

SDA News

Louisiana State University

National Nutrition Month: Right Around the Corner!

As many of you know, March is National Nutrition Month. In honor of this, SDA will be participating in several events to increase nutrition awareness across campus and in the community.

SDA's biggest event during National Nutrition Month is our annual spice drive. The goal of our spice drive is to provide families who are in need with tasty seasonings that will spice up their pantries without

spicing up their medical charts. Often times, Louisianans use salt, butter, and sugar to season their foods without giving it a second thought. However, we are hoping to modify this behavior by providing more nutritious, yet still tasty, alternatives.

Also during National Nutrition Month, we hope to increase awareness of nutrition among students by hosting a table sit in Free Speech Alley where we will supply nutritional handouts.



If you are interested in helping out with any of the events to be held during National Nutrition Month, please contact Alicia Rodriguez at arodr29@tigers.lsu.edu.



Spring 2009; Meeting #3
February 17, 2009

Guest Speakers:

- Today's Speaker: Dr. Sally Soileau will speak to us about volunteering at SNAP Summit which will be held at LSU in March.
- Next Speaker: Judy Myhand will speak to us about Summer Experience.

Upcoming Events

- February 23-25 (M-W) - Mardi Gras Holiday
- February 26 (Th) - Priority Point Game: Women's Basketball vs. Tennessee @ 8 pm
- March 1 (Su) - Deadline to Apply for National Student Exchange
- March 2-6 (M-F) - Mid-Term Exams
- March 4 (W) - Priority Point Game: Men's Basketball vs. Vanderbilt @ 7:00 pm
- March 7 (Sa) - Priority Point Game: Gymnastics vs. North Carolina State @ 6 pm
- March 10 (T) - Next SDA Meeting

Inside this issue:

National Nutrition Month	1
Upcoming Events	1
Guest Speakers	1
Chickpea Walnut Burgers	2
Internships in the Spotlight	2
Happy Birthday!	2

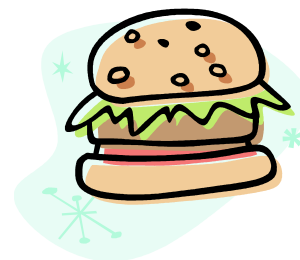
Chickpea Walnut Burgers

Ingredients:

One 19-ounce can chick-peas
 2 garlic cloves
 1/2 medium onion
 1 tablespoon fresh rosemary leaves
 1/4 cup chopped fresh flat-leafed parsley leaves
 1/2 cup fine fresh bread crumbs
 3/4 cup walnuts, toasted and chopped
 1 large egg
 2 tablespoons olive oil
 4 sesame buns

Preparation:

1. Rinse and drain chickpeas in a colander.
2. In a food processor, pulse garlic, onion, and rosemary until chopped coarsely. Add chickpeas, parsley, and bread crumbs; pulse until just combined.
3. Transfer mixture to a bowl. Stir in walnuts, egg, and salt and pepper to taste until combined.
4. Form four patties from mixture. Chill patties, covered, for at least an hour (up to one day).
5. In a large skillet, heat oil over moderate heat until hot (not smoking).
6. Cook patties until golden brown, about 4 minutes on each side.
7. Toast sesame buns if desired. Dress burger with desired toppings (lettuce, onion, tomato, etc.) ENJOY!



*Adapted from Gourmet magazine, August 1997.

Internships in the Spotlight

The University of Alabama at Birmingham

Location: Birmingham, AL
 Type: Full Time Non Degree
 Annual Enrollment: 12
 Enrollment: August, Fall term, Graduate school
 Program Length: 9 months
 Emphasis: General
 Estimated Total Tuition: \$13,675 (Resident), \$25,591 (Non-Resident)
 Graduate Credit Offered: Graduate degree available
 Financial Stipend: \$1,500
 Computer Matching: April
 Website: <http://www.uab.edu/nutrition>

Kent State University

Location: Kent, OH
 Type: Full Time Degree
 Annual Enrollment: 10
 Enrollment: August
 Program Length: 21 months
 Emphasis: Leadership
 Estimated Total Tuition: \$17,550 (Resident), \$31,300 (Non-Resident)
 Degree Granted: MS
 Computer Matching: April
 Website: <http://www.ehhs.kent.edu/nutr/internship.cfm>



The University of Alabama at Birmingham

Location: Birmingham, AL
 Type: Part Time Non Degree
 Annual Enrollment: 17
 Enrollment: August, Fall term, Graduate school
 Program Length: 11 months
 Emphasis: General
 Estimated Total Tuition: \$13,307 (Resident), \$25,583 (Non-Resident)
 Computer Matching: April
 Website: <http://www.uab.edu/nutrition>

Happy Birthday!

February

17– Kayla Frey
 17– Angela Hilliard
 27– Kristen Finney

March

3– Karrie Martin
 7– Gabrielle Burns
 9– Yinghui Jenny Zhong