



The UMNA Update

March 2007 Issue #2

Newsletter for the University of Massachusetts Nutrition Association

UMNA is an organization created to represent nutrition majors on campus.

It provides majors with support as we advance through the academic program at UMass and gain experience in the nutrition field.

Past Events

WAMDA Road Race



On March 3rd, Western Area Mass Dietetic Association (WAMDA) hosted their annual 5K Road Race and Health Fair. UMNA members **Lily Knowlton, Laura Stanley, Angela Jagiello, Katie Niland, Rachel Ebner, Jessica Wortsman, Bridget Prisk, Rebecca Weintraub, Katherine Lundy, Nicole Ferguson, Katelyn Russell, Stacey Nelson, Jenna Elznic, Mistelle Warren, Ashley Travis and Ashley O'Brien** volunteered.

"It was a great experience to talk with dietitians outside the classroom setting. I would recommend UMNA members to volunteer next semester. It was a fun and informative experience"

~Michelle Glica

Dorm Talk

Courtney Little, Ashley O'Brien, Katherine Lundy, Nicole Ferguson, and Rachel Ebner gave a nutrition talk in the McNamara dorm on February 13th. About 15 students attended an interactive 45 minute talk about what they would change in their diet with advice on how to go about making those changes.

Nutrition in the Dining Commons

The UMass Dining Services held a Nutrition Fair in the DC's last week from March 5-8 for National Nutrition Month. Healthier food choices were emphasized and UMNA members **Kelly MacDonald, Eriselda Cote, Jonah Soolman, Mistelle Warren, Ashley O'Brien, Andrea Greaney, Katherine Lundy, Kristen Jones Lily Knowlton, Taylor Geer, Marit Mendelsohn, and Erin Burns** participated in activities and encouraged students to try healthy options.

Healthy Food Drive

UMNA held a "healthy food drive" to donate to the Amherst food bank for the holiday season.

We were able to fill three huge boxes worth of healthy foods! Thanks to everyone who contributed, it was greatly appreciated by all. Special thanks goes out to **Ashley O'Brien and Courtney Little** for coordinating this drive.



Upcoming Events

UMNA Meeting!

Wednesday, March 14 at 3:45 in the Nutrition Library. All are welcome!

National Nutrition Month

On Thursday, March 29, 2007 WIC in Springfield is holding their 2nd annual community walk and health fair to celebrate National Nutrition Month. The event takes place from 10am-12pm in Springfield starting with a light walk and ending at Tower Square with a health fair providing light refreshments. This is a great opportunity for interacting and networking with the many health professionals who will be there. UMNA will have a table at the health fair but needs members to volunteer to run the booth. If you are interested, please contact **Becca Arnold** at RebeccaSArnold@gmail.com

Take Your Child to Work Day

This event is coming up in April! More information will follow in emails and at UMNA meetings. The contact person for this event is **Becca Arnold** who can be reached at RebeccaSArnold@gmail.com

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Healthy Eateries in the Amherst Area

So many of the local restaurants offer healthy options! Here are just a few...

- Bueno y Sano- Whole Wheat tortillas and lots of veggies!
- Panda East - Steamed Entrees
- Butternuts - Celiac friendly options at in Hadley
- Lone Wolf-fabulous food and healthy!
- Fresh Side- great for vegetarians!
- Esselon Café- many vegetarian and vegan options
- Paul and Elizabeth's- a natural foods restaurant in Northampton

There are so many options in this area. Take advantage of them while you're here!



Book of the month suggestion:

Food Politics by Marion Nestle