

the bite

DEC 2019
ISSUE 04

RAISE YOUR GLASS

AND SAY CHEERS TO THE NEW YEAR!
WE HAVE A LOT IN STORE FOR YOU IN
SPRING 2020!

DO YOU HEAR WHAT I HEAR

FALL 2019 IS OVER. WE HOPE YOU
ENJOY YOUR WELL DESERVED WINTER
BREAK WITH YOUR LOVED ONES



So long, Farewell

I flit, I float, I fleetly flee, I fly

*The sun has gone to bed and so must I
So long, farewell, auf Wiedersehen, goodbye!*

Good bye Fall 2019 and hello Winter 2019! We hope you have enjoyed this exciting semester. From receiving our first female President at SFSU to also establishing our first permanent food pantry downstairs in the Cesar Chavez Student Center. There are many SFSU achievements to be proud of and inspired by this semester. We are ever so grateful and cannot wait for the new experiences and successes 2020 has to offer.



Thank you Gators for supporting our SNDA Student Club. The effort we all put into this organization, our passion for our field, and our desires to grow as professionals are factors that contribute to the success of SNDA and the opportunities it can provide.

Now that we are saying goodbye to Fall 2019, I wanted to compile a small list of SNDA achievements, on Page 4, to give thanks to the wonderful members who make these opportunities possible.

Our student leaders excel in their responsibilities to give back to their communities and coordinate club or sub-committee events. A few of them are graduating by the end of Spring 2020. If you see them around, feel free to say "hello!" and connect with them to learn from the experiences they've

accumulated in their undergraduate journey. At the SNDA, community is a core value we strive to establish. Without community, there would be no nurturing peer to peer education or support. As Nutrition and Dietetic students complete their pre-requisite courses and begin to take major specific classes, we start to notice that we see classmates who share many of the same classes as us. I encourage you to be brave and connect with others to grow academically together.

As we move forward with Winter and Spring, I hope that all of our wonderful members are able to relax and enjoy their winter break to the fullest. Thank you for supporting our students and making this club a wonderful community for all.

Happy Holidays!
SNDA



In Community

1. GUEST SPEAKERS

Brooke Eyer from Ample Nutrition, Kelly Powers from 52 Weeks, and more! SNDA connects students to guest speakers and SFSU alumni who are in many fields of nutrition and dietetics.

2. CAND UPDATES

Our CAND representatives attend Bay Area meetings and updates us on information from the California Academy of Nutrition and Dietetics! We are so grateful to have representatives who have CAND memberships and can connect students to many nutrition resources and/or events!

3. SFSU CONNECTED

We make an effort to connect SNDA members to other SFSU resources and important dates to know through our social media, newsletter, and email updates.

4. REPRESENTATION & EXPERIENCE

Looking to get your name out there? Need someone to show you the ropes? We have many sub-committees for SNDA members to join and gain experience from. Our student organization provides academic and peer support to students in the nutrition and dietetics field.

5. DI INTERNSHIP

We host Dietetic Internship workshops to guide our students through their DICAS application process! Are you interested in an internship after graduation? Would you like to know more about masters programs in nutrition and dietetics? Check out our October newsletter and our DPD collaborative site on iLearn for more information!



SNDA SOCIAL MEDIA RESOURCES

SHAMELESS PROMO

Join us on social media to get weekly updates!



<https://www.facebook.com/SFstateSNDA/>



@sfsu.snda



<https://www.sfsu-sda.com>

CHECK OUT THESE SFSU RESOURCES

OPPORTUNITIES TO EXPAND YOUR EDUCATION AND PRACTICE ON CAMPUS

Google these SFSU services to learn more!



**ASSOCIATED STUDENTS
GATOR GROCERIES**

WEEKLY FOOD DISTRIBUTION
Every Monday
12:30PM - 3:00PM
Annex 1

EMERGENCY MEALS & SNACKS
Every Wednesday & Thursday
1:00PM - 6:00PM
Cesar Chavez Student Center
Recreation & Dining Level

AS



Dates to know

SNDA

FEB 15

DICAS dietetic internship deadline by 11:59 pm Central Time

APR 5

DICAS Applicant matching results

SPRING 2020

SNDA Schedule TBD

SFSU

DEC 25 - JAN 1

Winter Break

JAN 2

Winter session begins

JAN 20

Dr. Martin Luther King Jr Holiday

JAN 27

Spring '20 First Day of Instruction

VOLUNTEER

SPRING 2020

Deadline to apply for HPW Ambassador Program: Wednesday, January 22, 2020 by 5 PM.

Volunteers Wanted Gain experience in Nutrition and Food Services!
Contact Jessica Fruitman
jessica.fruitman@va.gov

the end

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WE HOPE YOU ENJOYED THE DECEMBER
FALL 2019 SNDA NEWSLETTER