

CSUN

MARILYN MAGARAM CENTER

Friends of Marilyn NEWSLETTER

\$1M from USDA to Support Future Dietitians



CSUN's Marilyn Magaram Center for Food Science, Nutrition and Dietetics, joined by CSUN Health Sciences associate professor Merav Efrat, applied for, and was awarded, a \$1 million, four-year grant by the U.S. Department of Agriculture (USDA) to support undergraduate and graduate students and enhance their education experience as they prepare for careers as Registered Dietitians. The grant, from the USDA's National Institute of Food and Agriculture, is being used to create an "educational pathway" for students from community college through graduate school.

The program, Pathways to Success as Registered Dietitians, is a collaborative effort between the Magaram Center, CSUN's Department of Family and Consumer Sciences and the Department of Health Sciences, Los Angeles Mission College, and several USDA agencies, including the California Women, Infants and Children (WIC) supplemental nutrition program. CSUN is the only university in the country with a WIC satellite office on campus. The students who go through the program, will be mentored by



faculty and peers to ensure that they successfully complete all of the accredited nutrition and dietetics requirements for an internship in dietetics and that they get comprehensive training in lactation education. They must also take advantage of opportunities for research, leadership and experiential learning at the Magaram Center or in the community. Pathways to Success presents multiple student support services and curricular enhancements across Mission College and CSUN to increase recruitment, retention and graduation of underrepresented students. The program's components include outreach to local high schools; academic and transfer support for community college students; comprehensive lactation education training; research opportunities in nutrition for undergraduate students; and undergraduate and graduate student

dietetics fellowships.

The fellowships will include scholarships, advisement, professional development and leadership training, as well as opportunities for the undergraduates to have mentors and for the graduate students to serve as mentors. By enhancing student support services, expanding educational offerings and increasing access to professional training and opportunities in nutrition and lactation, the Pathways to Success program will contribute to the development of a diverse and highly qualified food, nutrition and agriculture workforce — and improve nutrition and breastfeeding rates for better public health outcomes.

What's in this Edition?

MMC Spotlight
MMC Student Success
MMC Research Programs & Internships
Holiday Sweets and Spices
Special Events
About Marilyn

MMC Spotlight

Dr. Tom Chen Recipient of the Dean Edmund Peckham Service Award



Our very own Dr. Tom Chen, Founding Director of the Marilyn Magaram Center, was the recipient of the Dean Edmund Peckham Service Award. This award is presented to emeritus or retired faculty and staff members who continue to volunteer and support the university in their retirement. Congratulations Dr. Chen, you are a true inspiration!

MMC MyPlate Musical Finalist

Our very own MyPlate Musical, a program to increase nutrition and physical activity knowledge and behavior in elementary schools to combat childhood obesity, was a finalist for the University Economic Development Association (UEDA) Award of Excellence! Each year, higher education institutions and organizations across North America compete for their prestigious Awards of Excellence, which recognize outstanding, leading-edge higher education

projects and initiatives that promote engagement and economic development.

Award categories included talent, innovation and place; and criteria for judging included initiative replicability, scalability, sustainability, impact, and originality.

MyPlate Musical was chosen as a finalist in the category of talent and place; and received national recognition! A very special thank you to Helen Butleroff, founder of MyPlate Musical, a variety of Broadway stars, and Marilyn Magaram Center students and staff for their roles in making this program a great success!



We were so grateful to have CSUN President Dianne F. Harrison, Provost Yi Li and the team for being a part of our recognition at UEDA.



MMC Student Success

MMC Graduate Students Win 2nd Place in Fast Pitch Competition

"CSUN Fast Pitch is an "elevator pitch" competition held in the Fall Semester where 10 teams of CSUN students, selected as finalists from a competitive field, have three minutes and three slides to pitch a new venture idea to a panel of judges and an audience.

The 3rd annual Fast Pitch competition took place on November 14th, 2017. Hosted by the Nazarian College of Business and Economics, the competition provided students with the opportunity to flex their entrepreneurial muscles. Each year CSUN's Dietetic Interns work together to create and implement new programs and come up with innovative ideas in nutrition and food science. As part of this

process, they develop a business plan that encompasses market strategies, budgeting, and industry research. Our Dietetic Interns, with Los Angeles Cleantech Industries (LACI) mentorship, worked hard to develop and submit business plans for this competition. Four Teams: Matador Marmalade, Spicy Matador, Nutrient Analysis, and Nutrition Experts successfully entered the competition. Dr. Annette Besnilian, Executive Director of the Magaram Center saw the FastPitch competition as an opportunity for an interdisciplinary collaboration between Family and Consumer Sciences (FCS) and the college of Business. The "Spicy Matador" was selected as one of the top ten pitches. The Marilyn

Magaram Center Food Science Interns and CSUN's Dietetic Interns paired up for this competition to create a brand of no sodium spice blend called "HotStuf." This is a delicious salt-free spice blend formulated at CSUN, created for use on all foods. It is available for retail distribution. We are excited to announce that "HotStuf" won audience choice and 2nd place! We are so proud of our Dietetic Interns and Food Science Students, for their hard work and dedication!

Congratulations! Looking forward to present the "HotStuf" and the other business plans in the "Bullring" in spring 2018.



Director's Message



Annette Besnilian, EdD, RD
Executive Director

"The thankful receiver bears a plentiful harvest." – William Blake

This fall and holiday season, we have so much to be thankful for – our amazing students, staff, and donors. I am thankful to see our student volunteers becoming Center staff, student researchers, and student leaders, and some are even returning to the Center as staff after graduation. Our students and alumni are making our Center and CSUN rise in the community through their dedication, expertise, hard work and innovation.

Innovation has become a part of the Center's core, and our students, faculty and staff have been able to demonstrate this through amazing projects and programs. Our students have developed projects, such as the Spicy Matador, the FitJam, and the FitBytes, GSTAR, Nutrition Experts and Nutrient Analysis, Inc., just to name a few. This month, the Spicy Matador team competed in the Fast Pitch business competition and won second place in the Judge's category and the audience choice award. In addition, our educational theater performance Myplate musical was selected as a finalist for the University Economic Development Association (UEDA) 2017 Awards of Excellence in the Innovation, Talent, and Place category. According to Tom White, Los Angeles Cleantech Incubator (LACI) Director, "The Center is one of the leaders on the CSUN campus for innovation and entrepreneurship and is bringing measurable success and a sense of

accomplishment and energy to the program and the college." The University and the community are recognizing us as frontrunners and innovators who are reaching beyond boundaries in our mission to enhance and promote good health and well-being.

In other exciting news, our innovative "Pathways" program received a \$1 million grant from the US Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) to support undergraduate and graduate students as they prepare for careers as Registered Dietitians. The four-year grant will be used to create an educational pathway for students from community college through the graduate level, aimed at preparing the next generation of the nation's nutrition workforce.

We have continued with our ongoing innovative center projects, such as MMC Talks Education series, Webinars, Diabetes and Weight Management classes, and Cooking Workshops for the athletes, faculty, staff, and the community. Other partnerships and innovative collaborations include LACI@CSUN, CSUN Innovates, the Center of Achievement, the Speech and Pathology Center (feeding therapy clinic), the Institute for Sustainability, and the Institute for Community Health and Wellbeing. In the community, we have partnered with more than forty organizations to provide nutrition education, gardening, physical activity and cooking for children and their families.

Through our MMC research Center, faculty and students have been successfully conducting research in the community and the Center through generous grants from the Lebowitz Research Fund, NIH BUILD Poder, USDA, and the Drown Foundation. To help with student success, we have also been

able to provide scholarships to our students through the Dr. Tom Chen and Dr. Christine Smith Scholarship Funds. Our MMC Internship Programs provide many opportunities for students to participate in various ongoing programs and projects. Some of our exciting research projects involve looking at nutrients found in produce when comparing conventional hydroponics (through Local Roots) and aquaponics, and body composition testing through different equipment such as the BodPod. Another innovative project is Drs. Duran and Sawyer's faculty research study, and a special study we have through the Leibowitz research grant called "Leveraging genomic risk information to enhance nutrition interventions among Latinos living with diabetes." We continue to reach the global community through website, and we are currently working on a Nutrition Experts feature for CSUN's official mobile app.

Finally, we are also proud to announce that Dr. Tom Chen, founding director of the Marilyn Magaram Center, was recently honored by the CSUN Alumni Association at the 2017 Volunteer Service Awards luncheon on November 15th, as a recipient of the Dean Ed Peckham Award. We are grateful to Dr. Chen for all of his hard work and dedication throughout the years. A special thank you to Sally and Phil Magaram for their continuous support of our Center.

The most rewarding thing for me is to see our students, faculty and staff grow, thrive, and become leaders and innovators in the global community. I look forward to working with our team on more exciting and innovative projects in the coming New Year!

MMC Student Internships

MMC Talks

Interns help coordinate our MMC Talks, which is a Continuing Education Lecture Series offering webinars and/or guest speakers who address relevant topics in the field of food science and/or nutrition throughout the semester.

Children’s Hospital Los Angeles (CHLA)

In collaboration with CHLA, our Student Interns are active, primarily in the community, providing direct nutrition education to families. Additional opportunities in corporate wellness and outpatient clinic observations are offered based on intern’s availability.

Peer-to-Peer Nutrition with CSUN Dining

In collaboration with Geronimo’s Campus Dining Hall, Interns help provide healthy menu item highlights, dining hall tours, and general nutrition education to student diners by tabling at the dining hall during lunch and dinner hours.

Community Educator

Interns oversee various community events and health fairs that the MMC participates in throughout the semester, promoting MMC services and providing general nutrition/food science information, and conducting food demonstrations.

Grocery Store Tours

Interns coordinate and conduct grocery store tours for community members. Tours can be coordinated as “pop-up tours” or at markets within the San Fernando Valley. All tours follow a curriculum, short cooking demo, activity and survey.



Compusense Sensory Analysis

Interns learn and utilize Compusense Sensory Analysis software to create sensory tests, set up sensory computer stations, obtain focus groups, and read statistical data collected.

Let’s Grow Healthy

Interns help maintain the MMC Wellness Garden at CSUN as well as create lesson plans for garden enhanced nutrition education in local schools. Interns engage students in hands-on learning and teach them about growing fruits and vegetables, the importance of eating healthy, sustainability, and other garden-related topics.

Champions for Change

Interns are part of MMC’s Champions for Change program, supported by a grant from the Los Angeles Department of Public Health, helping implement classroom nutrition education lessons and hands-on gardening activities. In addition, participate in community events to conduct outreach, recruitment, and increase recognition of the SNAP-Ed and Champions for Change brand.

Fit to Win

Interns use ESHA Food Processor software to conduct nutrient analyses of food records and recipes, as well as conduct body composition analysis using the Bod Pod. In addition, Interns work with CSUN’s Sports Dietitian assisting with projects and programs as part of the MMC and CSUN Athletic Department partnership.

Lab School Chefs

In collaboration with the Child & Family Studies Center at CSUN, Interns help create cycle menus for their “Lab School” snack times in addition to the preparation of the snacks for the children. Interns also have the opportunity to coordinate wellness workshops and handouts/newsletter for the parents and staff.

Product Development

Interns are involved in the creation and production of Matador Marmalade. Born from a student project, Matador Marmalade is made using oranges from CSUN’s very own orange groves. Students are also involved in the creation and production of Spicy Matador blend. Goals of this internship include creating a low sugar marmalade and low sodium spicy blend, in addition to conducting sensory analysis and product evaluation, product marketing and labeling, safety and more.

Thank You

We would like to thank each of the Magaram Center's Advisory Board members for their continued support and participation.

Special thanks to:
Farrell J. Webb, PhD
Dean, College of HHD

Callie Juarez
Manager of Academic Resources,
Dean's Office

Marilynn Filbeck
Interim Associate Dean

Kathryn Bernstein
Grants Officer

Jean O' Sullivan
Public Affairs/Communications

John Pepitone
Director of Development

Yi (Tom) Cai, PhD
Department Chair, FCS

And all HHD and FCS Faculty and Staff for their continued support and dedication!

Thank you to our MMC Staff:
Annette Besnilian, EdD, MPH,
RDN, CLE, FAND
Executive Director

Karmen Ovsepyan, MS, RD
Associate Director

Simona Hradil, MS, RD
Sports Dietitian

Lisa Kim
Administrative Support

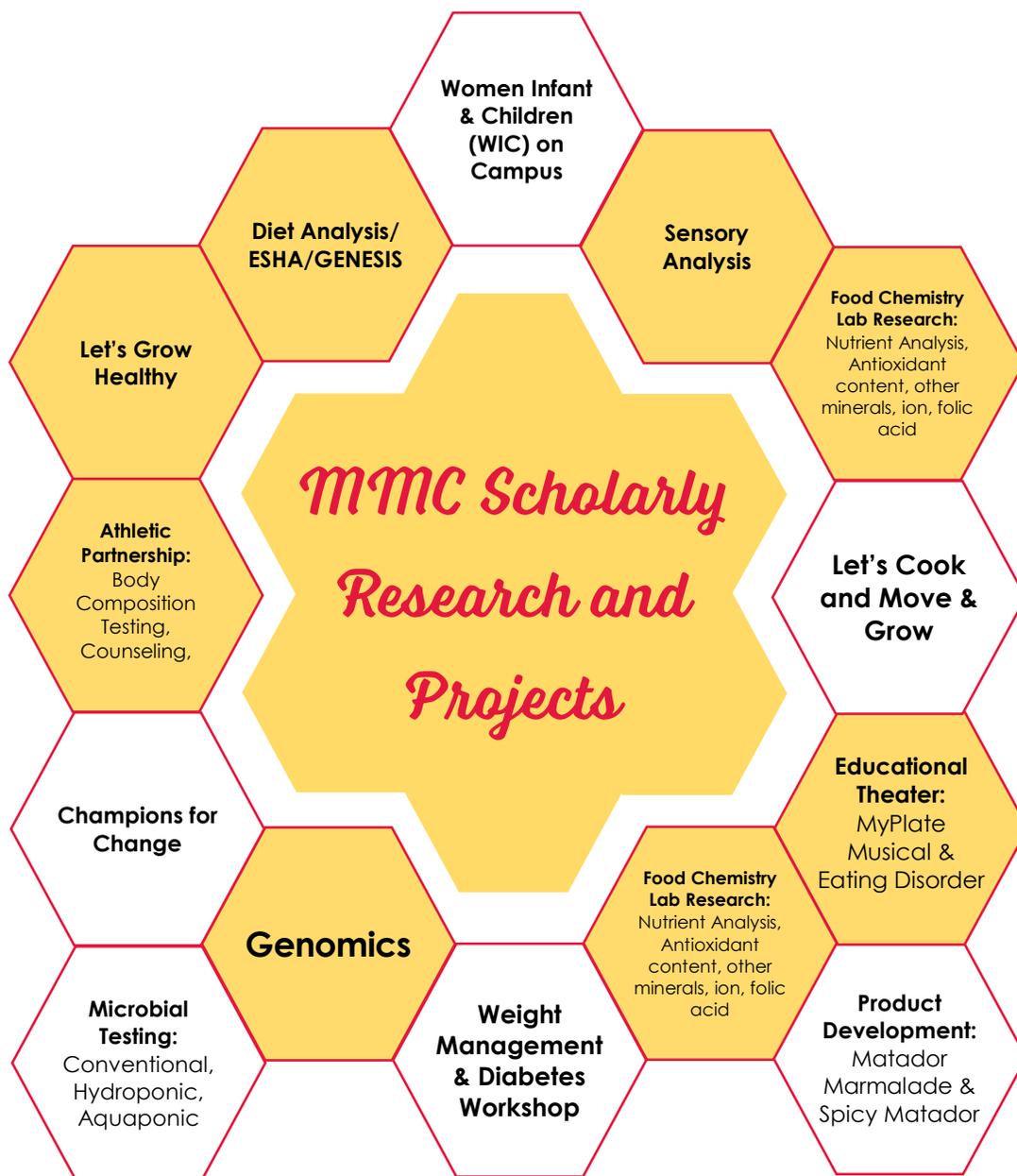
Michelle Chen
Financial Coordinator

April Diederich
Internship Coordinator

Jocelyn Harrison, RD &
Cassie Berger, RD
RD Consultant

Student Leaders:

Andrew Paclab
Charleen Hsieh
Christel Bowen
Eirenel Eclevia
Frida Endinjok
Griselda Arce
Jada Cantrell
Jenica Smith
Jose Serano
Julie Jordan
Katie Rawson
Kelsey Good
Kennedy Johnston
Madeleine Hoeks
Trisha Patel



Grants

United States Department of Agriculture National Institute of Food and Agriculture (USDA NIFA) – Pathways to success for Hispanic students as Registered Dietitians **(\$1,000,000)**

Champions For Change – Healthy Communities Initiative **(\$895,000)** 3 years

Christine H. Smith Endowment **(\$363,100)**

Joseph Drown Foundation **(\$250,000)**

WIC-based Dietetic Internship Program **(\$240,000)** 4 years

CQF – Matador Wellness Garden **(\$57,250)**

CQF – Fueling and Educating Matadors **(\$35,530)**

CQF—SNACK: Student nutrition and cooking knowledge Website On a Wellness App **(\$33,000)**

Tom Chen Endowment **(\$28,572.18)**

Kaiser Permanente Panorama City – *Let's cook, move, and grow healthy in schools.* **(\$13,000)**

Suzan Jean Lebowitz Research Fund **(\$9,000)**

Community Engagement Interdisciplinary Grant **(\$5,000)**

UCLA Kaiser - Let's Grow Healthy **(\$5,000)**

Clinton Foundation Initiative/Resolution Project Neighborhood Partners in Action **(\$5,000)**

Cooking Matters – Grocery Store Tour Grant **(\$3,040)**

Community Engagement Disciplinary Grant **(\$1,000)**

Holiday Sweets & Spices

Welcome!



April Diederich, RD, CSR
Internship Coordinator

"I am thankful for nights that turned into mornings, friends that turned into family, and dreams that turned into reality."
– Gratitude Habitat



Jocelyn Harrison, RD
RD Consultant

I am excited to be a part of the MMC team and work on community nutrition projects like Let's Cook, Move and Grow: I am working toward a world where eating fresh fruits and vegetables and engaging in physical activity are the easy natural choices for everyone.

New Student Leaders:

Charleen Hsieh
Jada Cantrell
Jenica Smith
Kennedy Johnston

Orange Marmalade Wrap



Ingredients:

Whole Wheat Tortilla

Banana

Peanut Butter

Matador Marmalade

Directions:

1. Spread the Matador Marmalade and peanut butter of your choice on the whole wheat tortilla.

2. Add the banana.

3. Wrap it all

Spicy Matador



Spicy Matador is an all-purpose spice blend inspired by The Marilyn Magaram Center's Wellness

Garden 2016. It is great to use on poultry, meat, seafood, fruits and vegetables. It can also be used as a rub, garnish, or flavor enhancer to intensify your favorite dish with a little spice and add that extra Matador kick!

Spicy Matador Deviled Eggs

By: Julie Jordan



Ingredients:

12 large eggs
1/3 cup Vegenaize (or mayonnaise)
1 1/2 Tbsp Spicy Matador, more for garnish

Directions:

1. Place eggs in a pot. Add water until eggs are fully covered and bring to a boil for 13 minutes. Remove from heat, drain and fill the pot with cold water. Remove the eggs. Tap each egg firmly on the counter until it cracks and peel under cold running water.
2. Slice eggs in half lengthwise, and carefully remove yolks. Mash yolks with Vegenaize (or mayonnaise) in a bowl. Add Spicy Matador; stir well. Spoon yolk mixture into egg whites. Garnish with Spicy Matador, if desired. Enjoy!



Wellness Kitchen Cookbook are for Sale!

Order yours today for only \$29.99!

Purchase yours at:

<https://www.csun.edu/mmc>

MMC Events & Collaborations

Fall 2017

- Child Development Institute Luncheon - Pop-up Grocery Store Tour
- Summer Success Cooking Workshop/Athletics
- Northridge Hospital Medical Center - "Taking Charge of Your Diabetes" workshops
- CSUN Human Resource Benefits and Wellness Fair
- CSUN Champions for Change attends New Academy's Coffee with the Principal Event
- MMC tables at the CSUN Benefits & Wellness Fair
- CSUN Champions for Change tables the CSUN Feria de la educacion event
- MMC Wellness Garden Workshop
- MMC leading Walkability Wednesdays in collaboration with Institute for Community of Health and Wellbeing
- MMC at the Farmer's Market with CSUN Dining and Food Demonstration
- Healthy Eating 360 Workshops in collaboration with CSUN Human Resources
- MMC tables at Associated Students Sustainability World Food Day
- MMC Tables at the Resesda Art Walk with the CSUN Institute of Health and Wellbeing and Champions for Change
- Diabetes Self-Management Education Workshop collaboration with Brown Center
- CSUN Residential/Grocery Store Tour Event
- MMC tables at CSUN Sustainable Day
- Nissin Cup Noodle "Very Veggie" Taste Test
- MMC Lab School Parent Seminar: How to Pack a Healthy Lunch
- MMC Talks: Nutrition and Food Science Continuing Education Series Intuitive Eating 101 with Aaron Flores.
- MMC Tables the annual Valley Care Community Consortium Diabetes Expo

Upcoming MMC Events

Spring 2018

1/16: Faculty Retreat

1/17: New Faculty Orientation

2/28, 3/28, & 4/25: Walkability Wednesday

3/8 & 4/19: Healthy Eating 360 HR Workshop

4/9: Public Policy Day

4/29-5/2: CA WIC Association Conference

5/3-5/5: CAND Annual Conference

Come Visit Us Every Week!

MMC Wellness Garden M-F 8:30am
 CSUN Farmers Market MMC Tabling
 Every Tuesday 10am-2pm

Please check out our social media outlets for more information and updates on events

Follow @MagaramCenter



MARILYN MAGARAM CENTER

Make an impact on the students and the community through the MMC!

Name: _____

Company: _____

Address: _____

City: _____

State: _____ Zip: _____

Preferred phone: _____

I am a CSUN alumnus/alumna
 Graduation Year _____ Degree _____

My spouse is a CSUN alumnus/alumna
 Name _____
 Graduation Year _____ Degree _____

I am a parent of a current CSUN student
 Name of Student _____

I WOULD LIKE TO GIVE THE MARILYN MAGARAM CENTER AT THE FOLLOWING LEVEL:

- SILVER \$25,000 VISIONARY \$10,000 HUMANITARIAN \$5,000 COMMUNITY PARTNER \$2,500
 PATRON \$1,000 FRIEND \$250 OTHER: _____ (ANY AMOUNT)

DONATION OF \$1000 OR MORE RECOGNIZES YOU AS A MEMBER OF THE MMC CIRCLE AND PRESIDENT'S ASSOCIATE

Marilyn Magaram Center

For Food Science, Nutrition & Dietetics

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Visit us on the web at: www.csun.edu/mmc

Check out the updated
Nutrition Experts website at:
www.csun.edu/marilyn-magaram-center/nutrition-experts

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About Marilyn

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 Master's, Marilyn came to CSUN and soon met mentor and friend, Professor Tung Shan (Tom) Chen.

Marilyn delved into research of the B-vitamin, folic acid, and its role in overall health. In 1984, she received her Master's from CSUN 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.

Our Vision

To be the recognized Center of Excellence in Food Science, Nutrition and Dietetics serving the global community.

Our Mission

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

Be a part of the MMC mission and vision.

I would like my donation to support:

MARILYN MAGARAM CENTER PROGRAMS AND PROJECTS

OTHER: _____

Payment methods:

Enclosed is my check made payable to CSUN Foundation (CSUN MMC 18111 Nordhoff St., Northridge CA, 91330-8308)

To make a secure online gift with a credit card, visit <https://www.csun.edu/marilyn-magaram-center/give>

Gifts to the Marilyn Magaram Center are tax deductible to the full extent of the law

Double your impact! Visit matchinggifts.com/csun to see if your employer will match your gift.

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