



UMNA Update

The Newsletter of the UMass Nutrition Association

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YOUR '09-'10

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Welcome New and Returning Members!

Mission Statement

~The University of Massachusetts Nutrition Association (UMNA) is an organization created to represent nutrition majors on campus. Through UMNA, undergraduate and graduate nutrition students develop programs to explore the nutrition profession, provide community service, and increase social connections.~

Get Involved

- ~Volunteer your time performing valuable community service!
- ~Gain experience during your time at UMass!
- ~Enrich your resume!



Fall with UMNA means apple picking! We donate our apples to a local food pantry.

Come Join Us

- ~Attend a monthly meeting to find out what we are up to!
- ~Can't make the meeting? Get on our email list to receive minutes from the meetings.

This Year at UMNA

- ~This year we are excited to increase our visibility as an RSO on campus through tabling, dorm talks, and public service announcements.
- ~We are also busy lining up community service projects, working with organizations such as the Food Bank of Western Massachusetts.
- ~We are always thrilled to participate as a team in road races and fitness walks to benefit disease research and local education and prevention organizations!

Becoming an UMNA Member

~~**Monthly meetings** are held in the Nutrition Library (210 A Chenoweth) where members can hear about past events and sign up for upcoming opportunities.

~~**Membership** is open to undergraduate and graduate students.

~~**Dues** are \$12/year or \$7/semester.

~~**UMNA Members** are required to participate in at least one event per semester to keep their membership active.

~~**Past Programs** include scheduling guest speakers, raising funds for hunger prevention services, volunteering at food shelters, attending local conferences, and designing a recipe book for healthy eating.

~~**For more info, check out our new WEBSITE!**

<http://blogs.umass.edu/umnas/>





~What you eat can help you stay healthy this fall! Eat a balanced diet with plenty of fruits and vegetables! ~Ramp up your immune system with foods rich in Vitamin C, such as tomatoes, apples, green peppers and sweet potatoes. ~Try antioxidant-rich foods such as blueberries, kale and spinach. ~Drink plenty of water, and get outside and exercise!



September and October with UMNA

School of Public Health and Health Sciences Career and Internship Fair
 Thursday, September 24 10-2
 Campus Center Auditorium

Walk for the Juvenile Diabetes Research Foundation
 Sunday, October 18 Agawam, MA. Join the UMNA team! Registration is at 8:30 a.m. Contact Allie to learn more about this event: ascialli@student.umass.edu

October UMNA Meeting
 Thursday, October 8 5:30-6:30 p.m.
 Nutrition Library, Chenoweth

ServSafe Certification Course
 October 24 and November 7 9 a.m.-5 p.m.
 Nutrition Library, Chenoweth
 Assistant Professor David Nyachuba will teach this two-day course. Cost is \$195, certification is good for 5 years. Registration and payment are due by October 10th.
 Contact Molly Fellows for more info: mfellows@student.umass.edu

What's in the Works at UMNA

UMNA is excited to introduce **Peer Advising in Nutrition**, coming this fall! This service is still in the planning stages. If you are interested in being on the planning committee, please contact Lauren Cullati: lcullati@student.umass.edu

Check out the UMNA website for updates on the following events, to be scheduled soon:
Apple Picking
 Head out to a local orchard for some fall fun! Donate picked apples to a local food pantry.

UMNA Film Series
 Join us for a movie and discussion. Share snacks and get to know each other as we explore a relevant topic in food and nutrition. Our first film will be **The Future of Food**, an award-winning documentary about the food system and genetically-modified organisms.

Other Noteworthy Items

Considering joining the **American Dietetic Association (ADA)**? Visit www.eatright.org for more information on the premier organization for food and nutrition professionals. Take advantage of the **student membership discount**, and receive access to the latest research in food and nutrition, information on career and professional development, networking, and conferences and events.

UMNA members may also want to consider joining WAMDA, the **Western Area Massachusetts Dietetic Association**.

Visit www.wamda.org for more information on our local professional organization!

