

UNIVERSITY OF DELAWARE

# NUTRITION & DIETETICS CLUB FALL 2018 NEWSLETTER

Arranged by Julia DeCecco



## CONTENTS

Club Events.....	2
Member Activities.....	4
Recipes.....	9
Nutriton Articles.....	13

**FALL 2018  
CLUB  
EVENTS**



# **THIS SEMESTER...**

**CAREERS IN NUTRITION MEETUP**

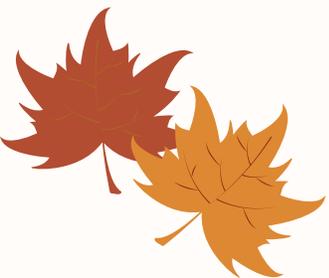
**COFFEE AND CORRELATIONS**

**DOW DUPONT EMPLOYEE  
HEALTH FAIR**

**FOOD BANK TRIPS**

**SPEAKER: ROSEMARY ODONG-  
WODOLAM, RENAL DIETITIAN**

**SPEAKER: JESSICA FARRAND,  
SCHOOL DISTRICT DIETITIAN**



# **MEMBER ACTIVITIES**

## ACTIVITIES

01

# NTDT CLUB AT FNCE 2018



*This year, the Food & Nutrition Conference & Expo was held in Washington D.C., allowing many NTDT club members to attend.*



➔ **"At FNCE, Triston Bostock , Alysia Vega and I attended the public policy workshop . The focus was about promoting more support for those who are in and at risk of malnutrition within the elderly population, and to have a better system of diagnosing those with malnutrition within the clinical setting."**

-MEGAN BREZA, NTDT CLUB MEMBER



**"This year, I attended FNCE and PPW afterwards. I got to meet Dr. Sandra Aamodt, the speaker from "Why Dieting Doesn't Work" - the TED talk that everyone who has had Professor Grim in NTDT250 has seen!"**

-TRISTAN BOSTOCK, NTDT CLUB SOCIAL MEDIA COORDINATOR



*From left to right: Professor Grim, Dr. Sandra Aamodt, Tristan Bostock*



## ACTIVITIES

02

# FOOD BANK VOLUNTEERS



NTDT Club member, Lauren Burkett (second from left), and NTDT Club VP, Marissa Dankosky (third from left), volunteered at the Food Bank of Delaware to make over 500 weekend meal bags for kids in the community enrolled in their backpack program.

The Food Bank provides 5,000 meal bags each week for those whose last meal may be Friday lunch at school. This program takes pressure of parents and allows for children to stay healthy every day of the week, regardless of socioeconomic status!

# NUTRITION AND DISABILITIES PRESENTATION

*Members of NTD club who are also in the Nutrition and Disabilities club presented on healthy holiday eating tips to the adults of the Maryland Easter Seals.*



*From left to right: Abigail Malle, Emily Martorano, Alicia Petracca, Jess Giuliano*



**“In Nutrition and Disabilities Club, we have the chance to present to groups of people with various disabilities on healthy eating! This fall we presented at STAR campus about healthy holiday eating. We showed recipes for the holidays and were able to interact with the group and get to know everyone’s favorite holiday traditions. It’s a great way to get involved with public speaking, presentation skills and working with people with disabilities.”**

-EMILY MARTORANO, NTD CLUB MEMBER,  
NUTRITION & DISABILITIES CLUB VP

## ACTIVITIES

### 04

# SUMMER REWIND

*Here's what Nutrition and Dietetics Club members were up to while school was out.*



This summer, Julia DeCecco traveled to Bali, Indonesia on a volunteer trip to teach nutrition education to 5th graders. For 5 weeks she worked with the same group of 15 children, educating them on food groups, making healthy choices, and even conducting a hands-on cooking class with them.



Kelsey Coulter was an undergraduate fellow for Westside Family Healthcare in Wilmington. She helped to organize the farmers market at Growing Healthy Families Events where families could receive a free bag of produce after getting a health screening. She also got a visit from Senator Tom Carper. She put together orange baskets for patients to take in all 5 health centers throughout Delaware.



# RECIPES

CLICK THE TITLE TO BE REDIRECTED TO THE SOURCE

## RECIPES

# parmesan brussel sprout salad

SUBMITTED BY ALYSIA VEGA



### *ingredients*

5 tbsp. extra-virgin olive oil  
5 tbsp. lemon juice  
1/4 c. freshly chopped parsley  
Kosher salt  
Freshly ground black pepper  
2 lb. Brussels sprouts, halved and thinly sliced (about 8 cups)  
1/2 c. toasted almonds, chopped  
1/2 c. pomegranate seeds  
Shaved Parmesan, for serving

### *instructions*

1. Whisk olive oil, lemon juice, parsley, 2 teaspoons salt, and 1 teaspoon pepper in a large bowl.
2. Add Brussels sprouts and toss until completely coated.
3. Let sit, tossing occasionally, for at least 20 minutes and up to 4 hours before serving.
4. Sprinkle with almonds and pomegranate seeds before serving, then garnish with shaved Parmesan.



# black bean quinoa + sweet potato chili

SUBMITTED BY ABIGAIL MALLE

### *ingredients*

1 teaspoon olive oil  
1 small onion, diced  
2 cloves garlic, minced  
2 medium carrots, diced small  
1/2 teaspoon turmeric  
1/4 teaspoon cinnamon  
pinch of nutmeg  
1 teaspoon cumin  
2 teaspoons chili powder  
1 teaspoon Smoked Chipotle Tabasco sauce  
1 can (15.5 oz) low-sodium tomato sauce  
2 cups cooked quinoa  
2 can black beans (15.5 oz), drained  
3 cups low-sodium vegetable stock  
1 large sweet potato, peeled and diced

### *instructions*

1. Heat the olive oil in a medium pot over medium-high heat. Add the onion, garlic, carrots and salt; saute for 5 minutes or until onions become translucent.
2. Add the entire can of tomato sauce to the pot. Next add the black beans, vegetarian broth, all spices, and quinoa. Bring to a boil; reduce the heat to medium, add diced sweet potatoes.
3. Cover and simmer for 30 minutes, or until potatoes are tender. Taste and adjust the seasoning if needed.
4. Spoon chili into bowls and add yogurt sauce on top. Enjoy!

# leftover turkey stuffed squash

SUBMITTED BY AVA  
LAVERTY



### *ingredients*

2 acorn squashes  
2 cups leftover turkey,  
diced  
1 medium onion, diced  
1 carrot, diced  
3 stalks celery, diced  
3 cloves garlic, minced  
1 tablespoon fresh  
rosemary, minced  
2 eggs  
1 tablespoon olive oil, plus  
more for drizzling  
salt, to taste  
pepper, to taste

### *instructions*

1. Preheat oven to 400°F
2. Using a sharp knife, slice off the top and bottom of an acorn squash to create flat surfaces. Slice the squash in half and scoop out the seeds with a spoon.
3. Place the squash halves on a baking sheet lined with parchment paper. Drizzle the squash with olive oil and sprinkle with salt and pepper.
4. Bake for 40 minutes, until the squash is tender and easily pierced with a paring knife.
5. Heat the oil in a large skillet over medium-high heat.
6. Toss in the onion, carrot, celery, salt, pepper, and rosemary and sauté until the vegetables are completely tender, about 8 minutes.
9. Sprinkle in the garlic and sauté about 1 minute.
10. Pour in the turkey leftovers and stir the mixture so that everything is evenly mixed.
11. Pour the mixture into a large bowl and let it cool about 5 minutes.
12. Crack in the eggs and mix so that everything is evenly coated.
13. Spoon the turkey mixture into the squash halves.
14. Bake for 20 minutes, until the turkey mixture has browned slightly. Then serve.

## RECIPES

# chocolate chunk cranberry cookies

SUBMITTED BY NATALIE SIDUN

AN ORIGINAL RECIPE



### *ingredients*

1/2 cup almond butter  
1/3 cup maple syrup  
1 tsp vanilla  
1/4 tsp salt  
3/4 cup oat flour  
1 cup whole rolled oats  
1/2 tsp baking soda  
1/4 cup Chocolate chunks  
1/4 cup Dried cranberries

### *instructions*

1. Preheat oven to 350 degrees Fahrenheit.
2. Into a large bowl add the almond butter, maple syrup, vanilla, and salt.
3. To the wet ingredients add the oat flour, rolled oats, and baking soda. Mix to combine into a dough.
4. Finally, add in the chocolate chunks and cranberries.
5. Form the dough into 12 balls and slightly flatten them out on a baking sheet lined with parchment paper.
6. Bake for 8-10 minutes until golden brown and slightly cracked on the top. Let cool for 10 minutes before removing from the pan and enjoy!



# sweet potato + cranberry warm salad

SUBMITTED BY CAROLYN PRIETO

### *ingredients*

3 large sweet potatoes, peeled and cubed (about 2 lb.)  
1 small red onion, thinly sliced into half moons  
2 tbsp. extra-virgin olive oil  
Kosher salt  
Freshly ground black pepper  
1/2 c. dried cranberries  
1/2 c. crumbled feta  
1/4 c. freshly chopped parsley

### *instructions*

1. Preheat oven to 400°. On a large baking sheet, toss sweet potatoes and red onion in oil and season with salt and pepper.
  2. Bake until tender, about 20 minutes. Let cool for 10 minutes then transfer to a large bowl.
- Meanwhile, make dressing: In a small bowl or in a medium liquid measuring cup, whisk together vinegar, mustard, honey, and spices. Gradually pour in oil, whisking constantly until emulsified. Season with salt and pepper.
- Toss sweet potatoes with dressing, cranberries, feta, and parsley. Serve warm or at room temperature.

# **NUTRITION ARTICLES**

**CLICK THE TITLE TO BE REDIRECTED TO THE SOURCE**

# 5 TIPS FOR EATING MORE GREENS

*An original article written by NTDT Club member **Sarah Albrecht** on ways to get more greens into your diet, from healthy wraps to fun snacks.*

<https://sites.udel.edu/chs-udfoodlab/2018/11/05/five-tips-for-eating-more-greens/>



# FOOD SAFETY DURING THE HOLIDAYS

*How to keep your food safe from bacterial growth and food poisoning during the holiday season.*

*Submitted by Megan Ryan.*

<http://www.duluthnewstribune.com/lifestyle/4533207-nutrition-food-safety-during-holidays>



**THANKS FOR  
READING!**

Check out our website:  
<https://sites.udel.edu/ntdtclub/>