisa and Charlie and the composting volunteers and signs.

It is estimated that worldwide, about 30 to 50 percent of the annual four billion metric tons of food produced is wasted. In New York City alone, out of the 14 million tons of waste that the city produces annually, half a million tons alone is food waste from restaurants and other commercial food-related establishments.

As we learn more about how to better improve our diets, and the quality of our food and our food system, it is important to not forget about the fate of food that does not make it into our bodies and that ends up as waste.

More conferences should follow suit in actively involving attendees to manage their food waste.

For more information on Just Food and Earth Matter, visit <http://justfood.org>, and <https://earthmatter.org>.

Ian Ang (left) and Earth Matter Co-Founder, Charlie Bayrer (right) in front of one of the waste stations with signs to help composting and efforts. Photo courtesy of Earth Matter Co-Founder, Marisa DeDominicis.



## Out and About

### Healthy Kitchens, Healthy Lives Conference

by Kathleen Mathis

A leadership conference bridging nutrition science, health care, and the culinary arts. That was the promise of the Healthy Kitchens, Healthy Lives conference that I attended over spring break. And boy did it deliver.

The conference is held annually at The Culinary Institute's Greystone campus in Napa Valley, and is sponsored by the Harvard School of Public Health, the Samueli Institute and The Culinary Institute of America (CIA). It brings together physicians, dietitians, and chefs to address the question, "How do we help people move in the direction of a healthier lifestyle and diet to prevent illness or manage illness that has already occurred?" as described by program co-founder David Einsenberg, MD.

The program presented state of the art nutrition science, and translated dietary advice into simple, delicious dishes that support good health. Harvard's Walter Willett, MD, DrPH presented evidence-based recommendations on how to optimize the diet, followed by cookbook author Mollie Katzen, who demonstrated Ten Perfect Plates replacing animal proteins and refined grains with produce, whole grains, nuts, and legumes.

Over the course of three full days, experts covered a comprehensive range of topics, from healthy carbohydrates and mindful eating to the latest online diet and exercise tools. In addition to attending the plenary presentations and cooking demonstrations, participants were able to choose culinary workshops led by CIA chefs, such as Sustainable Seafood, Healthy Flavors of Latin America, or How to Build a Better Breakfast. We even got a cooking lesson in CIA's teaching kitchen. The meals served throughout the conference were integrated into the curriculum, so that we could taste the dishes featured in the presentations.



Kathleen preparing almond-crusted halibut as part of the "Healthy Cooking with Nuts and Legumes" kitchen session

While much of the nutrition science was familiar to me from my TC nutrition courses, and while I can easily access healthy recipes and techniques from cookbooks and blogs, what made this conference so special was the linking and juxtaposition of the two. It jettisoned the learning to another level, creating a powerful synergy that left me energized, excited and inspired.



## Sports Nutrition

### Fueling My Body Through The Bear Mountain 50 Mile Race

by Anthony Wind

The beautifully rugged North Face Bear Mountain footrace took place on May 3<sup>rd</sup> in the Hudson Valley. The race took athletes down winding trails, up and down steep, rocky mountainside cliffs, and through old ghost towns towards the finish line 50 miles away.

The race started at 5AM in the glow of bonfires at the foot of Bear Mountain and progressed through 10 checkpoints. I climbed over 13,700 feet of elevation change in order to finish 22<sup>nd</sup> out of a field of 111 international athletes. I finished around 1:30 PM.

I used the American College of Sports Medicine (ACSM) guidelines to help me properly fuel throughout The Bear Mountain endurance race.

**BEFORE:** The night before the race is the most important time to know exactly what goes into your body. I wanted the meal to be light, with lower fat, and I wanted to cook it myself so that I could control the portions. Dinner the night before the race consisted of 4 cups of whole wheat pasta with 1 cup of spinach and tomato sauce, along with 1 cup of Greek yogurt and 1 granola bar. I went to bed early and relaxed with my race kit, shoes and bottles ready to roll.

Athletes are recommended to consume 1-4 grams of mostly simple CHO/kgBW 1-4 hours prior to the race, according to the Academy of Nutrition and Dietetics (AND) and ACSM

position statement. This allows for the liver energy stores to be topped off after a long night of sleep, which will translate to longer sustained bouts of faster running and helps to avoid burning mostly fat for fuel (also known as “hitting the wall”). Two hours prior to race time, I ate 2 cups of cereal with 1.5 cups of skim milk and 1 banana.

**DURING:** 30-60 grams of carbohydrate per hour should be consumed during the event at a solution of ideally 7%. This reduces the chance for stomach ache and maximizes absorption, continuing a nice flow of glucose into the bloodstream for energy, so that stored energy (glycogen) can be preserved or replaced if already depleted. I calculated that each of my 3 bottles would contain 4 scoops of PowerBar Perform Sports Drink mixed with water, which calculated to 80 grams of carbs and 320 calories to be sipped every 10 minutes during each hour so I knew (at least until the first 2 checkpoints) exactly what I was putting into my body for fuel.

Later, each aid station offered sports drinks, so I filled my bottle with  $\frac{3}{4}$  of Clif Bar electrolyte drink and  $\frac{1}{4}$  water solution giving me about 60 grams/hour of carbohydrate and 240 calories. To supplement, I ate 2 russet potatoes with salt, 2 bananas, and then about 8 PowerBar gel packs.

**AFTER:** About 25 grams of high quality protein mixed with 1-1.5g/kgBW grams of good complex/

simple carbohydrates should be consumed within the first 1-2 hours after the race and again for every 4-6 hours during the day. At this time, the body is refilling its energy stores as well as synthesizing new enzymes for growth and repairing the muscle fibers that propelled me forward during the event (ACSM). My post race meal consisted of a sausage on a whole wheat bun, 1 cup of pasta salad with Italian dressing and an oatmeal cookie. Two hours later, I had a 6 oz steak and 1 cup of steamed vegetables with nachos and salsa.

The following day, I made sure to take it easy, foam roll my sore legs, and take an ice bath to reduce the inflammation. I also started planning my training schedule to safely and smoothly transition back into the next phase of training for my next race in Washington D.C.

*As a result of his recovery process, consistent training, and utilization of proper nutrition after his first race, Anthony Wind finished 1<sup>st</sup> at the NorthFace 50 Mile Endurance Challenge located on the Potomac River and Great Falls Park in Virginia a month later in June!*

To read about the full race adventure and to learn a bit more about my fueling, check out my blog: <http://anthony-wind.blogspot.com/>

Reference:

1) Rodriguez N.R., DiMarco N.M., Langley S. (2009). Nutrition and athletic performance. *American College of Sports Medicine (ACSM)*, 709-731

# The Athlete's Plate: Staying Hydrated During Sports and Exercise

by Lindsay Smith

Recently in the sports world, there has been a huge media craze surrounding LeBron James and his leg cramping during game 1 of the NBA finals. During the game, the air conditioner went out at the facility, creating a sauna-like atmosphere which in turn led to a large loss of fluids through sweating and a difficulty in staying cool. This eventually contributed to James's cramping.

Even though he was reportedly drinking sips of Powerade during the game, and even though he did his normal routine for fluids on the days before the game, the hot and humid conditions were unexpected.



Physical exercise can promote high sweat rates and substantial water and electrolyte losses, especially in warm and hot weather. If sweat water and electrolyte losses are not replaced, then an individual will dehydrate during physical activity. Excessive dehydration can degrade exercise performance (2).

Due to LeBron's incident, jokes are being made about Powerade and Gatorade in the media. However, it is important to look at the effects of different drink choices in order to fully decide which one provides the best hydration for participating in high heat and intensity sports, so that athletes can always prepare themselves properly before competition.

Since there is considerable variability in sweating rates and sweat electrolyte content between individuals, customized fluid replacement programs are recommended (2). Individual sweat rates can be estimated by measuring body weight before and after exercise.

While LeBron and the others did not have the privilege of knowing the temperature of the gym, LeBron knew that he had cramps in the past. He should therefore always prepare before a game with extra fluids and electrolytes for his particular situation during the days before a game.

The American College of Sports Medicine (ACSM) position stand on exercise and fluid replacement shows that the goal of pre-hydrating is to start the physical activity euhydrated or under "normal" body water content, and with normal plasma electrolyte levels. When hydrating prior to exercise, an individual should slowly drink beverages (for example, ~5-7 mL/kg body weight) at least four hours before the exercise task (2).

Drinking during exercise helps prevent excessive dehydration (92% body water loss from water deficit) and excessive changes in electrolyte balance to avoid compromised exercise performance. The amount and rate of fluid replacement depends upon the individual sweating rate, exercise duration, and opportunities to drink. Individuals should periodically drink (as opportunities allow) during exercise, if it is expected they will become excessively dehydrated (2).

During exercise, consuming beverages containing electrolytes and carbohydrates can provide benefits over water along under certain circumstances (2). After exercise, the goal is to replace fluid and electrolyte deficits. LeBron had the right idea by choosing a sports drink like Powerade. The problem was that he only started drinking it in sufficient amounts when the air conditioner went out in the gym.

Other current research that has gained some popularity in the sports nutrition

world focuses on pickle juice. Pickle Juice? Some athletes have been known to drink jars of it. However, there is a lot of controversy since pickle juice could possibly prolong dehydration instead of help out an athlete.

Muscle cramps can be caused by muscle fatigue, or possibly by a large loss of fluids and electrolytes in athletes during exercise. Due to this, many health care professionals recommend that athletes consume a large amount of fluids and add appropriate amounts of sodium to the drink. When it comes to pickle juice, only about 25% of certified athletic trainers advocate it because even though it has shown to relieve cramps within 30 to 35 seconds, research has shown no electrolyte changes, and large portions can lead to dehydration (1).

For elite and competitive athletes, sports drinks are definitely needed in order to fuel athletes and replenish mineral stores through high heat and high intensity activity.

Not everyone needs sports drinks to hydrate, only athletes that are participating in high intensity exercise during high heat times. Sports drinks tend to be very caloric, and the average person does not need the same requirements as an elite athlete.

Nonetheless, while one cannot do anything once dehydration has hit, there are many things to do to prepare for the heat. Loading up on fluids and electrolytes beforehand, throughout activity, and after activity can help athletes from "Lebroning" and becoming dehydrated. Who's thirsty?!

#### References:

- 1) Miller KC. Electrolyte and Plasma Changes after Ingestion of Pickle Juice, water, and a common carbohydrate-electrolyte solution. *Journal of Athletic Training*. 2009; 44(5):454-461.
- 2) Sawka MN, Burke LM, Eichner ER, Maughan RJ, Montain SJ, Stachenfeld NS. American College of Sports Medicine position stand. Exercise and fluid replacement. *Med Sci Sports Exerc*. 2007; 39(2):377-90

# Grow It All--Inspiration Via Urban Farming

by Tyffanie Ammeter

On April 9, 2014, 20 Teachers College Nutrition students attended the potluck film screening of "Growing Cities" at faculty member Pam Koch's home. After snacking on the delicious food, we packed into the living room and were whisked into a trip exploring the rise of urban farming around the United States. One of the highlighted farms in the film is Growing Power Inc., located in Milwaukee, WI. I was so inspired by the film and the work at Growing Power that I decided to check out the farm in person.

Growing Power is a nonprofit farm organization started by the formerly-pro basketball player Will Allen. Allen began the farm in 1992 and strategically located it in a neighborhood that has the largest housing project in all of Milwaukee and no major supermarkets. He wanted to bring high-quality, affordable fresh produce to the neighborhood, and provide stable jobs for many local residents. Growing Power grows foods and raises animals on the 3.5 acre land that I visited, and has seven other locations around Wisconsin and Chicago that combine to over 300 acres! Besides growing food, the organization also concentrates on performing outreach through education in schools, and does its own research on the benefits and sustainability of its two major foci: composting and aquaponics.



*Panoramic shot of Growing Power Inc. in Milwaukee*

Producing high quality compost for all of the Growing Power farming operations is key, because the quality of the medium in which food is grown determines the ultimate quality of that food. Through partnerships with multiple restaurants, corporate cafeterias, and universities, Growing Power composts of over 400,000 pounds of food waste per week. Red wiggler worms, wood chips from local farmers, and beer mash from local brewers help turn all of that food waste into nutrient-rich compost, which is then distributed to the plants.

The aquaponic systems used at Growing Power serve to maximize space through vertical farming, and to sustainably raise tilapia and perch, which are sold at the farm store and through a CSA. Aquaponics is a closed loop system where the water in which the fish swim is circulated through the plants. This eliminates the need for soil because the fish waste provides adequate nutrients and pH for the plants. The farm also grows a variety of microgreens, watercress, peppers, and tomatoes using this system. They even have a greenhouse dedicated to researching the efficiency and economic stability of the aquaponic system, and the viability of starting a fish hatchery.

My favorite part of the farm tour was getting to see the goats they raise. They use the goat manure in the compost, and hope to produce enough goat milk in the future for cheese and milk sales. The farm also has chickens on site, selling their eggs throughout the year...up to 450 cage free eggs per day!

I was thoroughly impressed with the Growing Power farm operations and the community work they do. I highly recommend visiting any urban farms in your neighborhood and watching Growing Cities, especially if there aren't any farms near you to visit. The film might inspire you to start your own!

## On The (Dietetic) Internship Front

by Abigail Robinson

Within two weeks of finishing classes at Teachers College, I moved to Detroit, and started a dietetic internship (DI) at Beaumont Health System in January. I chose this DI because it's 9 months, clinically-focused, and at a large teaching hospital. Arriving in the middle of the worst Michigan winter was fun - and by fun, I actually mean *not*. fun. With so much snow every weekend, most of my free time was spent indoors, taking cat pictures.

After three days of orientation, we were thrown into clinical rotations where we worked up to seeing six or seven patients each day. Seeing a patient involved reading the medical record, completing a nutrition assessment, talking to the nurses, and interviewing the patient. So far I finished rotations in GI, neurology, diabetes, dialysis, organ transplant, and enteral nutrition. For those of you worrying about remembering every detail from Medical Nutrition Therapy...you *are* prepared for the DI! And yes, we use Problem-Etiology-Signs and Symptoms (PES) statements every day.

Probably the most memorable moment during the DI was the Modified Barium Swallow (the test for dysphagia). While watching the X-ray, I started to feel nauseous. I asked the tech "if I could go the bath--" The next thing I knew, I woke up, sweating, sitting in a chair, with no idea how I got there! I had fainted, and the resident caught me before I hit the floor. The internship director now calls me a "fainting risk," so I'm probably never going to be allowed to watch anything cool again.

Moving away from my comfort zone of NYC to Detroit has been an adventure - it's an exciting time to be in Detroit. For those of you thinking about applying to clinical-based internships, shadow a hospital-dietitian and really get a sense of what his/her daily life entails. You don't want to end up in a hospital for 30+ weeks if clinical is not your passion. Looking forward to the next few months of my Michigan adventure!

## GARDENING FOR DUMMIES--PART I

By Tiffany Chag

**G**ardening for Dummies. I'm sure this book exists. I don't own it, although I probably should. I own *The Big Necessity* a book on human waste, and *Stiff*, a book on cadavers, but nothing that tells me what grows best in certain environments, when I should plant seeds, how much water or sun they need, or any other of the rather important details that might be useful when trying to create a thriving garden.

When my partner and I moved to New York City from San Francisco two years ago so I could attend Teachers College, we managed to land in an apartment with outdoor space. Of course, we also have to climb a ladder to get into our bed, but I digress. We moved in December 1, and, despite the wintry weather, immediately began imagining the amazing garden we could have within arm's reach: abundant, leafy greens for a summer's worth of salads and fresh cucumber snapped from the stem for snacking.



Things started out well enough. We went to several plant shops and stocked up on organic soil, seeds, a watering pot, and a fake owl (I couldn't resist, but you should). We skipped with excitement as we left those stores; we were carrying potential in our arms.

We planted those little seeds in our nice organic soil and filled our yellow watering pot day in and day out. Then, we hoped. We hoped a lot. And we stared at the soil. A lot. Miraculously, things did sprout. The Mesclun lettuce we planted grew. The French Breakfast radishes started to bulb at the soil line. We even managed to get a few cucumbers, but the spinach took off so fast it went to seed before we cut it—fail #1. The arugula never quite took to its container, soil, or anything for that matter. It stayed squat and dry, unwilling to participate in our efforts—fail #2.



Then, as summer continued, our promising cucumbers decided to stop growing. They remained about the size and shape of golf balls and turned an off shade of yellow—fail #3. You might be asking if we ate anything from our garden that first year. In fact, we did. We got 12 radishes and enough Mesclun to make a single salad. We also had rosemary and oregano. These herbs apparently grow in any situation, but I like to think it was our collective green thumb shining through.

Gardening wasn't exactly what I had imagined. We didn't have enough to feed ourselves for the summer, or a week, or a day. But, we did play in the dirt and watch our food grow. And, I'll tell you; those radishes and single salad were the best I'd ever had.

**H**ey, did you hear the news? We're in the midst of a green revolution! With farm-to-table restaurants putting down roots, so to speak, all of over this fine city, vegetables have officially stepped out from the sidelines and into the spotlight. And, as budding nutritionists and dietitians, we certainly love our veggies - which is why Dirt Candy (get it?) was a natural pick for this issue's restaurant review.

From the moment you walk in the door, on a quiet block in the East Village, it is abundantly clear that this isn't your typical vegetarian restaurant. For one, it doesn't smell like a Bikram yoga studio, and they play music other than instrumental sitar. It's also incredibly tiny, with a handful of tables and their accompanying three-legged chairs. Despite it's minuscule size, the space somehow doesn't feel cramped, and intimate proximity with your neighbors and their dishes can be helpful in selecting from the fantastic menu options. Really, the only detriment of its "coziness" is the difficulty in getting a reservation here, but more on that later.

Rather than creating vegetarian versions of classically meat-based dishes, either by eliminating it or, worse, substituting with truly awful fake meat, Chef Amanda Cohen instead celebrates vegetables. No longer an accessory to your meal, Dirt Candy turns out dishes fun and exciting enough for

vegetables to carry the main event. As the former chef de cuisine at the all-raw Pure Food and Wine, Cohen is no stranger to these gifts from the Earth.

At Dirt Candy, her first restaurant, vegetables are the stars of the show, right down to the names of the dishes, simply "Mushroom" or "Broccoli", though they are so much more than just that. With a menu boasting such diverse and interesting items, even a carnivore like Guy Fieri wouldn't notice the absence of his precious meat. As their website aptly puts it, "anyone can cook a hamburger, leave the vegetables to the professionals." Vegans will be pleased too, as it is freely advertised when you are seated that anything on the menu can be made vegan.

Although the restaurant and chef have been getting serious press for a while now, there is no air of pretension here. The service is ultra-friendly, and the open kitchen diminishes the distance between patron and chef, both literally and figuratively.

The wine list is short, but sweet, with descriptions written for the masses. While I'm sure there is a lot to appreciate about notes of oak, fruit, and tar, the average consumer (namely, me and my dining companion) may not necessarily pick up on or care about such things. The list is written in the first person, and evokes the sense that a friend is

making the recommendation, rather than a far-removed sommelier. When we read about a "a very freaky natural Chardonnay that is left sitting in its grape skins for so long that it develops a delicious, addictive funkiness, almost like kimchi" ([Les Tempes des Cerises Chardonnay 2011](#)), we had to try it. And wouldn't you know, it sort of tasted like kimchi! They also offer wines by the half glass, so you can channel your inner Hoda and/or Kathy Lee and try a different one with each course.

Okay, let's talk food. To start, you must, must, must get the Jalepeño Hush Puppies (\$6) - no ifs, ands, or hushes about it. The spicy hush puppies, with a fluffy interior and perfectly fried exterior, served alongside sweet maple butter, is a deliciously addictive combination. Be sure to hang on to your bread basket, so any extra maple butter need not go to waste.



The Hush Puppies

In addition to the pups, we appetized further with the Mushroom (\$13) and Spinach (\$12).

*(Continued on the next page)*

**Dirt Candy**

**Address:** 430 E 9th St (between 1st Ave and Ave A); 86 Allen St as of Fall 2015.

**Reservations:** By phone (212-228-7732) or online at [OpenTable.com](#)

**Notes:** Veg(etari)an; dinner service only; make reservations well in advance; worth the price for quality, presentation and innovativeness; save room for dessert; beware of three-legged chairs!

**Cookbook?:** Yes, and it's a comic book! How cool is that? Available at bookstores, Amazon and the Dirt Candy

## RESTAURANT REVIEW: DIRT CANDY

By Jessica Laifer

The Mushroom consists of just that, sliced mushrooms, beautifully presented along with a light and flavorful portobello mousse, and perfect for layering atop the accompanying truffled toast with a pear and fennel compote. The Spinach, which is unfortunately no longer available due to seasonal changes, was a unique version of Spanikopita (Spinachkopita!), a tower of spinach and garlic mousse, smoked pistachio “butter” (made with ricotta and absolutely no butter), and grapefruit ricotta, each sandwiched by a layer of spinach mille feuille, rather than phyllo dough. It was complemented well by a side salad of smoked pistachios, lilac spinach, and dehydrated grapefruit, with a drizzle of oregano oil and pickled garlic. Now if that’s not a work of art, I don’t know what is.



The Spinach

After much deliberation, we chose for our entrees the Beets (\$20) and Corn (\$19). The former is a blend of salt-roasted beets, thai green curry, bite-sized beet gnocchi, and whipped coconut galangal cream, a salty-sweet dish almost too beautiful to eat, but too delicious not to.



The Beets

The Corn consists of a down-home combination of stone ground grits, corn cream, pickled shiitakes, huitlacoche (yep - that’s corn fungus, folks!), and a tempura poached egg. This rich and filling entree will please even the most vegetable-averse. It is, simply, a must-order.



The Corn

The onslaught of vegetables doesn’t stop with dessert. Cohen’s innovative take on the Nanaimo Bar (\$11), a popular Canadian dessert, stacks a sweet pea and

mint ice cream over some cream and a cookie base, and is topped with a thick layer of frozen chocolate. As refreshing as a scoop of mint chocolate chip, only better by leaps and bounds.



Nanaimo Bar

We also had the Popcorn Pudding (\$11), with a subtle sweetness and slightly grainy texture, and served with salted caramel corn. Although relatively pricey, the desserts here are not to be missed. Like the other courses, there are only four options for dessert, and I can just about guarantee this will be the most difficult category for you to choose from.

Reservations are accepted up to three months in advance, and right now, that’s about how long it will take you to get one. They do accept walk-ins, so you can certainly take your chances in case of a last-minute cancellation. The good news is Dirt Candy is moving to a bigger space on the Lower East Side next fall, so reservations should be easier to come by in the near future. For the time being, though, you’ll have to continue hitting “refresh” on OpenTable.

### Dirt Candy

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# Envisioning Nutrition in a SANE-r World

By Casey Luber

While “saner” isn’t a word you’ll find in the dictionary, it does represent a growing student organization taking root within the Nutrition Department of Teachers College.

SANE stands for Sustainable Agriculture Nutrition Educators, and welcomes all students to join in its mission of discussing and promoting current research and events surrounding the relationship between dietary behavior and sustainable agriculture.



Inspired by Dr. Joan Gussow’s Nutrition Ecology course, SANE members share a common belief in the interconnectedness of environmental, ecological issues and our beliefs, habits, and consumption patterns of food.

As an organization we recognize the breadth of issues that affect our environment and food choices- from hydraulic fracturing to genetically modified organisms- and we aspire to use our collective voice to educate others about these issues and produce change for the better.

In our infancy we held a handful of meetings to discuss current petitions and movements related to agriculture and nutrition, and we took field trips to study organic farming methods at the Stone Barns Center and The Rodale Institute.

Most recently, we engaged in an informal partnership with the national advocacy group Food and Water Watch. Eric Weltman, the senior organizer for the organization in New York, joined SANE during a recent gathering to encourage our involvement on a local level. He believes we are a group of individuals who can mobilize others through education and by providing opportunities for action, for example, by being a presence at anti-fracking rallies, speaking to local and federal representatives about the misuse of antibiotics in animal agriculture, and signing petitions in support of GMO labeling.

Not only does SANE hope to utilize the resources and partnership provided by Food and Water Watch, but we also hope to employ all of the intellect, talent, and passion of our fellow nutrition students and the greater Teachers College community to become a unified presence in both the fields of ecology and nutrition.

SANE looks forward to engaging with new and current students, dietetic interns, and alumni on current and future efforts. Be sure to look out for more SANE news and calls to action throughout the remainder of the summer and as the fall semester unfolds. We look forward to creating a “sane-r” world with you!

*To get involved, contact Jack Taliercio at [sanefoodweb@gmail.com](mailto:sanefoodweb@gmail.com).*



## RECIPE CORNER

*Keep your ovens and stoves off during the heat this summer and whip up a batch of this refreshing No-Cook Watermelon Tabouleh. All it takes is a little chopping and dicing the night before. You'll find most ingredients at your local farmers market!*

*-Jacki*



## No-Cook Watermelon Tabouleh

Yields 4 servings

- 1** teaspoon lemon zest
- 1/4** cup lemon juice
- 3** tablespoons of olive oil
- 1/4** teaspoon salt
- 1/4** cup bulgur wheat
- 1/2** cup minced onion (about **1** medium onion)
- 1** cup of finely chopped parsley (about **1** bunch)
- 1** cup cucumber chopped into **1/2** inch cubes (about **1** medium-sized cucumber)
- 1** and **1/2** cup watermelon chopped into **1/2** inch cubes
- ground black pepper to taste**



Recipe by **Jacqueline Zuckerberg**

1) The night before, mix together olive oil, lemon juice, lemon zest, salt, and bulgur wheat in a small bowl. Cover and put in the fridge.

2) Mix together onion, parsley, cucumber, and watermelon in a large bowl. Cover and put in the fridge.

3) The next day, add the lemon/oil mixture to the larger bowl of prepped fruit/veggies. Stir well, add pepper.

4) Serve and enjoy!

*\*\*Gluten allergy? I've made this many times with cooked quinoa and it's delicious.\*\**

## Piña Colada Pops

Makes 6-8 pops,  
depending on the mold

- 1** can of low-fat coconut milk [or full-fat]
- 1** banana
- 1** cup diced pineapple, fresh or frozen
- Juice of one lime**
- 3** tablespoons unsweetened shredded coconut



Recipe by **Jeanne Petrucci**

1) Place ingredients into your high-speed blender and process until creamy.

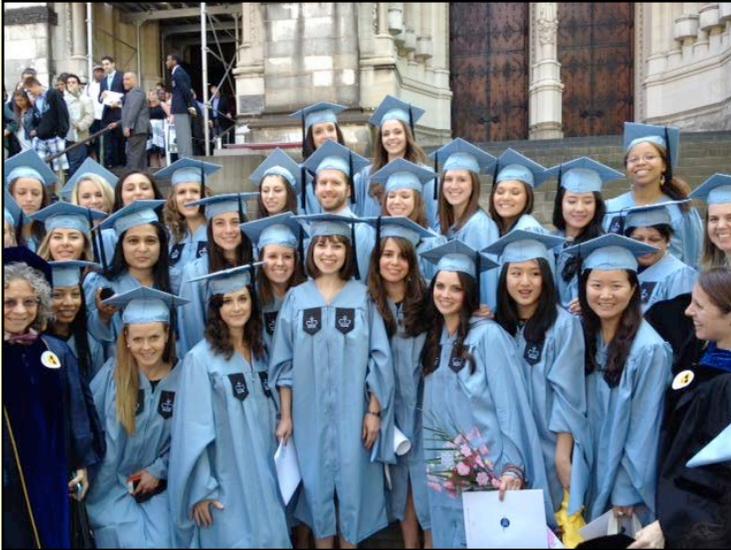
2) Pour into pop molds and freeze overnight or for at least 10 hours.

3) You could also use a Zoku quick pop maker or Dixie cups. If using Dixie cups, you will need to stabilize the stick by anchoring a banana slice in the bottom of the cup before filling.

*Save some money and lose the added sugars of purchased ice pops. These tropical treats are creamy and dense – serve them at your next summer soirée and watch everyone smile.*

*-Jeanne*

# Student Snapshots



Congratulations to the 2014 Graduating Class!



Doctoral student Marissa Burgermaster standing with her poster (and with Hee-won Lee and Matt Graziose) at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA) conference.



The Program in Nutrition's student-organized happy hour. A great opportunity to meet new people in the program and socialize outside of class.



Last day of Dr. Contento's Seminar in Nutrition Education. Toasting to a great semester.

Dr. Wolf and some of her students from Analysis of Current Literature touring the New York Times newsroom with health writer Anahad O'Connor.



Have a great summer!

-The Grapevine