TUSKEGEE UNIVERSITY DEPARTMENT OF FOOD AND NUTRITIONAL SCIENCES PRESENTS:

The Gazette

Uplift Conference By: Jamilah Page (Junior, Dietetics Major)

On January 17, 2015 the SGA hosted an Uplift Conference for middle schools in and outside of the city of Tuskegee. The conference promoted the importance of confidence, self-esteem, and healthy living.

TUFANS successfully carried out the first session on nutrition for the conference. The presentation and discussion was led by Lauriel Stewart (Junior, Food Science Major) and Jamilah Page (Junior, Dietetics Major). After discussion of the food industry, it was followed by a discussion on the importance of healthy lifestyle choices, and MyPlate. The children then made a healthy snack of their own provided by TUFANS. Fruit pizzas were the healthy snack of the day made with a tortilla (pizza crust), Greek vanilla yogurt (pizza sauce), and a fruit mixture of green and red grapes, pineapples, and strawberries (toppings). The feedback was amazing. Many of the students along with the staff really enjoyed the snack.

Kudos to TUFANS for representing the department very well with their outreach to the next generation of leaders!



Left to right: Morgan Dean (Environmental Science), Jamilah Page (Dietetics), Tierney Donnell (Dietetics), Tania Anderson (Nutrition/Biology), Imena Ezell (Food Science), Aja West (Food Science), and Jasmine McNair (Biology/Pre-Med).



Fruit Pizza

Stop Hunger Now By: Jhaelynn Elam (Junior, Food Science/Biol Major)



Tuskegee University student volunteers at the Stop Hunger Now event in the student ball room.

On October 29, 2014, the Food and Nutritional Sciences students hosted a Stop Hunger Now meal packaging event here on campus. Stop Hunger Now is a non-profit, international hunger-relief organization that coordinates the distribution of food and other aid to crisis areas across the globe. At this event, over 100 students and faculty members together to package nearly 10,000 meals to be sent to countries that are being affected by hunger. One in every nine people on our planet go to bed hungry each night, and our university was able to provide some relief from this pandemic.



Tuskegee University student volunteers at the Stop Hunger Now event in the student ballroom.

"T he food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

-Ann Wigmore

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"If you don't take care of your body, where

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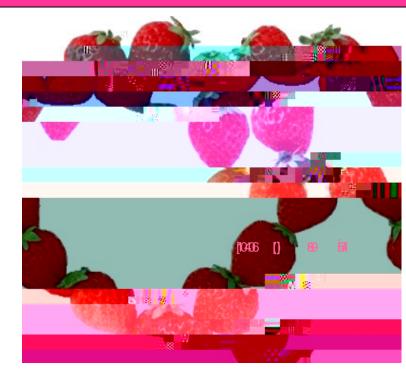
Tuskegee University Department of Food and Nutritional Sciences

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http://www.tuskegee.edu/academics/colleges/caens/food _nutritional_sci.aspx

"H ealth is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open." - B.K.S. Lyengar



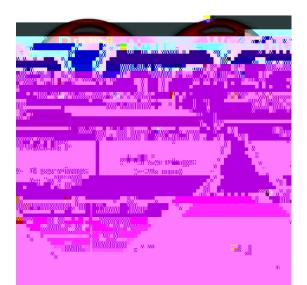


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