

# Food Science & Nutrition



## EXPERTS

MAGAZINE

Special Edition 2020



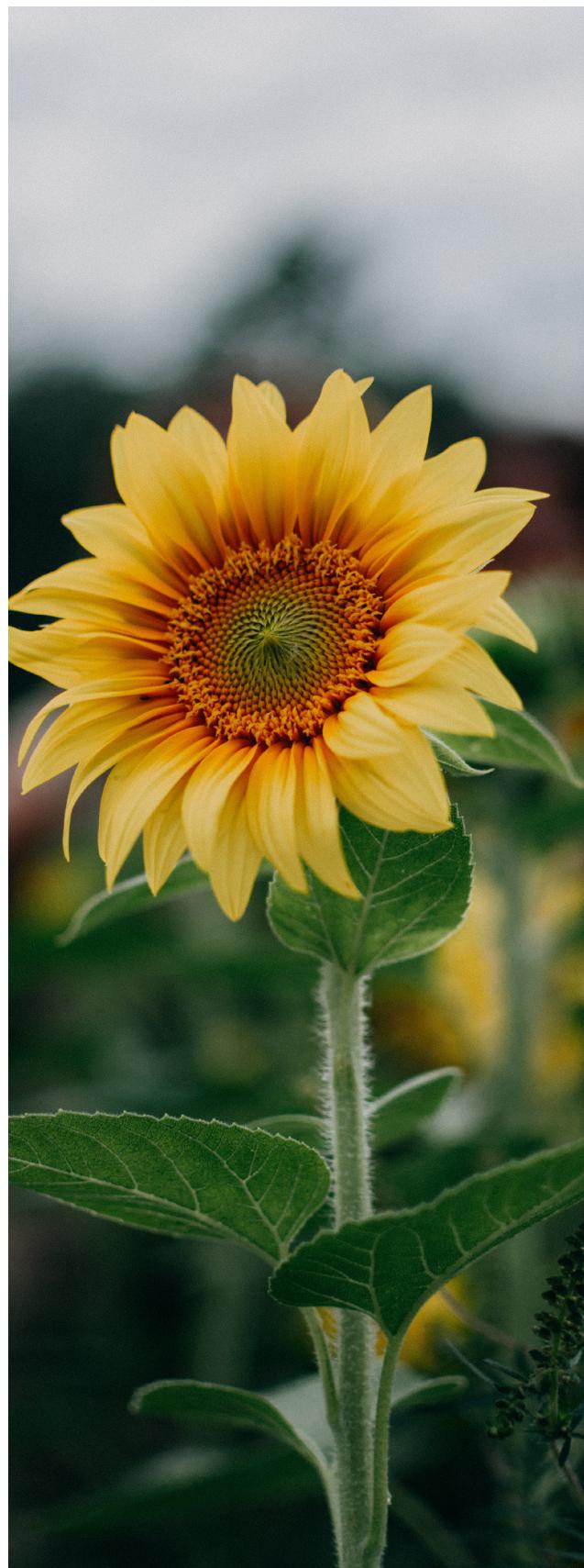
A Trusted Resource for the Community

CSUN

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MARILYN MAGARAM CENTER  
FOR FOOD SCIENCE,  
NUTRITION AND DIETETICS

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# **MMC Events & Workshops**

## **Spring 2020 Events**

Prevent T2 Diabetes

HR Workshops

Public Policy Day

MyPlate! The Musical

Thrive With Diabetes

White Coat Ceremony

National Nutrition Month

A Taste of the MMC, A Special Donor Event

Let's Grow Healthy Workshops & Training

## **Summer 2020 Events**

Healthy Growers' Training

SAEP Culinary Cooking Camp

Visit our website to see the latest news and events at  
[csun.edu/marilyn-magaram-center](http://csun.edu/marilyn-magaram-center)

# Director's Message

"THERE IS NO POWER FOR CHANGE GREATER THAN A COMMUNITY DISCOVERING WHAT IT CARES ABOUT." – MARGARET J. WHEATLEY



As we have begun a new year, I am reminded of how privileged we are at the MMC to be developing products and programs that focus on serving our community by improving health and well-being. We are growing healthy communities through innovation in nutrition education, physical activity, healthy food products and recipes, and gardening initiatives aimed at helping youth and adults make better nutrition and lifestyle choices, while incorporating evidence-based strategies and utilizing techniques that are culturally appropriate for whole-family learning. To that end, we are committed to the search for innovative, adaptable approaches in food science, nutrition and dietetics, working to enhance and promote healthy behaviors through research, education, garden development, and community programs.

Several contracts and grants have made it possible to continue the expansion of scholarly and research activity and sponsored programs, and the MMC Research Lab remains productive

with more than 21 research projects. As a result of the USDA Pathways grant, we have increased the number of internship and scholarship opportunities and provided students with one-on-one advising, resources, tutoring, peer mentoring, and continuous support to help them reach their goals of becoming registered dietitians and food scientists, while incorporating and ensuring diversity and inclusion both on and off campus. Through collaborations with the Institute for Sustainability, CSUN Dining, Food Forward, the Food Recovery Network (FRN), the Institute for Community Health and Wellbeing (ICHW), and our contract with the Los Angeles County Department of Public Health, many programs at the MMC continue to be in alignment with the University's sustainability efforts and initiatives.

Utilizing our research facilities, sensory lab equipment, and the MMC Wellness Garden, our student researchers and faculty mentors are continuing to compare the rates of growth, antioxidant content, and differences in taste and texture of produce grown in conventional, hydroponics, and aquaponic gardening systems, made possible by a generous donation from the Gary & Barbara Luboff Mitzvah Fund. The trend toward more sustainable methods such as hydroponics and aquaponics has raised questions about the qualities of the produce grown through these systems, and we are privileged to participate in this fascinating research related to advanced technologies in food production.

Work continues through CalFresh Healthy Living (formerly known as Champions for Change) to serve SNAP-Ed eligible participants in Los Angeles County by promoting better nutrition and increased physical activity. On the fourth Friday of every month, volunteers, students and staff members have been distributing fresh fruits and vegetables, cookbooks, recipe cards, and other nutritional information to needy individuals and families in the community. From March 2019 to date, approximately 26,000 individuals have benefited from these distributions. We are pleased to report that in collaboration with CSUN's Institute for Community Health and Wellbeing, the Los Angeles County Department of Public Health extended our grant funding for an additional six months to support this initiative to reduce obesity rates among low-income populations in Canoga Park that receive SNAP-Ed benefits.

We have developed several new internships, research projects and community engagement opportunities, through which students are able to obtain volunteer, leadership and paid positions. Using athletics as a tool for engagement, we have initiated partnerships with the CSUN Athletics Department as well as the Los Angeles Dodgers, giving our students the opportunity to collaborate with collegiate and professional athletes. As the faculty liaison for the American University in Armenia (AUA) and the faculty advisor for Medics in Armenia, I have also been able to expand our national and international footprint by developing programs based on community and student needs assessment, with additional international alliances being formed in Peru and Lebanon.

During the month of October, the educational theater program "MyPlate! the Musical" returned for its sixth straight year to Calahan and Hart elementary schools. "Eating Right Rocks," an expansion program specifically designed for parents and their families, was also introduced as a new component at Anatola elementary school this year. Both programs successfully incorporate nutrition education and physical activity in the form of dance to encourage behavior change and improve quality of life.

In a continued effort to support the health and wellbeing of women and families, we have established a federally-funded Special Supplemental Nutrition Program for Women Infants and Children (WIC) on campus for our staff, students and community, which is the only university-based WIC Center in the nation. WIC is a nutrition program that helps pregnant women and mothers with infants and young children to eat well, be active and stay healthy. During the month of August, the MMC was also honored to collaborate with BreastfeedLA to host a film screening and panel discussion on the CSUN campus of "Chocolate Milk: The Documentary." By creating an engaging narrative around the challenges of breastfeeding, "Chocolate Milk" sparks public discussion on how communities can better support black mothers in this endeavor. We also wish to thank Visionary Women for their continuous support and providing opportunities to empower our female students, interns, and staff.

Through funding provided by the American Culinary Federation, the MMC Wellness Kitchen hosted a "Matador Kids Culinary Program" workshop on November 16th for middle school children in Thieriot Lab. In this interactive class, a group of 11 to 15-year olds learned cooking skills using seasonal ingredients under the guidance of our chef. This was the first of several more workshops that are being planned and we look forward to encouraging children to develop their culinary talents while having fun in the kitchen!

On December 2nd, the MMC held a nutrition seminar in collaboration with the CSUN Dietetic Internship program, the CSUN Department of Child & Adolescent Development, the CSUN Department of Psychology, the CSUN Autism Clinic, and Arthur Partikian, MD and Jessica Lowe, MPH, RDN, CSP of the USC Keck School of Medicine. Topics included "The Ketogenic Diet as an Efficacious Treatment for Epilepsy" and "Autism Spectrum Disorder and Nutrition," and 5 CEUs were provided for registered dietitians in attendance. Special thanks to The Charlie Foundation and the Epilepsy Foundation of America for making this a successful and informative event.

We are excited to announce the upcoming release of the 3rd edition of our Wellness Kitchen Cookbook, filled with Marilyn Magaram's personal recipes! We were privileged to receive a nostalgic collection of Marilyn's own recipes from her daughter, Jodi, after the MMC's 25th Anniversary celebration in 2016, and since then it has been our desire to create this special edition as a tribute to Marilyn, her passion for nutrition and low-calorie gourmet cooking, and her enthusiastic approach to health and life. As a complement to this unique compilation of recipes, we have also created video-based tutorials for healthy and calorie-conscious gourmet cooking inspired by Marilyn's favorite preparations.

I am extremely proud the ways the MMC has grown to become a trusted community resource in food science, nutrition and dietetics for over 28 years, and my appreciation goes out to our students, faculty, staff, and donors for their commitment and continued support. I also wish to extend my sincerest gratitude to Sally and Phil Magaram, the Drown Foundation, and all whose generous contributions make it possible for us to sustain our mission and vision. We hope you will be able to join us for the "farm-to-table" style donor appreciation event on March 1st that will highlight Marilyn Magaram's original recipes and the release of our special edition cookbook in her honor.

Wishing you and your loved ones good health and wellness in 2020.

Sincerely,



Annette Besnilian  
MMC Executive Director

# Featured Articles

## Whole Body, Whole Health

By Talia Bondelli, RDN and Charleen Hsieh, Dietetic Intern

The Whole Body, Whole Health Workshops were very successful in 2019. There were a series of workshops created by CSUN Dietetic Interns (DI) alumnis and Registered Dietitians, Shely Salemnia and Talia Bondelli, in partnership with The Jennifer Diamond Cancer Foundation. These workshops aimed to provide a space for those in the San Fernando Valley (SFV) who have been affected by cancer. Each workshop started off with a garden or meditation activity in MMC's very own Wellness Garden. Dr. Jerry Kornfeld discussed various health issues supplemented by a nutrition lecture by Shely and Talia. Lastly, there was a cooking demonstration by Chef Sandi Lampert. The workshops aim to help our participants with their whole body, mind, and health using a holistic approach. "Whole Body, Whole Health" is a series of workshops to provide comprehensive and evidence-based nutrition support services for SFV head and neck cancer patients that focuses on nutrition-based curriculum, yoga, gardening, and cooking classes. The MMC continues to provide these workshops every semester and continue to further expand and improve the program.



## MyPlate! The Musical: Eating Right Rocks!

By Alejandra Perez, MS, RDN and Brittany York, Dietetic Intern

Hart Street Elementary and Calahan Elementary welcomed the month of October with an original musical about healthy eating through "MyPlate! The New Food Guide Musical Program." Helen Butleroff Leahy, Registered Dietitian/Ex-Rockette/Broadway flew from New York to implement its 6th year! Each school production featured approximately 90 students who performed in both choreographed and freestyle numbers alongside professional actors/dancers from New York City.



The goal of this program is to spark students' interest in health and nutrition through interactive and creative methods not typically found in a classroom. Since parents are responsible for enforcing healthy lifestyles at home, Butleroff-Leahy also lead a parent workshop called "Eating Right Rocks!," which reviewed healthy eating and exercise tips. To reinforce the idea that eating healthy and exercising can be fun, parents learned how to make a Greek yogurt-based pumpkin pie dip that pairs perfectly with sliced fruit, and their dancing skills were put to the test with a short, choreographed number. Butleroff, Dr. Besnilian, and MMC research assistants at the MMC continue to conduct evidence based research to further improve the program in the hopes that this inventive program will eventually be implemented in many more schools to spread the message that eating healthy and exercising is not only important but fun, too!



## School-Based Sustainable Agricultural Classes

By Eirenel Eclevia, Student Leader and Mariah Haroon, RDN

The Christine Smith Endowment provides a scholarship to students working with chickens in school gardens. Mariah was a recipient of the Christine H. Smith Scholarship for Outstanding Academic Achievement as an undergraduate student in May 2017. Now as a Registered Dietitian and graduate student, Mariah continues to work on the Calahan Chicken Project and even expanding it as her Master's Thesis project.

A series of three classes was presented at Calahan Elementary School on October 18th, November 1st and November 8th to teach students about the benefits of raising their own chickens for eggs.

The first class of the series focused on the core concept that "raising backyard chickens is fun and helps save Earth's resources." Students were prompted to discuss ways to conserve resources. Finally, the idea of raising chickens as a way to conserve resources was introduced. The second class focused on the concepts that "chickens need a safe and comfortable shelter to stay healthy," and "The chickens need healthy foods to stay healthy." Students were taught that an open area such as the backyard and the chicken run are important to the chickens. Chickens have their own dietary requirements. Although they "can" eat some human foods, they "should not" eat only human foods. The third and final class of the series focused on the concepts that "chickens need to be protected from backyard predators," "chicken coop should be kept clean so that chickens would be safe and healthy," and "there are different types of laying and non-laying hens." Students were taught that chicken coops should be designed and built to ensure maximum safety for the chickens. They were shown pictures of different materials that can be used to build the walls and roofs of the coops.

The common theme among all three classes was that raising our own chickens allows us to save resources, and the quality of the eggs depends on how happy and healthy the chickens feel. Another core concept which was emphasized in all of the three classes was that raising chickens is a lot of fun but also a responsibility. All classes ended with fun classroom activities, which also helped reiterate and summarize that day's lesson.

Students thoroughly enjoyed the classes and expressed their disappointment at the end of the series! Some took notes, while others drew pictures during the classes, which they were happy to share!



# MMC Highlights

## MMC Diabetes Education Service Merits ADA Recognition

By Karmen Ovsepyan, MS, RDN

Our “Thrive with Diabetes” self-management education service at the Marilyn Magaram Center has been awarded continued recognition from the American Diabetes Association. The DSMES service was originally recognized in August of 2019. This service offers high-quality education services to their participants. The ADA Education Recognition effort began in the fall of 1986 and is a voluntary process which assures that approved education services have met the National Standards for Diabetes Self-Management Education Services (DSMES). Services that achieve recognition status have a staff of knowledgeable health professionals who can provide state-of-the-art information about diabetes management for participants. Self-management education is an essential component of diabetes treatment. One result of compliance with the National Standards is the greater consistency in the quality and quantity of education offered to people with diabetes. The participants in the ADA Recognized service will be taught, as needed, self-care skills that will promote better management of diabetes treatment regimen.

All approved education services develop individualized participant education plans that may include any of the following topics as needed: diabetes disease process; nutritional management; physical activity; medications; monitoring; preventing, detecting, and treating acute complications; preventing, detecting, and treating chronic complications through risk reduction; goal setting and problem solving; and psychological adjustment. Assuring high-quality education for participants self-care is one of the primary goals of the ADA Education Recognition Program (ERP). Through the support of the health care team and increased knowledge and awareness of diabetes, the person with diabetes can assume a major part of the responsibility for his/her diabetes management. Unnecessary hospital admissions and some of the acute and chronic complications of diabetes may be prevented through self-management education. For more information, contact the Marilyn Magaram Center.



# Fueling Athletes

By April Diederich, RDN, CSR



Athletes know the importance of optimizing protein, carbohydrate, and fat levels to reach their performance goals, but they may need help along the way. MMC interns actively support these nutritional needs at The Matador Fueling Station. Under the guidance of CSUN Athletics Director of Nutrition, Connor Spencer, MSc, SENr, CISSN, our MMC interns help student-athletes reach their performance goals through a comprehensive plan that includes recovery shakes, snacks and other foods that optimize nutrient intakes. With this individualized care, CSUN student-athletes gain access to pre- and post-workout meals and snacks in order to maximize energy, focus and performance in practice and competition. Through this collaboration with CSUN Athletics, MMC interns gain real-world experience in the collegiate sports nutrition environment. On a day-to-day basis, interns maintain

inventory and monitor the appropriate use of the Fueling Station. On a long-term basis, interns have the opportunity to learn and apply various sports nutrition objectives such as: food safety; fundamentals of sports nutrition (timing, type, and total of carbohydrate, protein and fat); creating educational materials; recipe creation; sport focus interventions; and potential case studies.

The Fueling Station currently serves all 19 CSUN teams and is open to all 350 CSUN student athletes. The Sports Nutrition Department and Fueling Station was started by Simona Hradil, MS, RD in 2015 and has since led to several other dietitians and nutritionists making an impact on our student athletes. "It has been great to have support from students passionate to learn more about sports nutrition and what it takes to fuel Matador success. Everyone has been great and I look forward to supporting them on their learning journey." - Connor Spencer, MSc, SENr, CISSN

## How Important Is Your Role in Policy Making?

By Jocelyn Harrison, MPH, RDN and Jada Cantrell, Student Leader

Do you wish everyone made better health choices - like eating the recommended servings of fruit and vegetables every day and being physically active? Take a moment to look around and think about our communities. Have you noticed that the healthy choice isn't always an easy choice? Individuals can be taught to make better health choices, but if the environment makes the healthy choice difficult, education is not enough. We live in a consumer-driven society where there is often little incentive to focus on the health consequences of prevailing systems and available products. Farm subsidies that contribute to cheap empty calories found in sugar-sweetened beverages and fast food are an example. However, you can make a difference. Yes, you can influence the policies that shape our communities and the lives of our families, friends and neighbors. As healthcare professionals, our job is to ensure that the healthy choice is the easy choice. We are called to be engaged in the policy-making process and weigh-in on policies that have health consequences.

Our elected officials are counting on us as their constituents to tell them what we want. They are counting on our expertise as healthcare professionals to advocate for and help craft policies that support the health of all people. There is a saying, "If dietetics is your profession, policy should be your passion." This holds true for anyone with an interest in health. Get involved today. Start by joining the Academy of Nutrition and Dietetics and the local Los Angeles District because there is strength in numbers. Reply to an action alert, write an email to your legislator, send a letter to the editor of your favorite publication, or tweet about issues and solutions. There are hundreds of ways to impact policy. So let's get started - our communities are counting on us!

# Events & Collaborations

## Food Distribution in the Community

By Kelly Nicole Rodriguez, Student Leader

CalFresh Healthy Living (formerly known as Champions for Change), the Marilyn Magaram Center, and the Institute for Community Health and Wellbeing has established a Pop-Up Food Distribution every fourth Friday of the month from 9AM - 12PM, in collaboration with Food Forward, Earth Island, Freedom Church, and Bridge to the Future scholar volunteers. The goal of the Pop-Up Food Distribution is to provide fresh fruits and vegetables to community members in the San Fernando Valley. CalFresh Healthy Living is a statewide initiative to support making healthy lifestyle changes among Californian families by increasing the consumption of fruits and vegetables, as well as encouraging physical activity. CSUN CalFresh Healthy Living realizes this goal through hands-on garden-enhanced nutrition education in Canoga Park. Since the start of the Pop-Up Food Distribution in March 2019, CSUN CalFresh Healthy Living has been able to distribute approximately 54,000 pounds of fresh produce among 27 organizations that serve community members. CSUN CalFresh Healthy Living is closing the gap of food insecurity and food deserts in a sustainable way by redistributing food that has been "gleaned" or recovered from a surplus of edible goods that would otherwise be thrown away. From March 2019 to the present, about 26,300 individuals in the San Fernando Valley have benefited from the Pop-Up Food Distribution. At the end of the CSUN CalFresh Healthy Living grant, in order to sustain the Pop-Up Food Distribution, CSUN students will undertake the implementation in order to successfully continue the initiative to provide fresh fruits and vegetables to underserved communities.



# From Our Nutrition Experts Blog

The Marilyn Magaram Center continues to serve the needs of diverse communities and encourages the public to draw on the special talents of its students, faculty, and staff through a variety of innovative programs and services. The Marilyn Magaram Center Nutrition Experts provide students with evidence-based nutrition information, services, and resources. By visiting [www.csun.edu/marilyn-magaram-center/nutrition-experts](http://www.csun.edu/marilyn-magaram-center/nutrition-experts), you will find information on many topics, including healthy eating on a budget, healthy eating on and off campus, sports nutrition, nutrition for families, and more!



## Prevention of Type 2 Diabetes

**Bryan Rosales**

According to the Centers for Disease Control (CDC), over eighty-four million Americans are currently diagnosed with diabetes. ([Student Scoop](#))

## Dandelion Greens: An Urban Delicacy

**Jason Garvin**

Kale has long been the go-to leafy green for healthy eaters, but research shows that the dandelion plant (*Taraxacum officinale*) may pack equal amounts of nutrients! ([Student Scoop](#))

## Small Changes Add Up to Big Achievements

**Nadia Bedrosian**

You've seen it before, friends and family devoting themselves to a new routine at the start of the new year, month or on a Monday. ([Student Scoop](#))



## Bee A Matador Honey

**Samy Elcott**

Among the most valuable and healthful products of nature which bees create every day is honey. ([Student Scoop](#))

## A Look Inside the Shell

**Eirenel G. Eclevia**

Eggs are simple and very versatile and adaptable in any dish you cook them in. ([Student Scoop](#))

## Pear Almond Butter Toast

**Recipe**

The thinly sliced pears provide the almond butter toast a slight hint of sweetness and crispiness.

# Student Internships

## MMC Internship Updates

By April Diederich, RDN, CSR

The goal of the MMC Internship Program is to provide real-world experiences for future nutrition and food science professionals so that they may gain knowledge and practice skills. These experiences are designed to expose the student to a myriad of professional issues that are not often taught in a classroom. Through professional experiences, students are better prepared to enter into, function and succeed as viable members of the workforce providing service and education to those in need. Further, the programs fulfill the mission of the Magaram Center by providing valuable nutrition services to the community.



## **Community Educators**

The Community Educators interns are busy interacting with students and staff on and off campus. They provide nutrition education at health fairs, workshops, and interactive cooking demos.

## **Nutrition Justice**

Nutrition Justice interns partner with resources on and off campus to alleviate food insecurity. In Fall 2019, interns worked with the Food Recovery Network to recover and redistribute over 2,300 lbs. of food that would have gone to waste. Interns have created a "Free Food" interactive map to guide CSUN students on where to locate free meals and resources to address food insecurity. Visit <https://www.csun.edu/marilyn-magaram-center/free-food-csun>

## **Let's Grow Healthy**

Let's Grow Healthy interns complete "Healthy Growers Training" taught by MMC Master Gardeners in which they learn gardening skills, composting, and sustainability practices. Interns maintain the MMC Wellness Garden located in the Sequoia Hall Courtyard and/or teach garden-enhanced nutrition education via workshops at CSUN and at local elementary and preschools.

## **Food Science**

Food Science interns have been gaining experience with recipe development, product labeling, marketing and sensory tests on our new Health and Wellness line. Our Matador Marmalade and FitJam are now available for purchase at the CSUN Bookstore, as well as on-line and in-person at the MMC.

## **Social Media**

Social Media and Marketing interns have been busy creating content and images for MMC's social media platforms: Facebook, Instagram, Twitter, and YouTube. Interns gain experience in evaluating trends in social media and Google Analytics.

## **Child Nutrition**

The Child Nutrition Internship is a collaboration with the CSUN Child & Family Studies Center Lab School. Interns create and implement weekly snack menus for preschool children, with special attention to allergies and budgeting practices. Interns also create parent newsletters that highlight recipes that can be created with their children, as well as tips for picky eaters, and information about produce grown in the garden on-site.

## **MMC Talks**

The MMC Talks internship coordinates enrichment workshops for students and professionals. This semester, the Student Enrichment Series focused on budgeting, stress management and writing resumes. Interns assisted with the Nutrition Seminar that provided 5 free CEUs to Registered Dietitians on the topic of nutrition interventions with childhood epilepsy and autism.

## **Health Assess Fit to Win**

The Health Assess and Fit to Win internship offers the opportunity to be trained in gold standard body composition testing using the BodPod, recipe or diet analysis using ESHA software, and/or assisting at the Fueling Station with CSUN Athletics.

## **Exposure to Food Manufacturing**

Through this internship, students gain an understanding of operational principles of a food manufacturing business. At Cucina Della Cucina (a family-owned business providing gourmet, artisan ravioli and pasta) MMC interns can gain experience in a variety of skill sets including recipe creation, production line management, safety regulations, shipping, marketing, and/or sales.

## **CalFresh Healthy Living**

CalFresh Healthy Living is the rebrand program for SNAP-Ed in California (formerly known as Champions for Change). The CalFresh Healthy Living program will continue to serve SNAP-Ed eligible participants and provide the same services. Interns assist at food distributions and community events to support healthy living through better nutrition and increased physical activity.

# MMC Wellness Kitchen

## Marilyn Magaram's Cookbook

*By Julie Miller, Food Science Coordinator*

We at the Marilyn Magaram Center are excited to soon debut the special edition of our Wellness Kitchen Cookbook, filled with Marilyn's personal recipes! We hope the flavorful recipes in this cookbook will whet your appetite and awaken your senses as you enjoy cooking the recipes that Marilyn developed in the kitchen. There will be a special donors event to celebrate and commemorate the cookbook's release on March 1st.

Many thanks to our dedicated students and staff for the countless hours spent on this project. Please join us on March 1st, 2020 for the unveiling of Marilyn Magaram's Cookbook.



## Food Science Internship Updates

*By Julie Miller, Food Science Coordinator*

We are pleased to share with you updates in the further developing food science internship. In order to advance our projects, we have acquired the helping hands of CSUN students Jesus Gonzalez and Melena Washington, as new project leaders in food science! They are previous food science interns who now specialize in two areas of food science. Jesus is adjusting well into his role as product development lead by working on a series of projects, including Matador PRO in the MMC Wellness Kitchen. Melena is handling the more technical side of food science with taking lead in sensory science by working on Compusense, our state-of-the-art sensory software, to build independent food product surveys. In addition, this academic year we have a new group of food science interns in our internship program: Ashley Medina, Ali Rahman, Andrea Gonzalez Rodriguez, and Meredith Switalski. As the spring semester begins, they are half way through their yearlong internship. They have gained newfound skills in food sciences and we cannot wait to see them grow.

## Spice Up Your Life HR Workshops

*By April Diederich, RDN, CSR*

"Spice Up Your Life" interactive cooking demos are a series of on-going workshops in collaboration with the Human Resources Department at CSUN. The workshops are coordinated by a MMC Registered Dietitian, who mentors MMC interns with curriculum development, timeline, grocery shopping, budgeting, recipe development, equipment use, and food demonstration best practices. In Fall 2019, this two-part series covered "Cooking with Healthy Fats and Oils" and "Sweet Treats." Over the course of the series, 40 staff and faculty participants sampled 8 recipes, which included: Greek Kale Salad with Lemon Olive Oil Dressing, Crispy Tofu Bites, Vegan Sweet Pumpkin Soup, Thai Pineapple Fried Rice, Matcha Castella Cake, Grapefruit Puree Tea, Pomegranate Pistachio Chocolate Bark, and Oat and Hemp Hearts Energy Balls. Are you hungry yet? Join us in our next series in the Spring for workshops on "Easy Potluck Meals" and "Beverage Inspiration." Contact our Center for details on how to register.





## Zucchini Pasta

### Sunflower Seed Romesco with Tomato

**Number of servings**  
Serves 6

#### DIRECTIONS

1. Blacken the peppers over an open flame until they are charred all over. Immediately add them to a bowl and cover tightly with a plastic wrap to steam.
2. After 10 minutes remove the peppers from the bowl and rub off the burnt skins; remove the stems and seeds. Place the cleaned peppers in a food processor with the garlic, sunflower seeds, cheese, vinegar, paprika, and 1 tablespoon of olive oil.
3. Slice cherry tomatoes in half and set aside.
4. Wash zucchini and trim ends. Grate the zucchini with a box grater (or use the grate fixture on a mandoline). Toss the zucchini with 4 tablespoons of olive oil, lemon juice, salt and pepper.
5. Spoon the romesco sauce onto your dish. Add the dressed zucchini noodles, and top with cherry tomatoes.

#### INGREDIENTS

- 4 large red bell peppers
- 2 cloves garlic
- 3 tbsp unsalted sunflower seeds
- 1/2 cup grated parmesan
- 1 tbsp red wine vinegar
- 5 tbsp olive oil, divided
- 1 tsp paprika
- 1 1/2 cup cherry tomatoes
- 2 tbsp lemon juice
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 6 medium zucchini

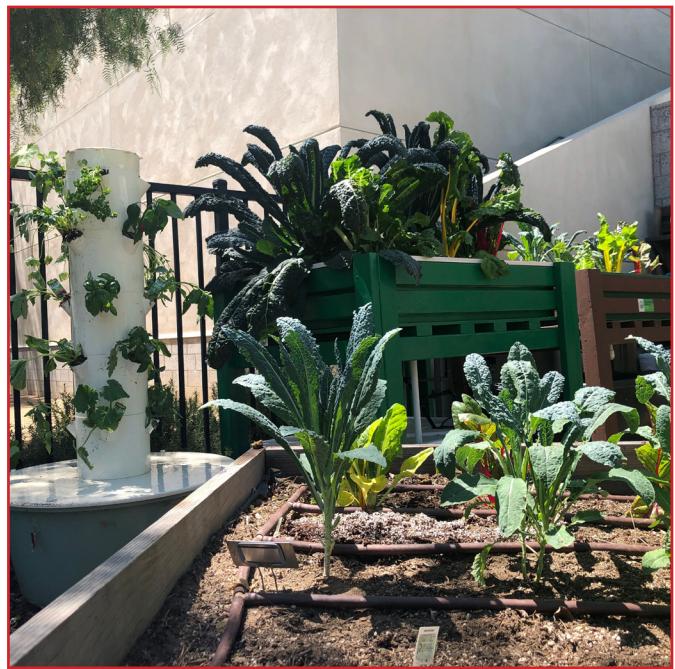
**NUTRITION FACTS:** Calories 230   Total Fat 16g   Sodium 460mg   Fiber 5g   Protein 7g

# MMC Wellness Garden

## Aquaponics Hydroponics Workshop

By Andreas George, Project Coordinator

The future of food production is bright. We are witnessing the emergence of advanced technologies (seemingly straight out of a sci-fi movie) that may enable us to grow crops with an unprecedented level of precision and efficiency. One of these exciting new technologies is aquaponics - which exists at the nexus of hydroponics (growing plants without soil in by feeding water and nutrients directly to the roots) and recirculating aquaculture (self-contained fish farming). The fish provide nutrients to the plants through their waste products while the plants filter and clean the water for the fish, allowing the water in the system to be recycled continuously. This symbiotic relationship, which is mediated by a diverse community of beneficial microbes, allows us to efficiently utilize space, water, and nutrient inputs while producing both vegetables and edible fish protein in virtually any location, regardless of climate and soil conditions. The Marilyn Magaram Center is employing a small-scale aquaponic system, as well as an identical hydroponic system and similarly-sized soil plot, to conduct research into the nutritional value of the vegetable crops grown using these three techniques as measured by their antioxidant content. In theory, aquaponics is able to achieve the efficiency and flexibility of hydroponics while reaping the benefits provided by a diverse ecosystem of small organisms that act as decomposers, much like organic soil-based cultivation systems. This has made aquaponically-grown produce a fascinating and attractive subject for nutritional research. I am proud to be an integral part of the MMC's explorations into this wonderful food production technique, where I serve as Project Coordinator and maintain the research plots. Starting in October of 2019, these systems became a platform for community engagement and learning through the educational workshops I have begun instructing at the MMC Wellness Garden. The workshops are free for both students and the general public, and offer attendees a crash course in the fundamentals of both hydroponic and aquaponic farming methods. Make sure to follow Let's Grow Healthy on Instagram for updates on future workshops, as we already have several planned for 2020. See you there, Future Farmers!



# Growing With A Heart

By Kelly Nicole Rodriguez, Student Leader

The Marilyn Magaram Center's Wellness Garden is going on three years of age, and has made a significant impact on the CSUN campus along the way. The Wellness Garden is the cornerstone for many on and off-campus projects. It started strong in the 2019-2020 academic year on campus, hosting two Healthy Growers training workshop and creating new workshops since then. This year the Healthy Growers training has been offered in a number of ways, including a one-day and two-day training to accommodate more CSUN students, as well as community members. A new herb is highlighted every week at the CSUN Farmers Market. A feature of these herbs is that they are easily grown in containers and add great flavor to any dish. In order to teach students and community members alike how to cook with these herbs, in a new workshop series, "Growing With A Heart" was created in collaboration with the Sustainability Center and CSUN Food Pantry.



In this series, participants learn how to grow, maintain, and cook with the featured herb. Participants learn basic cooking skills with ingredients that are commonly distributed through the CSUN Food Pantry and get to enjoy a warm meal at the end of the workshop. The Wellness Garden continues to work in collaboration with the Food Science internship research regarding the differences in antioxidant content between hydroponics, aquaponics, and geponics. There were two workshops in the fall 2019 semester teaching how to establish and maintain your own hydroponics and aquaponics systems. The Wellness Garden also continues to make weekly donations to the CSUN Food Pantry and the CSUN Pop-Up Pantry so that all CSUN students may enjoy the fruits of the labor.



# MMC Research Lab

## MeSA: Metabolism and Stress Assessment

By Frida Endinjok, Graduate Research Assistant and Claudia Toledo-Corral, PhD, MP



METABOLISM & STRESS  
ASSESSMENT LAB



The objective of the Metabolism and Stress Assessment (MeSA) pilot study is to assess how stress and environmental exposures may associate with body composition of young adults at risk for type 2 diabetes. In order to qualify for the study, potential participants must be a CSUN students between the ages of 18-25 years old and have a family member (parents, sibling, grandparents, aunts, uncles) who has been diagnosed with Type 2 Diabetes. Since 2018, the MeSA Lab, led by Dr. Claudia Toledo-Corral, has been partnering with the MMC to utilize the BodPod for body composition measurements. As part of the MeSA study, participants are asked to fill out surveys regarding their health-related habits such as sleep, physical activity, and dietary habits. Anthropometric measurements include waist and hip circumference measures and total body fat using a Tanita scale. For three days, participants are asked to fill out dietary recalls using the Automated Self-Administered 24-hour diet recall online portal. Saliva samples are also collected, which will be analyzed for cortisol levels, an important hormone related to stress. Participants are asked to come for second visit for body composition measures using the BodPod at the MMC Health Assess room (SQ 291). This research is important, as college age adults are a population that is understood to be at-risk for many unhealthy behaviors and exposures. At the moment, the MeSA lab has collected information from 49 CSUN students and continues recruitment efforts.

## APECA International Research

By Eirenel Eclevia, Student Leader and Jose Serrano, Dietetic Intern

Since 2018, The Marilyn Magaram Center has formed a partnership with the Association Promoting Education and Conservation in Amazonia (APECA). Peruvian Amazon populations have an increased risk for poor health outcomes such as malnutrition due to lack of proper nutrition education and sanitation practices. In order to address these public health issues, the APECA is dedicated to educating and empowering these communities to create their own sustainable living through practices such as nutrition education and basic farming skills. The Marilyn Magaram Center has been collaborating with APECA in consulting the development of culturally specific nutrition education materials to promote the consumption of the iron-rich cassava leaf, commonly known as yuca. Based on the Social Cognitive Theory, the design and language of the educational materials are targeted for this specific population. In order to increase the knowledge on nutrition education among the Peruvian Amazon communities, the ultimate goal is for APECA to provide these educational materials to the populations they serve.



On June 8, 2019, one of our graduate research assistants, Frida Endinjok, had the opportunity to travel to Peru to observe and collect data on the communities served in El Fundo, Peru. Frida commented, "I am working on the nutrition project in which I have collected some information about the typical diet in the communities we serve. Also, I was able to be there for the final training for the nutrition project. I am so happy to see that APECA Peru has such a professional team with the nutritionist, Rita, and the agricultural expert, Marco. I really enjoyed spending time with the "promotores," or community health workers."

# MMC Scholarly Research & Projects

At the Marilyn Magaram Center (MMC) Research Lab, our mission is to enhance and promote good health and well-being through research, education and services in food science, nutrition and dietetics.

Athletic Partnership: Body Composition Testing	Nutrient Analysis and Microbial Testing
Champions for Change	Pathways to Success as Registered Dietitians
Diet Analysis/ESHA/GENESIS	Product Development: Matador Marmalade
Educational Theater: MyPlate! The Musical	Spicy Matador, Bee a Matador
Food Chemistry Lab Research	Sensory Analysis
Antioxidant Research	Sodium Reduction Initiative
Nutrigenomics	Taste of Good Health
Latino Food Environment Study (LFES)	Valley Food Environment
Let's Cook and Move & Grow	Weight Management, Diabetes, Cancer
Let's Grow Healthy	& Wellness Workshops
Metabolism and Stress Assessment	Women, Infants & Children (WIC) at CSUN

## Faculty Research & Project Team

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**Hessam Ghamari, PhD, MS**

*Department of Family and Consumer Sciences*

**Hui (Jimmy) Xie, PhD, MS**

*Department of Recreation and Tourism*

*Management*

**Setareh Torabian, PhD, MS, RD**

*Associate Professor and Director, Didactic Program in Dietetics*

**Arthur (Art) Shulman**

*Department of Marketing*

# Pathways Fellowships

By Alejandra Perez, MS, RDN

The "Pathways to Success as Registered Dietitians" program is now in its 3rd year of implementation. This program is a collaborative effort between the Marilyn Magaram Center, CSUN's Department of Family and Consumer Sciences and Department of Health Sciences, Los Angeles Mission College, and several USDA agencies, the program supports students from underserved communities who want to become registered dietitians.

The program has two main components: (1) to promote the field of nutrition and dietetics and increase the number of Hispanic students interested in careers as RDs and (2) prepare CSUN nutrition students from diverse backgrounds to overcome academic challenges and become competitive applicants for a dietetic internship (DI). Every year, 10 undergraduate and 10 graduate students are selected to participate in the program and become dietetic fellows. Some of the resources available to our dietetic fellows are academic advising, peer mentoring, scholarships, research, professional development and leadership workshops, and lactation education.

The goal of the lactation education element is to prepare Pathways students to advocate for breastfeeding and train to integrate lactation education into their future careers and practices. Pathways students are also required to participate in a research project that appeals to their interests, whether it is in the area of sports nutrition, gardening, community education, or obesity prevention. The current dietetic interns serve as mentors to our fellows and outreach ambassadors, bringing awareness to high school students and college freshmen of the vast career opportunities in the field of nutrition. All these experiences will help dietetic fellows stand out from their peers when the time comes to apply to a dietetic internship program.





## **Undergraduate Dietetics Fellows**

Adriana Cruz	Joselin Berdugo	Gabriela Ortega	Amy Contreras
Briana Caban	Fernando Gonzalez	Maria Barrios	Hannah Ward
Shelby Becker	Glenda Miranda	Alondra Valdez	Stephanie Reyes
Citlalli Garcia	Christina Castro	Jesus Gonzalez	Giselle Pelayo
Aneli G Torres	Karina Valera	Priscilla M. Macias	Nadia Bedrosian
Kellie Fernandez	Lorena Melendez	Jasmine Martinez	
Briseyda Nunez	Diana Aguirre	Diana Lugo Segovia	

## **Graduate Dietetics Fellows**

Karim Damji	Bryan Rosales	Alejandra Gordillo	Sonia Ramirez
Samy Elcott	Juliette Vaspra	Jose Serrano	Madeleine Hoeks
Jason Garvin	Sophia Villicana	Marisol Mercado	
Charleen Hsieh	Brittany York	Vanessa Sanchez	
Minying Li	Israel Aguilar	Griselda Ruiz	

# **Student Achievements**

## **Student Scholarship Recipients**

### **The Christine H. Smith Scholarship for Food Science, Nutrition, and Dietetics**

Shelby Becker, Alexis Swanson-Coleman, & Alondra Valdez

### **MMC Student Research Support Program**

Nina Heumann & Alexis Swanson-Coleman

### **The Besnilian Leadership Scholarship**

Maria Torres & Theodore Mitchell

### **The Tom Chen Scholarship for Food Science**

Laura Horwitz

### **USDA Pathways Graduates**

Itzel Dzul Hernandez, Guadalupe Maria Alfaro Cabrera,  
Francisco Trujillo Rodriguez, Karina Almanza, Alejandra Perez



# Donor Highlights

## **Joseph Drown Foundation and the Marilyn Magaram Center Partnership: Thirty Years of Nutritional Excellence**

Since 1990, the Joseph Drown Foundation has been an active and valuable contributor to CSUN's Marilyn Magaram Center for Food Science, Nutrition and Dietetics. The foundation has played an integral role in the center's success, and because of the Joseph Drown Foundation, millions of San Fernando Valley residents have been positively impacted by the services and information the center provides.

"We are extremely grateful for the Joseph Drown Foundation's support over the past 30 years," said Annette Besnilian, executive director of the Marilyn Magaram Center. "The impact this center has made in the community is extraordinary and it's hard to imagine who would have filled this space if it weren't for the Marilyn Magaram Center. Because of the Joseph Drown Foundation, we have been able to go above and beyond providing education and training to future food scientists, registered dietitians, and health and wellness educators. They have helped us become the trusted food and nutrition resource in the global community."

Since its establishment in 1991, the Marilyn Magaram Center has provided nutrition and dietary guidance to millions of people in the San Fernando Valley and beyond through internships for students working toward becoming registered dietitians, and community workshops including cooking demos, weight management workshops, grocery store tours and feeding therapy clinics. The center also works directly with elementary schools to provide physical activity, nutrition education and gardening. Over the last 30 years, the Magaram Center has trained more than 3,000 students and provided more than 20 different types of food science and nutrition experiences and internships that help prepare them for their future careers in the field.

A variety of nutritional services are available to visitors to the center, including BOD POD body composition analysis, diet analysis, nutrition counseling, recipe analysis, Compusense product testing and ServSafe certification. In addition to its services, the Marilyn Magaram Center has also launched a variety of healthy products, such as Matador Sol Sauce in California Style Habanero Pepper Sauce and Thai Chili Lime Grill Sauce, FitJam raspberry jalapeno jam, Bee a Matador honey, Matador Marmalade, Spicy Matador spice blend and Wellness Cookbooks.

The Marilyn Magaram Center has been nationally recognized by many professional and community organizations including the UEDA, the Academy of Nutrition and Dietetics, the Southern California Institute of Food Technologists, and the Institute of Food Technologists. In addition, the U.S. Environmental Protection Agency (EPA) presented CSUN with the 2018 Food Recovery Challenge Award as the national winner in the category for colleges and universities. This recognition is the result of the collective efforts of CSUN's Food Recovery Network (FRN), the Marilyn Magaram Center, CSUN Sustainability, CSUN Dining, Institute for Community Health & Wellbeing, and Facilities Planning. They emphasized that "CSUN is a national leader in their food recovery efforts."

## **The Value of Joseph Drown Foundation Support**

Thanks to the support from the Joseph Drown Foundation, the Marilyn Magaram Center has been able to partner with thousands of organizations such as the Los Angeles District Dietetic Association, the Student Dietetic and Food Science Association, the Student Food Science Association, the California Academy of Nutrition and Dietetics, the Academy of Nutrition and Dietetics, the U.S. Department of Agriculture and the L.A. District Department of Public Health.

"The Marilyn Magaram Center is an extremely active center on this campus and they do important work that empowers people to make the right nutrition and dietary choices," said Farrell J. Webb, dean of CSUN's College of Health and Human Development. "I want to commend the center on working diligently to make the kind of impact the Joseph Drown Foundation has intended — to assist individuals in becoming successful, self-sustaining, contributing citizens. It is such an honor to have a Center that does such amazing work that lifts everyone in the community through nutrition and dietetic education and guidance. Thanks to the support of organizations like the Joseph Drown Foundation, we can only imagine what the future holds for our community."

The Joseph Drown Foundation was formed in 1953 to provide an organized means for its founder, Joseph Warford Drown, to make charitable gifts during his lifetime and to have the Foundation continue making grants upon his death. The foundation attempts to reflect directly the interests of Joseph Drown by focusing its resources on the areas which particularly concerned him, including education, medical and scientific research; community, health and social services; and, to a lesser degree, the arts and humanities. It is most interested in programs that break down any barriers that prevent a person from continuing to grow and learn.

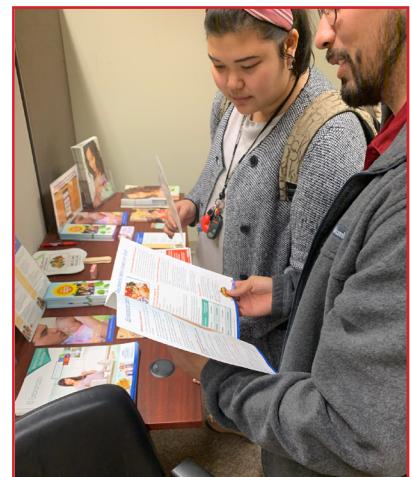
# Community Partners Highlights

## Northeast Valley Health Corporation Women, Infants, & Children

*By Jada Cantrell, Student Leader*

Women, Infants & Children (WIC) is a supplemental nutrition program funded by federal grants for pregnant women, as well as infants and children under the age of 5. WIC participants are able to receive food vouchers to be used at grocery stores as well as, nutrition education, breastfeeding support and health care referrals, among other services. In order to qualify for program enrollment, individuals must be California residents. It is required that the enrolled participant either be pregnant or have an infant or child under the age of 5. A health and income assessment is also given prior to enrollment. Upon enrolling with a WIC employee, proof of income, proof of current address, proof of identity and proof of pregnancy or child must be physically provided. More information can be found online at [m.wic.ca.gov](http://m.wic.ca.gov) or by calling (818)361-7541. Information and educational materials can also be found at all WIC locations. WIC offices are at various locations in the San Fernando Valley including at California State University, Northridge. The CSUN WIC office has been operating for years; however, on August of 2019, the CSUN WIC office opened its doors in its new location,

Sequoia Hall Room 113. This location serves CSUN students, faculty and staff, as well as surrounding community members. Upon visitation, individuals are able to receive information pertaining to eligibility, enrollment assistance, and distribution of food vouchers. The WIC office is staffed with Dietetic Interns, Certified Lactation Educators and trained WIC employees. Hours of operation are currently Thursdays from 9AM to 12PM weekly as well as Monday and Friday for outreach hours.



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# MMC Staff

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Eirenel Eclevia	Joseph Choe	Lihua Ma	Sophia Rosales
Fernando Gonzalez	Kelly Rodriguez	Melena Washington	Susana Corona

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Citlalli Garcia Plascencia

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Priscilla Macias





## Special Thanks To:

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and Human Development  
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**Dimitri Tamalis, PhD**  
Associate Dean, HHD

**Todd Oberson, MBA**  
Director of Finance and  
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**Jean O'Sullivan, MA**  
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**John Pepitone, MA**  
Director of Development,  
HHD

**Yi (Tom) Cai, PhD**  
Department Chair, FCS

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Annette Besnilian	Andreas George
Karmen Ovsepyan	Mariah Haroon
Lisa Kim	Jada Cantrell
Jocelyn Harrison	April Diederich
Eirenel Eclevia	Kelly Rodriguez
Joseph Choe	Frida Endinjok
Citlallli Plasencias	Jullie Miller

*We would also like to thank the Magaram Center's Advisory Committee members for their continued support and participation.*

**Marilyn Magaram Center  
For Food Science, Nutrition &  
Dietetics**

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Marilyn Magaram found joy in family, nutrition, and fitness. A USC trained Physical Therapist, Marilyn developed a passion for nutrition as she and Philip raised their children, Jodi and Justin. To earn her Masters degree, Marilyn came to CSUN and soon met her mentor and friend, Professor Tung Shan (Tom) Chen. Marilyn delved into research of the B-vitamin, folic acid, and its roles in overall health. In 1984, she received her Masters in Nutrition, Dietetics and Food Science in Home Economics (now Family and Consumer Sciences). She became a Registered Dietitian, began a private practice, taught at CSUN and UCLA and was inducted into the National Human Sciences Honor Society, Kappa Omicron Nu. The motivated, inspired life of Marilyn Magaram ended far too soon. To honor Marilyn, her loving family established the Marilyn Magaram Center for Food Science, Nutrition and Dietetics at CSUN. Through community outreach, student activities and research, the Center is a vibrant reminder of Marilyn's enthusiastic approach to health and life.



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## Our Mission

To enhance and promote health and well-being through research, education and service in food science, nutrition, and dietetics

## Our Vision

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