
Student Nutrition Organization

Meeting 5
10/26/20



STUDENT
NUTRITION
ORGANIZATION

We are halfway through the semester!!



WIND Announcement - Isabel

The application to the WIND webinar is now closed

Those of you who signed up have received an email explaining how to access the course (email me if you have any questions!)

sdsu.sno.president@gmail.com

The webinar is available to you at any time and does not need to be completed by a certain date

Community & Health: Secrets of Living Longer and Happier Event

Christine Castillo, the 2019-2020 SNO Vice President, is hosting a coffee talk “Community & Health: Secrets of Living Longer and Happier” as part of her dietetic internship community rotation at the Skinny Gene Project.

It is a discussion-based presentation on the Blue Zones (areas in the world with the highest concentration of people that live well over 100 years old) and how we can incorporate some of their lifestyle characteristics into our lives.

Free event on **Wednesday, October 28 from 5-6pm**

RSVP and receive the zoom link by filling out this google form:

https://docs.google.com/forms/d/e/1FAIpQLSdYQ27Pyfh43U9l49LdMQdIECz71Z6NFIZuomlYmWHdsAuLhA/viewform?usp=pp_url



Participants Needed for Almond Study



Research Volunteers Needed

Participation requires 12 laboratory visits over a five month period, on SDSU campus. Participants will be compensated a total of \$300.00

Requirements are:

- Must be 30-50 years old
- Exercise at least one hour per week and no more than 4 hours per week
- Willingness to eat almonds and pretzel for several weeks
- Willingness to have multiple blood draws
- Willingness to run downhill on a treadmill for 30 minutes
- Non-smoker




You will receive points
for participating and/or
recruiting someone!



If you are interested please contact:
(619) 736-5293 or sdsualmondstudy@gmail.com

Upcoming Meetings

Nov. 9: Claire Chewing (Intuitive Eating RD)



clairechewing [Follow](#)


871 posts 24.2k followers 1,386 following

Claire | Intuitive Eating RD 🍴
10% Dietitian, 90% PB&J. On a mission to:

- 1 Make you laugh
- 2 Help you eat to nourish your body AND your mind 😊

Get started with [#yourschewly](#) 📌
linktr.ee/clairechewing

Nov. 23: Katie Escobar (Recent Board-Certified RD)



balancingkatie [Follow](#)

2,176 posts 24.4k followers 950 following

Katie Escobar | RD, LDN, CPT
🍎 Registered Dietitian
🏋️ @alignmentathletics Coach
🌱 Physical AND mental wellness
🌟 Empowering others to find their inner greatness
1-1 Coaching! 📌
alignmentathletics.typeform.com/to/jXLAfZY7

Dec. 7: End of Semester Celebration

Breakout Rooms

We are going to go into breakout rooms! There will be at least one officer in each breakout room. This time will be used to talk with other members about SNO, classes, anything!