



## SNDA Member Minutes for 9-11-17

- **Welcome & Icebreaker**
- **Introduction of Dr. Laura Kruskall and SNDA Officers**
  - Dr. Kruskall is the Vice President of the Poppy Foundation, an organization dedicated to helping cats. There are several volunteer opportunities available, please contact Dr. Kruskall for more information.
  - Email: [laura.kruskall@unlv.edu](mailto:laura.kruskall@unlv.edu)
  - Dr. Kruskall will be hosting a Dietetic Internship Workshop once a semester to prepare undergraduates for the dietetic internship application, interview, and program requirements.
    - For the Fall Semester, date may be sometime in November
    - Official dates TBD
- **Secretary Update (August Ferree)**
  - Member emails:
    - Will be sent out every Sunday and/or Wednesday.
    - Emails have been updated this year and are made in a separate program to make it look clean and neat.
    - Expect emails to contain: Volunteer opportunities, SNDA events, paid internships, member information and meeting dates, Nutrition program information, positive/nutrition quotes, upcoming events, etc.
    - If you are not getting these emails, please contact August.
    - Email: [unlvsnda@unlv.nevada.edu](mailto:unlvsnda@unlv.nevada.edu)
  - Service Hours
    - Service Hour Form and Reference Guide located on website
    - Please bring this to every meeting and event you volunteer for and have an SNDA Officer or community volunteer leader sign it to receive service hours.
    - Active Member
      - 8 total service hours per semester (at least 2 hours must be from SNDA participation events)
      - If you do not get 8 service hours in the Fall Semester, you can make them up in the Spring.
      - An Active Member is eligible for Active Member Award(s) at the end of the Spring Semester
      - Award is good to put on a professional resume, for career building, and looks great for the dietetic internship.
      - Dates that service hours are turned in by are TBD
    - Member:
      - Does not meet service hour requirements and is not eligible for Active Members Award(s)
      - However, they are invited to join us for the Active Member's Awards Ceremony in the Spring semester.
    - We would love everyone to try their best to become Active Members. If you ever need help with service hours or have trouble finding more hours, please do not hesitate to contact August!

- **Treasurer Update (Tina Glidewell)**
  - Membership fees is \$20
  - Payment issues with joining can be directed to Tina
  - Email: [sndatreasurer@unlv.nevada.edu](mailto:sndatreasurer@unlv.nevada.edu)
  - T-shirt delivery general time frame
    - Last day to order a shirt with your membership, **September 18th**
    - Delivery timeframe, **Mid October**
    - Shirt comes in a unisex fit. If you would like a women's cut, email Tina ASAP
    - Shirt will be white with big SNDA logo on front and SNDA Member Nutrition Facts on the back
  - Nutrition Sciences Apparel
    - In the past it was available once a year. This year we would like to make it twice a year. Dates TBD.
  
- **Academy Student Liaisons (Marvin Lim & Alfredo Cifuentes)**
  - What is the Academy of Nutrition and Dietetics?
    - Largest organization of Food and Nutrition in the U.S.
    - Professional organization
    - Over 100k members - majority RDNs and DTRs
  - Responsibilities of a liaison
    - Serve as liaison to communicate Academy / State affiliate organization Student member initiatives & information
    - Provide feedback on student initiatives through online Student Community
    - Participate in recruitment, retention of Student members & special projects
  - Membership Benefits
    - Academic Resources / Publications and Subscriptions
    - Educational Opportunities
    - Political Initiatives and Advocacy
    - Career Resources / Honors and Awards (**Scholarships and Financial Aid!**)
    - Networking
  - Student Membership Costs
    - Academy of Nutrition and Dietetics: \$58.00 annually (includes membership to the Nevada AND (NvAND))
    - If not a member, NvAND meeting cost \$15.00 per meeting
  - NvAND Member Meeting - Thursday, 24 September at 6:00 pm at UNCE
    - **Date:** Thursday, **September 14th** 6:00-8:00 pm (meal will be provided)
    - **Las Vegas Location:** University of Nevada Cooperative Extension, 8050 Paradise Rd., Suite 100 Las Vegas NV 89123
    - **Agenda:**
      - General NvAND meeting with updates for all members
      - Lecture: "Prepared meals: the secret to long-term weight loss success?"
      - Q&A with owners of *Build It Lose It Trim It* meal prep company
      - Chef Scott Comings is the winner of season 12 Hell's Kitchen then became the head chef at Gordon Ramsay Pub and Grill at Caesars Palace in Las Vegas. He



will discuss the ingredients and nutrients behind his recipes for the meal prep business as well as suggest ingredients to add to our clients meals to increase flavor and help them reach satiety. Michael Calkins is the founder and the weight loss success of Take My Health Back and Co-owner of BLT meal prep. Follow along with Michaels weight loss journey and inspiration for establishing *Build It Lose It Trim It*. Molly Michelman, MS,RDN is the moderator for this discussion.

- We will end the meeting with round table discussion in your desired field of expertise for networking and mentoring with fellow dietitians.
- **Please RSVP by September 11th by visiting the NvAND Website:**  
<http://www.eatrightnevada.org/nvand-state-wide-meeting.html>

- **Door Prize Drawing**

- Congrats to everyone that got a prize!!

- **SNDA Chair and Committee Applications**

- Great way to get involved and develop professionally!
- Process for getting on a committee
  - Visit <https://unlvsnda.com/member-forms/>
  - Chair & Committee Positions Guide gives info about each position
  - Chair & Committee Interest Form will be used to apply for the position you selected
  - Submit your Chair & Committee Interest Form prior to Saturday, **September 23rd** at 11:59 pm to Sheena Skelton.
  - Email: [sndapresident@unlv.nevada.edu](mailto:sndapresident@unlv.nevada.edu)

- **VP of Activities Update (Macy Vezina)**

- Food Day Committee
  - Food Day Chair: Brianna Davis
  - Food Day Committee Member: McKenzie Mayor
- Food Day - **Tuesday, October 24th** from 11:00 - 2:00 pm at Pida Plaza
  - Inspire Americans to change their diets and take action to solve food-related problems in our communities at the local, state, and national levels
  - Promote safer and healthier diets
  - Support sustainable and organic farming
  - Reduce hunger and improve food access
  - Reform factory farms to protect the environment and farm animals
  - Support fair working conditions for food and farm workers
  - **Group SNDA Event - will need plenty of volunteers!**
  - Email: [sndavpactivities@unlv.nevada.edu](mailto:sndavpactivities@unlv.nevada.edu)

- **Volunteer Opportunities & Upcoming Events**

- **Healthy Kids Festival - Saturday, 30 September from 8:30 - 2:00 pm at Walnut Rec Center**
  - Guest Speaker: Carlos Ayala
  - 3075 N. Walnut Rd, Las Vegas, NV 89115 - Walnut Recreation Center
  - Benefits Kids and Parents



- Can Volunteer for:
  - BMI Booth (~4)
  - MyPlate Booth (6)
  - All4Kids: Physical Activity Game (1)
  - Farmer's Market/Stand & Research/Data Collection (4)
  - Garden Educator (2)
  - Official SNDA Mascots - Apple & Pineapple (2)
- Training (BMI Booth, MyPlate Booth, Farmer's Market/Produce Stand)
  - Thursday, **September 21st** from 4:30 - 5:30 pm
  - 8050 Paradise Road, Suite 100 89123 - University of Nevada Cooperative Extension (UNCE)
- Email: Carlos Ayala at [ayalac@unce.unr.edu](mailto:ayalac@unce.unr.edu) to sign up
- **Three Square: Paid Nutrition Education Internships**
  - Email: Cynthia Radley at [cradley@threesquare.org](mailto:cradley@threesquare.org)
  - Cooking Matters (must also speak Spanish) - 150 hrs by end of Fall Semester / \$1,500
  - Fruits and Vegetables Experience (FaVE) - 150 hrs by end of Fall Semester / \$1,500
  - Share Our Strength & No Kid Hungry Youth Ambassador - 200 hrs by end of Fall Semester / \$2,000
  - To apply visit: [www.nokidhungry.org/ambassadors](http://www.nokidhungry.org/ambassadors)
- Three Square: Fruits and Vegetables Experience (FaVE)
  - Email: Nauen Loehden at [nloehden@threesquare.org](mailto:nloehden@threesquare.org)
  - "Adopt" a school and teach fruits and vegetables to kids / Classes are every two weeks
- **UNLV Wellness Expo - Thursday, September 14th from 10:00 - 2:00 pm at SRWC**
  - Volunteers needed for tabling event: recruiting and nutrition education
  - Email: Macy Vezina at [sndavpofactivities@unlv.nevada.edu](mailto:sndavpofactivities@unlv.nevada.edu)
- **United Blood Drive - Thursday, September 28th from 11:00 - 3:00pm at Alumni Walk (Free Speech Area)**
  - Volunteers needed to assist with event & also to donate blood
  - Contact: Erin Hull at [hulle1@unlv.nevada.edu](mailto:hulle1@unlv.nevada.edu)
- **VP of Communications Update (Natasha Nerika Lising)**
  - Website Tour
    - Events Page / Calendar
    - Downloads Page
    - Blog Page
    - Join SNDA
    - SNDA Merch (currently under construction)
  - Social Media Communication
    - Twitter / Instagram / Facebook
    - All @UNLVSNDA
    - UNLV SNDA Members Only Page AND UNLV SNDA Public Page on FB
  - Also, please send me pictures if you have any from our events!
- **Public Question and Comments and Closing Remarks**



- Get involved!
- Will be what you make of it
- Officers are here to help you get the most out of SNDA
- Sign up for a committee (“By the Students, for the Students”)
- **Bottom Line:** Have fun, meet new friends, and build a strong foundation for our future careers