The Newsletter of the University of Massachusetts Amherst Nutrition Association

UMNA Update

February /March 2010

Get Ready for Spring With UMNA!

Hello Everyone! It’s hard to believe that the semester is half over and spring is almost here! Before we know it we’ll be trading boots for sandals and trips to the gym for outdoor fun! In the meantime, UMNA has a lot of activities going on, and we need you to help us make them a success! Here is what we are working on, and how to get involved:

Dorm Talks!! We still have plenty of opportunities for UMNA members to host dorm talks around campus. Topics include nutrition education, healthy eating at the DCs, the freshman fifteen, and sports nutrition, among others. Contact Lauren, lcullati@student.umass.edu if you would like to present a dorm talk this semester.

UMass Dining Services is sponsoring a 5K Run/Walk on Saturday, March 27th. Registration is at 9:30 am, the race begins at 11 am. Afterwards, a Health Fair will take place in both Dining Commons. Volunteers are needed to staff the Health Fair. Contact Stephanie Palmer for more information or to volunteer.

UMNA volunteers will be preparing dinner at the Amherst Survival Center Thursday, March 11. If you are interested in coordinating a volunteer opportunity with the Survival Center, contact Allie for more information.

March is National Nutrition Month®!

National Nutrition Month® is an annual campaign sponsored by the American Dietetic Association. It’s goal is to promote nutrition education and awareness, focus attention on the importance of healthy choices and positive lifestyle change, and to promote the American Dietetic Association as the premier organization for credible, scientific information about food and nutrition.

This year’s theme is Nutrition From the Ground Up, and key messages include eating a varied, nutrient-rich diet that includes plenty of whole grains, fresh fruits and vegetables, limiting saturated and trans fats, added sugars, sodium and cholesterol, balancing physical activity with a healthful diet, and role modeling positive eating and lifestyle behaviors for children through family mealtimes and activities.

Visit The American Dietetic Association’s website for more information:
www.eatright.org
UMNA will be holding **Officer Elections** next month. All positions will be open regardless of whether the current position holder is graduating. Feel free to nominate yourself or someone else! Serving as an officer is a great way to **get more involved** with UMNA, **strengthen your leadership skills**, or **learn something new**!

Feel free to contact any of the current UMNA officers for more information about their responsibilities. Come to the elections meeting prepared to talk a bit about yourself, what you will bring to the position, and what you hope to accomplish with UMNA next year.

**Elections Meeting:** Tuesday, March 30 at 5:30 pm in the Nutrition Library

**Monthly Meeting:** Wednesday, April 7 at 5:30 pm in the Nutrition Library

Spring often seems to take its sweet time getting to New England, but in a few weeks we should start seeing some of the first tender vegetables appear in the grocery stores and on farm stands. Look for bright green **bok choy**, **asparagus**, and **green beans** rich in folate, vitamin C and potassium, **bright red strawberries** and **rhubarb** laden with vitamin C, **fragrant fresh herbs**, and **tangy salad greens**. Spring is here and it’s time to lighten up! Forget the heavy sauces and starchy vegetable stews we crave in the winter months—try lightly steamed or sautéed vegetables tossed with olive oil, garlic, salt and freshly ground pepper, served over rice, tossed into a pasta salad, or as a delightful side dish or snack!

**Garlicky Green Beans** by Molly Snedden

2 cups green beans, snapped
1 tsp olive oil
2 cloves garlic, minced
sea salt, ground pepper, crushed red pepper flakes, to taste

1. Lightly steam or blanch green beans until just tender.
2. Heat olive oil in sauté pan over medium heat. Add garlic and cook lightly until golden and fragrant. Add green beans and toss gently.
3. Season with sea salt, freshly ground pepper and crushed red pepper flakes, to taste.

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**UMNA Update**

A big **Thank You** and **Congratulations** to all UMNA Members who either participated in or volunteered at the **Western Area Massachusetts Dietetic Association Annual Fitness 5K** on Saturday, March 6! It was a beautiful, sunny day at Look Park in Northampton; a great day to be outdoors! Proceeds from the Fitness 5K are donated to local food charities. Volunteers helped with registration, water stops, race directions and organization. Great Job Everyone!

**Introducing the Spring Vegetables!**

The WAMDA road race volunteers and runners!