

Kid's Healthy Eating Camp

The Healthy Eating Summer Camp for Kids was conducted by the Marilyn Magaram Center (MMC) and funded by the Summer Academic Program for Elementary School Students at California State University, Northridge (CSUN). MMC Student Interns lead the program, which consisted of a five-week summer class that provided nutrition and healthy food preparation education to elementary school aged children in the San Fernando Valley in an effort to improve food choices and dietary habits, and prevent obesity. The class focused on the USDA Food Guide and increasing variety in children's diets. Activities included menu writing, art classes, food science experiments, food demonstrations, and hands-on cooking while incorporating the core nutrition and health principles of serving sizes, daily exercise and wise food choices.



Weight Management Program

The Marilyn Magaram Center (MMC), in collaboration with the CSUN Commit to Be Fit program and the Kinesiology Department, designed and implemented a six-week long Weight Management program for students, faculty, staff and community members. This program helps fill a gap in nutrition education classes/weight management classes that are available to San Fernando Valley residents; and it differs from the commercial weight loss program, because it incorporates evidence-based research and includes health professionals, such as the MMC's Registered Dietitian, to teach the course. Weekly workshops included workout sessions and cooking demonstrations, and covered topics such as MyPlate, portion size and control, grocery shopping, meal planning and dining out strategies for those looking to achieve their weight goals.



Dietetic Intern Peer Mentoring Program

The Dietetic Internship Program at CSUN offers a mentorship program for culturally diverse students applying to dietetic internships. The aim of this program is to increase diversity in dietetics by guiding under-represented dietetic students through the internship application process. CSUN Dietetic Interns provide one-on-one guidance, coaching, and support through the dietetic internship application process. One component of this program is recipe development, where mentors and mentees work together to create healthy recipes and develop a cookbook that is shared with community members served by the Marilyn Magaram Center and Northeast Valley Health Corporation-WIC.



shared with community members served by the Marilyn Magaram Center and Northeast Valley Health Corporation-WIC.

Let's Cook and Move in Schools

Let's Cook and Move in Schools is a comprehensive program developed and delivered through a collaboration of community partners that aims to increase physical activity and healthy eating behaviors among participants and their families in low income, predominantly Latino serving communities in Los Angeles. The services provided under this program include: My School in Motion – a 15 minute morning nutrition and physical activity message conducted outdoors and school-wide; Passport to Fitness and Nutrition – an afterschool program focusing on physical activity and healthy snacks; Parent Education Classes – weekly workshops for parents that incorporate nutrition education, physical activity, and cooking lessons; Family-based After School Program – aimed at families with overweight and obese children, participants learn about weight management; and “MyPlate! The New Food Guide Musical” – a participatory dance-based theatrical performance developed by a Registered Dietitian and ex-Rockette that engages students in physical activity and learning about nutrition. All participants receive a cookbook at the end of the program.



participants

Award-winning recipe for Cooking up Change LAUSD

Cooking up Change® is a national healthy cooking competition launched by Healthy Schools Campaign. It challenges teams of high school culinary students to create menu items that are not only healthy, but also meet nutrition guidelines and the budgetary constraints (about \$1 per meal) that school food services programs across the country face today. Culinary programs at high schools from Los Angeles Unified School District culinary program represented their campuses with the creation of one main dish, one fruit dish, one veggie dish and no more than 10 ingredients with six steps or less in the preparation. In 2016, students from LAUSD's Santee Education Complex won first prize in the Los Angeles competition and went on to win 3rd prize in the national competition.

Brazilian Scientific Mobility Program

The Marilyn Magaram Center hosted a nutrition undergraduate student from Brazil as a grantee in the Brazil Scientific Mobility Program, a non-degree scholarship program sponsored by the Government of Brazil through the Institute of International Education. This program promotes students to become research assistants on worldwide projects pertaining to their field of interest. The Marilyn Magaram Center's nutrition research focusing on childhood obesity has helped position CSUN as a valuable international research partner.



Associated Students Farmers' Market

In an effort to foster sustainability on campus, CSUN hosts a weekly farmers market every Tuesday during the academic year. An initiative formulated and led by Associated Students, the weekly event features vendors providing fresh fruits and vegetables to students and the community. Organic produce, artisan breads, jams and jellies, nuts, prepackaged foods, freshly prepared foods; flowers, crafts and a variety of other products are readily accessible and conveniently located on campus. The Marilyn Magaram Center (MMC) participates in this event each week by providing nutrition information to market patrons and promoting MMC services. Once a month, the MMC partners with CSUN Dining for a food demonstration, using healthy recipes created by CSUN Chefs. The farmers market truly promotes our campus initiatives to encourage a healthy and sustainable lifestyle.



International Cook-off

The International Cook-off, hosted by the Marilyn Magaram Center in the Frances Thieriot Laboratory, is a campus-wide event created to promote awareness about the various cultures that influence daily nutrition. The competition brings student organizations that contribute to the diversity of CSUN by opening the doors to any competitor able to cook an ethnic recipe. Students prepare dishes using a secret ingredient, which is scored by a panel of judges made up of nutrition and food industry experts to determine the best representation of that ingredient.



Community Supported Agriculture

Community Supported Agriculture, or CSA, is a subscription based pledge of support for your local farm. In exchange for monetary dues, you receive a box of seasonal produce each week or on an agreed schedule. The biggest convenience of joining a CSA is that the times arranged for delivery or pick up are much more flexible than the weekly market. The Marilyn Magaram Center (MMC) works with Underwood Family Farms in Moorpark to provide CSA deliveries to the California State University Northridge community. Each week, MMC Student Interns highlight the “Veggie of the Week” from the items provided in the CSA box, and use the produce item to deliver nutrition education to program participants through handouts, posters, games, and more when handing out the CSA box.



Marilyn Magaram’s Thesis Project

Marilyn Magaram’s interest in nutrition and food science lead her to pursue her Masters of Science degree in Nutrition, Dietetics and Food Science from CSUN. Marilyn focused her master’s thesis research efforts on folate in mung beans. Using CSUN laboratories similar to the Center’s current Food Chemistry Lab, Marilyn and former CSUN professors Dr. Tom Chen and Dr. Christine Smith worked to test methods of extracting folacin from alfalfa and mung bean sprouts. Marilyn Magaram’s research was published in the Journal of the Science of Food and Agriculture, serving as a legacy to her achievements at CSUN.

Taste of Good Health

“A Taste of Good Health” is a school-based parent education program designed to affect healthful behavior in parent participants and their families in a large urban school district. The education program is focused on increasing awareness and providing guidelines on healthy nutrition choices, food label reading, recipe modification, smart shopping, and related nutritional and healthy lifestyle information. The School-based Obesity and Diabetes Initiative program of Northridge Hospital Medical Center has collaborated with CSUN, Northeast Valley Health Corporation, Women, Infants Children (WIC) Program, and Los Angeles Unified School District (LAUSD) to conduct these nutrition education and cooking classes in a number of LAUSD elementary schools.



Kappa Omicron Nu Research Night

Kappa Omicron Nu (KON) is a college honor society for students in human sciences. Kappa Omicron Nu chapters are located at colleges and universities that offer a strong human sciences program. The Beta Omicron Epsilon chapter at CSUN is an active organization in the Department of Family and Consumer Sciences, hosting regular events such as KON Research Night. KON Research Night's purpose is to showcase the scholarly research and projects of undergraduate and graduate students in the Food Science, Nutrition, Kinesiology, Health Sciences, and Environmental and Occupational Health majors at CSUN. Students have the opportunity to enter their works in the undergraduate or graduate category as either an oral presentation or a poster presentation. A panel of 5 Advisory Board members from the Marilyn Magaram Center judge student work and winners are selected the night of the competition to be awarded a scholarship.



Lab School Chefs Program

The Child and Family Studies Center at CSUN is affiliated with the Department of Family and Consumer Sciences (FCS), within the College of Health and Human Development. As an instructional unit, the primary mission of CFSC is to instruct and train university students to work effectively with young children and their families. The Marilyn Magaram Center (MMC) has partnered with CFSC, affectionately called "Lab School," to provide meal and snack preparation for the children who attend the school and nutrition education for parents and staff. MMC Student Interns participate in the menu planning, food services production, and development of educational materials used at Lab School throughout the year.



National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Each year, the Marilyn Magaram Center celebrates National Nutrition Month (NNM) with an all-day on-campus event that promotes nutrition to students, faculty and staff through educational handouts, food demonstrations, and nutrition related activities.



Mind Body Spirit Program:

The Marilyn Magaram Center (MMC) and Valley Community Care Consortium (VCCC) partnered together to educate the St. Peter Armenian Apostolic Church community in Van Nuys, CA about nutrition and obesity prevention. Through various members of the St. Peter Church were motivated to eat healthy. Nutrition education presentations, Sunday school lessons, food demonstrations, and informational booths after church services motivated this community to remain engaged in nutrition awareness and diet quality. The women of the St. Peter Church congregation participated in the Ladies Society Luncheon where they heard informative nutritional presentations by MMC Student Interns and participated in an activity to create their own fruit and vegetable infused water recipes.

