Welcome New and Returning Members!

Welcome to UMNA, the registered student organization dedicated to Nutrition majors at the University of Massachusetts Amherst. We are very excited to start the new 2010-2011 school year and get as many students actively involved as possible.

UMNA is an organization created to represent nutrition majors on campus. Being a member of UMNA helps create connections between the nutrition department, students, the campus and the community. Students involved have the opportunity to explore the profession, provide community service, and increase social connections.

Thank you to all returning members for your past participation and hard work. Be sure to encourage prospective members to join.

To our new members, be sure to stay active and attend our monthly meetings to stay updated on upcoming events and opportunities.

If you cannot attend the meetings, be sure to get on the mailing list so that you can be updated on all UMNA activities via email.

Becoming an UMNA Member

Membership is open to undergraduate and graduate nutrition students.

Dues are $12/year or $7/semester. Cash or checks accepted (made to UMass Nutrition Association).

Monthly meetings are held in the Nutrition Library (Chenoweth Room 210 A) or down the hall in Room 227.

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

For more info, check out our new website http://blogs.umass.edu/Alsoumnas/

And be sure to take a look at the UMNA bulletin board for more updates, located on the 2nd floor hallway of Chenoweth.
UMNA’s First Fall Gathering

September and October are normally the months for UMNA members to meet and greet and begin the planning for a successful year together. But this Fall, members wasted no time in getting involved.

Less than a month after school had even begun, UMNA members planned, organized, and gathered together on October 2nd to go apple picking!

About 15 members went to Hamilton Orchard in Orange, MA. After a cold and rainy week, the sun came out to shine on UMNA members as they picked over two bushels of apples. All apples were donated to the Survival Center in Amherst Massachusetts.

The Amherst Survival Center is a regional resource providing food, health, clothing through volunteer and community efforts.

If you couldn’t make the trip this year, be sure to get involved in future years. Such a successful and fun event is sure to be repeated in the future. Thank you to all UMNA members who participated and donated!

Upcoming Events/Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>October 16-17</td>
<td>Homecoming Weekend</td>
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<tr>
<td>Saturday</td>
<td>School of Public Health and Health Sciences (SPHHS) Awards Ceremony and Reception with breakfast at the Campus Center Graduate Lounge.</td>
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<tr>
<td>October 16th</td>
<td>Departmental speaker Joan Buchbinder, Boston Celtics Registered Dietician, in Room 101 of Campus Center. Presenting “Eat like Pro’s But Less!”</td>
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<tr>
<td>October 16th</td>
<td>Register for free at: <a href="http://secure.umass.edu/events/UMS2301976.html">http://secure.umass.edu/events/UMS2301976.html</a></td>
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<tr>
<td>October 17th</td>
<td>JDRF Walk to Cure Juvenile Diabetes at Six Flags in Agawam, MA.</td>
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<tr>
<td>9:00am-12:00pm</td>
<td>To register, join our UMNA team for free at: <a href="http://walk.jdrf.org/walker_cfm?id=87327545">http://walk.jdrf.org/walker_cfm?id=87327545</a></td>
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<tr>
<td>Sunday</td>
<td>Carpooling will leave at approximately 9am. Email Molly Fellows (events coordinator) for more information or coordinating rides.</td>
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<td>October 18th</td>
<td>UMNA meeting</td>
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<td>Monday</td>
<td>Held in Chenoweth 227</td>
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<tr>
<td>October 24th</td>
<td>Soles4Souls 5K run, walk, bike hosted by the UMass Kinesiology Club. Collecting shoes to donate to children across the world.</td>
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<td>9:00-11:30am</td>
<td>Feel free to participate and register at: <a href="http://www.runreg.com">www.runreg.com</a></td>
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<td></td>
<td>The Kinesiology Club may also be looking for help and volunteers by UMNA members to set up, organize, and coordinate the event.</td>
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Try this interesting October Recipe

Chocolate-Banana Oatmeal with Cottage Cheese

Ingredients:
- 1/3 c rolled or steel-cut oats
- ½ a banana, sliced
- 1 heaping tbsp unsweetened cocoa powder
- Pinch of salt and cinnamon to taste
- ¼ tsp vanilla extract
- 1 tbsp ground flax (optional)
- 1/2 c. cottage cheese

Directions:
Prepare oats as directed on package, adding in the bananas right away.
Break them up as you stir so they become incorporated into the oats.
Add the vanilla about halfway through.
During the last minute or two of cooking, add the flax, cinnamon, and cottage cheese
Enjoy!