

# the bite



JAN 2020  
ISSUE 05

## NEW YEAR NEW NEWSLETTER

WELCOME TO SPRING 2020. WE ARE READY TO HARVEST THE FRUITFUL OPPORTUNITIES THE NEW YEAR OFFERS!

## A SPECIAL TREAT

FOR THIS MONTH ONLY, WE'RE SERVING YOU SOME FRESH TEA ON THE CHINESE LUNAR NEW YEAR





# Happy New Year!


Chúc mừng năm mới (Vietnamese)

Gong hei fat choy (Cantonese)

Gong xi fa cai (Mandarin)

There are many ways to say Happy New Year! For the SNDA's January 2020 edition, we'd like to introduce to you a few fun facts about Chinese New Years or Lunar New Years.

We hope you enjoy!

 Tina Nguyen



# Year of the Rat



2020 celebrates the rat zodiac. These nocturnal mammals symbolize intelligence, wit, wealth, abundance, and fertility. They are believed to be alert, adaptable, observant, spirited, and stubborn! Legend tells that this cunning critter won first place in a race to a party hosted by the Jade Emperor. The Emperor wanted to define the order of the zodiac animals for the Lunar Calendar. The rat won the race by hitching along its companions and eventually sprinting past them. What a sneaky beastie!

## Reading into Red

Red is a fiery bold color that is believed to bring good luck and fortune, protection from unwanted negative energy, and everlasting festivities and joy for the new year.

## Finding meaning in Food and Farm

Many cultures celebrating the Chinese or Lunar New Year may begin their first celebratory meal as vegetarian or abstain from eating meat throughout the first day.

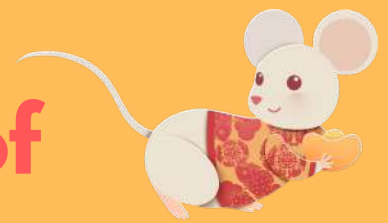
This tradition stems from Buddhist tradition. A vegetarian diet is believed to foster purity and cleansing for the mind, body, and soul.

This holiday is celebrated mid to late winter in accordance to the Chinese Lunar Calendar. This is the perfect time for farmers to relax, celebrate, and pray with their families before spring agriculture begins!





# Tray of Togetherness



The Chinese New Year Tray of Togetherness is rich with traditional Chinese New Year treats that personify various fortunes. Here is a simple list of what these delicious snacks symbolize:

## **FORTUNE, SUCCESS, PROSPERITY**

Dried Kumquats, Sesame Balls, Dried Sweet Potato, Gold Chocolate Coins, Cashews, Dried Candied Pineapple, Mandarins

## **FERTILITY, ABUNDANCE**

Red Watermelon Seed, Black Watermelon Seed, Dried Candied Lotus Seed and Root

## **FAMILY, UNITY, TOGETHERNESS, COMMUNITY**

Candied Water Chestnuts, Candied Coconut

## **GROWTH, LONGEVITY, AND GOOD HEALTH**

Dried Candied Winter Melon, Candied Ginger, Dried Peanuts

## **SWEET HAPPINESS AHEAD**

Fruit Candies, Red Candies and Sweets, Pistachios

## **GOOD LUCK**

Dried Red Dates

## **MANY GOOD SONS**

Dried Candied Longans



# 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**  
SAN FRANCISCO STATE UNIVERSITY



SF  
STATE

DINING SERVICES



HEALTH  
PROMOTION  
& WELLNESS



FOOD\*SHELTER\*SUCCESS  
S.F. STATE BASIC NEEDS INITIATIVE

**ASSOCIATED STUDENTS**  
**GATOR GROCERIES**

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

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

**AS** @as\_sfsu @sfsu.edu



# Dates to know

## SNDA

**FEB 15**

DICAS dietetic internship deadline by 11:59 pm Central Time

**FEB 18**

Guest Speaker:  
Hanna Rifkin, RD  
SFSU DPD, GGDI  
9:00 AM - 10:00 AM  
Student Health Services -  
Conference Room

## SFSU

**FEB 14**

Last Day to Drop without  
withdrawal

**FEB 21**

Graduation Application  
Deadline

**MAR 23 - 28**

Spring '20 Break/Recess

## VOLUNTEER

**SPRING 2020**

Deadline to apply for  
CalFresh Navi-Gator  
Program: Wednesday,  
February 5th, 2020.  
Email for more info:  
[calfresh@sfsu.edu](mailto:calfresh@sfsu.edu)

Volunteers Wanted  
Gain experience in  
Nutrition and Food  
Services!  
Contact Jessica Fruitman  
[jessica.fruitman@va.gov](mailto:jessica.fruitman@va.gov)

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# the end

WE HOPE YOU ENJOYED THE JANUARY  
SPRING 2020 SNDA NEWSLETTER