

the bite

MAR 2020
ISSUE 07

COVID-19

FACE TO FACE CLASSES AND EVENTS HAVE BEEN CANCELED UNTIL FURTHER NOTICE. HERE ARE A FEW IMPORTANT INFORMATION TO CONSIDER FROM THE WHO, CDC, AND SFSU'S BASIC NEED.

NATIONAL NUTRITION MONTH

HAPPY NATIONAL NUTRITION MONTH IN MARCH! MORE SPECIFICALLY, HAPPY REGISTERED DIETITIAN AND DIETITIAN TECHNICIAN DAY!



Food Security and Justice Heroes

The United Nations estimates the world's population will reach 9.7 billion By 2050, The United Nations estimates that human population will reach 9.7 billion. Will there be enough food available to support our ever increasing numbers? Initiatives in food security and sustainability are important in meeting the hunger needs of the growing population in a manner than is ethical and conscious in carbon footprint. To meet this goal Registered Dietitians unify to promote and provide access to healthy, safe, affordable food. Registered Dietitian Nutritionists are committed to improving the health of the communities they serve. As food continues to evolve and adapt in trends that meet social, cultural, and consumer needs - Registered Dietitians and the Academy serve as credible professionals knowledgable in science and evidence based nutrition with the ability to translate this information into practicle soultions for healthy living. Thank you to all the RDs and NDTRs working in health, food, and nutrition.



Q: What do you love about food?



"Different flavors make my taste buds happy!"

-Natalie.S

"I love that it tastes good and if I'm in a bad mood it can change it for the better!"

-Bryan

"I love the social, wellness and over all joy food brings to my life. Food brings people together, food is nourishing to our bodies and food can bring us simple pleasure when cooking, eating or smelling it!"

-Corin. L

"It gets me out of my head and into my senses. Taste, smell, sight and touch"

-Maggie. T

"I love the variety of flavors and cultures food brings. I also love that food is a great bonding experience to share with people and enjoy together."

-Alana. S

"Food is comforting and makes me forget about stuff going on because when I eat I focus on the pleasure of eating."

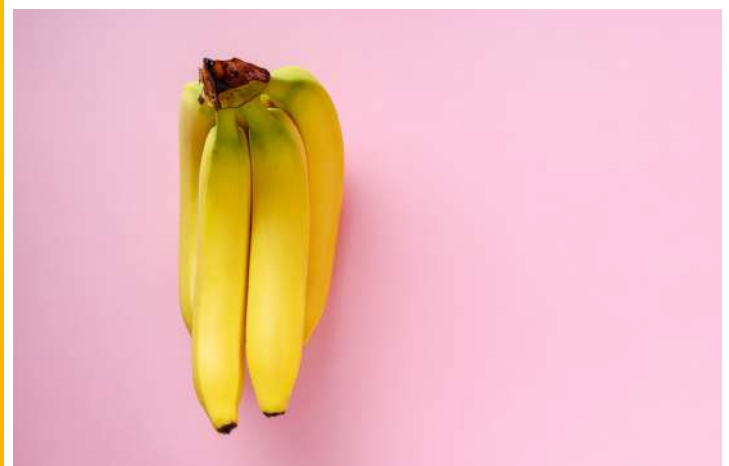
-Sabrina.R

"What I love most about food is the social aspect of dining and sharing a meal with other people. It is delicious and brings people together!"

-Natalie

"I love how food nourishes my body and aids to my survival. It makes me feel good when I eat and also gives me a sense of gratitude towards my privilege with access to good food."

-Ayla



To Support All

The Academy of Nutrition and Dietetics has an exciting announcement! While the Academy of Nutrition and Dietetics has made increasing diversity in dietetics a priority since the 1980's when their diversity affirmative action was created, in February 2019, the Academy officially revised their definition of diversity by incorporating inclusion into their visionary goals as well. This means the Academy does not discriminate against age, creed, culture, ethnicity, gender, gender identity, political affiliation, race, religion, sexual orientation, size and socioeconomic characteristics. The reason they did this is because of the changing times and as the President of the Academy 2010-2011 Judith C. Rodriguez, PhD, RDN, LDN, FADA, FAND states, "diversity is about a variety or range of groups, inclusion is about being, and feeling, a part of something. A group may have many different persons, but not all, or any, may feel as though they are included. Likewise, a group may have many persons who are included, but the group is homogeneous. Both elements are important to the dietetic profession". And, Rodriguez could not be more correct. In order for the dieticians to best serve the diverse American and global population we need a diverse and all inclusive group to better understand the people's cultural needs, traditions, backgrounds, and perspectives. Therefore, it is exciting to see establishments like this one taking the right measures to innovatively and inclusively serve the public's health.



Principles of a Healthy, Sustainable Food System

We support socially, economically, and ecologically sustainable food systems that promote health — the current and future health of individuals, communities, and the natural environment. A healthy, sustainable food system is:

Health-Promoting

- Supports the physical and mental health of all farmers, workers, and eaters
- Accounts for the public health impacts across the entire lifecycle of how food is produced, processed, packaged, labeled, distributed, marketed, consumed, and disposed

Sustainable

- Conserves, protects, and regenerates natural resources, landscapes, and biodiversity
- Meets our current food and nutrition needs without compromising the ability of the system to meet the needs of future generations

Resilient

- Thrives in the face of challenges, such as unpredictable climate, increased pest resistance, and declining, increasingly expensive water and energy supplies

Diverse in...

- Size and scale — includes a diverse range of food production, transformation, distribution, marketing, consumption, and disposal practices, occurring at diverse scales, from local and regional to national and global
- Geography — considers geographic differences in natural resources, climate, customs, and heritage
- Culture — appreciates and supports a diversity of cultures, socio-demographics, and lifestyles
- Choice — provides a variety of health-promoting food choices for all
- Fair — supports fair and just communities and conditions for all farmers, workers, and eaters
- Provides equitable physical access to affordable food that is health promoting and culturally appropriate

Economically Balanced

- Provides economic opportunities that are balanced across geographic regions of the country and at different scales of activity, from local to global, for a diverse range of food system stakeholders
- Affords farmers and workers in all sectors of the system a living wage

Transparent

- Provides opportunities for farmers, workers, and eaters to gain the knowledge necessary to understand how food is produced, transformed, distributed, marketed, consumed, and disposed
- Empowers farmers, workers and eaters to actively participate in decision making in all sectors of the system



These principles should not be construed as endorsement by any organization of any specific policy or policies.



Opportunities

Please check out a few of these amazing opportunities and resources!

Health Promotion & Wellness

[Health Areas](#) ▾ [Upcoming Events](#) ▾ [Request Forms](#) ▾ [Get Involved!](#) [About Us](#) ▾

Student Leaders

Health Promotion & Wellness' (HPW) Student Leader is a paid position (see current SF City minimum wage). This program provides meaningful professional development training, networking, skill building, and health education opportunities for SF State students. HPW student leaders work to build health education programming to raise awareness about health and wellness and provide SF State students with the tools and resources they need to make informed decisions about their wellbeing.

Requirements:

- Minimum 3.0 GPA
- Open to all current Undergraduate & Graduate students
- Commit to the entire academic year (August – May)
- Commit to working up to 12 - 15 hours a week
- Must attend mandatory training on August 19th, 20th and 21st from 8:30 a.m. - 3 p.m.



HPW Student Leader applications are due on Friday, April 3, 2020 by 5 p.m.

[Apply Now!](#)

Transition to Freshly-Prepared School Meals: Impacts on Meal Appeal, Student Participation, Intake, Food and Packaging Waste & School Finances

Join our plate waste team!



- This spring:
 - 11 elementary schools
 - Monday, Tuesday or Thursday, Friday
 - Onsite from 11:30 am – 1 pm

• Interested in volunteering? Email me!

Laura Vollmer, MPH, RD
lvollmer@ucanr.edu



PRISM Health Symposium

Promoting Research in Social Media and Health

DECEMBER 4, 2020

SAVE THE DATE

5TH ANNUAL PRISM HEALTH SYMPOSIUM

MISSION BAY CONFERENCE CENTER
ROBERTSON AUDITORIUM
1675 OWENS ST. SAN FRANCISCO, CA



Health Resources

Important information regarding COVID-19

COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19



Basic Needs Program Updates

Food+Shelter+Success is committed to supporting student basic needs during the University's [COVID-19 precautions](#). In alignment with University recommendations, the following modifications to basic needs programming will be implemented starting 3/10/2020. If you need additional support, please email basicneeds@sfsu.edu or drop-in to the [Dean-on-Call](#) Monday-Friday 8am-5pm in SSB 403.

CalFresh Assistance	In-person CalFresh assistance is temporarily suspended. We will be assisting students virtually. Please email calfresh@sfsu.edu for CalFresh assistance- screening, application assistance, documents and questions.
Gator Groceries	The AS Food Pantry -Monday services are currently uninterrupted. Gator Groceries (in CCSC) is scheduled to be open Wednesday- Thursday with modified hours. Email horacem@asi.sfsu.edu for any questions.
AS Farmers Market	Is cancelled in March
Emergency Meal Cards	Will continue to be distributed through the Dean-on-Call program M-F 8am-5pm in Student Services Building room 403.
Cooking Classes	Are cancelled for March
Wi-Fi & laptop access	The Library has 24 hour access to study space and Wi-Fi in the Research Commons 1st Floor. Students can also access desktops and laptop check-outs daily.
Zen Den	Is suspended until April 5 th
Mashout Wellness Center	Will be closed beginning March 14th. For more information on available showering/hygiene resources on campus, please email basicneeds@sfsu.edu
Basic Needs Care Kits/Laundry Kits	Will continue to be distributed at the Health Promotion & Wellness office M-F 8:30am-4:30pm.
Gator Crisis Housing	Check-ins have been temporarily paused for March.

Reduce your risk of coronavirus infection:

- Clean hands with soap and water or alcohol-based hand rub
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Thoroughly cook meat and eggs
- Avoid unprotected contact with live wild or farm animals

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



HEALTH
PROMOTION
& WELLNESS



SF
STATE
DINING SERVICES

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
as.sfsu.edu



Dates to know

SNDA/SFSU

MARCH

All events canceled until further notice.

For more information:
<https://news.sfsu.edu/coronavirus>

EAT RIGHT



BITE BY BITE

National Nutrition Month
March 2020

Academy of Nutrition
and Dietetics

SFSU

MAR 23 - 28

Spring '20 Break/Recess

VOLUNTEER

SPRING 2020

Volunteers Wanted
Gain experience in
Nutrition and Food
Services!

Contact Jessica Fruitman
jessica.fruitman@va.gov

Second Harvest of
Silicon Valley Health
Ambassador Opportunity!
Contact SHFB
nutrition@shfb.org



the end

MAR 2020
ISSUE 07

WE HOPE YOU ENJOYED THE MARCH
SPRING 2020 SNDA NEWSLETTER