

FRIENDS OF MARILYN

Fall & Winter 2016

Champions for Change

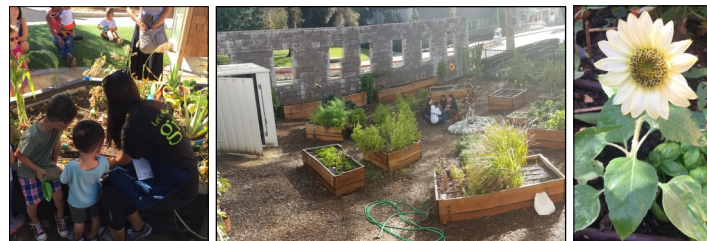
By: **Charlotte Bergheimer**

The Marilyn Magaram Center (MMC), in collaboration with CSUN's Institute of Community Health and Wellbeing, is proud to announce that they have been awarded a grant for \$880,000 through the Los Angeles County Department of Public Health to implement the Champions for Change – Healthy Communities Initiative.

Champions for Change is a state-wide initiative that focuses on utilizing nutrition education, physical activity engagement, advancement of policy, systems, and environmental changes. Through this initiative, the MMC coordinated with stakeholder engagement and partnerships to reach low-income individuals and families in multiple settings. The overall goal is to apply comprehensive evidence-based obesity prevention strategies to achieve specific behavioral outcomes. These outcomes include increased consumption of healthy foods, reduced consumption of less healthy foods and beverages, and increased levels of physical activity.

Additional goals include the building of community gardens, providing SNAP-Ed approved nutrition education to 13 locations from SNAP-Ed eligible communities in the Canoga Park area, and working with local leadership and key stakeholders to establish policies that will require greater density of community gardens and urban agriculture in qualifying districts.

CSUN is committed to providing quality services and support to our neighboring communities, with a mission to serve disadvantaged, underrepresented and diverse populations. Through the Marilyn Magaram Center and the Institute for Community Health and Wellbeing, we will be offering our expertise in nutrition education community-based participatory research, and an established network of professionals and community members capable of implementing the multifaceted program outlined in the Champions Initiative. Additionally, the deep roots CSUN has established in the Canoga Park community through Neighborhood Partners in Action (NPA) will allow us to make a significant change in the health and wellbeing of residents as we invest our resources and energy into improving



the access to sustainable obesity prevention strategies with this community. We look forward to implementing Champions for Change in 2017!

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Director's Message:



Annette Besnlian, Ed.D., RD

Lets begin our New Year like a Sunflower- through new beginnings and surroundings may we grow and flourish, aiming towards the sun!

We are looking forward to a great new year and an exciting semester. As the new year and semester take their toll, remember to stay positive and focused! Start your year off right at MMC!

As we say goodbye to 2016, we must recognize all that was accomplished and celebrated. Fall was busy with a plethora of activities, including participating in the Business College's FastPitch Competition, The Education Theater programs "Eating Disorders" workshop with Canoga Park High School students, and our Pop-Up Supermarket tours, helping educate the community on healthy cooking, budgeting, shopping and eating.

"25 Years of Health" was a wonderful event and tribute to the Center's anniversary held on Sept 15, 2016 to celebrate the 25 years of center achievements! President Harrison has recognized it as a "... magnificent event and a fantastic beginning to the next 25 years and beyond!" The Center was able to raise approximately \$400,000. Please see our website and www.csun.edu/magaram25 for all event photos, videos and updates.

Student success is one of our main campus priorities. We currently supervise approximately 50 undergraduate and graduate students through our 14 MMC nutrition and food science internships, our accredited dietetic internship, and our MMC Research Lab. There are currently 13 research projects being conducted by our students, faculty and staff, which will be presented at various conferences throughout the year. We are involved in research collaborations with scholars on campus in the Institute for Community Health and Wellbeing and the Institute for Sustainability, as well as different universities (CSU Long Beach, AUA, USC, UCLA), and various community partners and foundations.

Our international collaborations included, the spring International Cook Off working with International Studies, hosting Chinese visitors and providing education on cardiac rehabilitation in the Asian Pacific Rim Universities (APRU) conference, and continued collaboration with The American University in Armenia (AUA).

I would like to take this time to acknowledge and thank our community partners, for without them, we would not be able to carry out many of our programs and meet our mission. Thank you to NEVHC, WIC Program, Kaiser Permanente (KP) UCLA, Valley Care Community Consortium (VCCC), Dignity Health, and Cedars Sinai Medical Center, Los Angeles County Department of Public Health, just to name a few. These collaborations have resulted in external funding for the center (approx. \$1,300,000 in the last year), including our new Champions for Change Grant for \$880,000.

Start out your year by adding and keeping a resolution to get "Fit to WIN" with the MMC! Commit to health and wellness: The campus and our partners will be offering many wonderful opportunities for you, including, Mindful Mondays, a program supported through the Institute for Community Health and Wellbeing. Explore mindfulness and focus on keeping and staying healthy physically and mentally. Fresh, seasonal fruits and vegetables are available each Tuesday 10 am to 2 pm at the Farmer's Market. Please come and visit our MMC table. Additionally, cooking at the Farmer's Market with our campus chefs from CSUN dining who will be available every month!

Each Wednesday the Wellness Garden will be open to anyone who is interested in coming to learn about gardening, planting, or harvesting. You can join the Institute for a nice walk on Walkability Wednesdays, and Monday through Thursday the Kinesiology "Commit to be Fit" program offers free exercise classes from 5:30pm-6:30pm. We plan on adding nutrition education to the program.

The Center will be offering weekly nutrition classes, weight management, diabetes education workshops, cooking on a budget and several different lectures, symposiums and educational opportunities for the community.

The Center's services are seemingly endless. You can get your diets and recipes analyzed, get your body composition tested through our BodPod, or have a one on one nutrition counseling with one of our registered dietitians.

To help you reach your goals, please continue checking our Facebook and website for exciting videos and blogs, nutrition information, and events information.

Upcoming activities include National Nutrition Month in March where the Center will be participating in many exciting activities, such as PiDay (3.14) on March 14, a collaboration with Women in Science and Engineering (WISE) group and the Oviatt Library, California Academy of Nutrition and Dietetics Public Policy Day Workshop in Sacramento on March 6, and RD/RDN day on March 8th. The Center will also be holding its Annual CSUN Public Policy Day workshop for the students and community on April 3rd and annual research night.

As always, I would like to thank our family, our wonderful staff, our students, our advisory board, all my colleagues, our community partners, and donors. A special thank you to Sally and Phil Magaram for their continued support. A very special thank you to all our hardworking MMC staff. They are unstoppable! Team MMC Rocks!

Looking forward to an exciting and productive spring semester. Wishing you all a wonderful 2017!

MMC Highlights:

2016 CSUN For Life Award– Sally Magaram

On November 18, 2016 the Director of the Marilyn Magaram Center (MMC), Dr. Annette Besnilian, had the pleasure of attending CSUN's Volunteer Service Awards ceremony. Philip and Sally Magaram are benefactors to the center. At the ceremony, Sally Magaram was awarded the 2016 CSUN For Life Award. The MMC extends our deep and sincere congratulations to Sally, and wish to thank the Magarams for their continuous support and dedication, not only within the center but throughout the University.

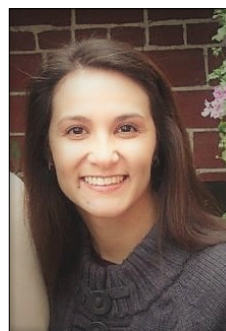


Faculty Research Grant

The Marilyn Magaram Center (MMC) proudly offers a Faculty Research Support Program (FSRP) to assist selected faculty in their research. The program supports faculty with a \$5,000 research grant.

The MMC extends warm congratulations to this year's recipients of the FSRP Grant, Dr. Mirna Tronscoso Sawyer from CSUN's Health Sciences Department and Dr. Nelida Duran, PhD, MS, RD from CSUN's Department of Family & Consumer Sciences. The focus of their research is in the exploration of how children and adolescents ages 13-18 in the San Fernando Valley make their food related decisions based on the food environment and availability. The research is highly focused on addressing health disparities, such as obesity, surrounding the Latino population. Other objectives include identifying the nutritional beliefs, intake, attitude, and decisions of the Latino adolescent population as well as what factors may influence these behaviors both within the community and in the safety of their homes.

We look forward to not only working with these wonderful faculty members, but also to seeing the expansion of this study and its



Nelida Duran, PhD, MS, RD



Mirna Tronscoso, MPH, PhD

Educational Theater Program

Funded by an interdisciplinary grant from CSUN's Office of Community Engagement and the Marilyn Magaram Center, this project has been a collaboration between the Center and the CSUN Theatre Department, Neighborhood Partners in Action, professor Doug Kaback and the Service Learning grant. This program is also supported by the Christine H. and Owen Smith Endowment Fund. The goal of this project as well as future projects is to enhance and promote health and wellbeing through the medium of theater. The Education Theater workshop on eating disorders was implemented for Canoga Park High School students. Our graduate nutrition students helped conduct a research study. They also assisted with the development of the script presented during our 25th Anniversary event.



MMC Wellness Kitchen



Compusense

By Vedrana Bosanac, MMC Student Intern

The Marilyn Magaram Center utilizes Compusense as its sensory analysis software program to assess participants' senses in Sequoia Hall's Sensory Evaluation Lab. Sensory analysis is a scientific discipline that focuses on the human senses while documenting the results. A panel is selected and presented food samples along with several questions pertaining to taste, smell, appearance, texture, and sound. This mode of measurement proves effective as it serves to assist with product development, quality control, and marketing.

In the Fall of 2016, students from the MMC Food Science Internship gained hands-on experience using Compusense to properly analyze consumer acceptance of recipes and products students created. This provided students with unique practice working with the program to create protocols and conduct internal sensory testing.

Spicy Matador

By Kirstin Maddux & Lindsey Bundrant, MMC Student Interns

"Spicy Matador" is an all-purpose seasoning blend created by Food Science Interns using herbs grown in the Marilyn Magaram Center (MMC) Wellness Garden located in Sequoia Hall. The MMC created this Internship to provide hands on experience for Food Science Interns. The goal of the internship was for Food Science Interns to create a natural and universal seasoning mix and use marketing strategies, food label design, sensory analysis, and research to bring it to market.

Sensory evaluation served a primary role in creating and finalizing the recipe as it allowed students to measure out just how much of each spice was needed guiding us to create the perfect spice blend. This evaluation was extremely beneficial as spices have a way of playing off each other, by altering even one ingredient the recipe can take on an entirely new flavor and aroma. Spices can also adopt new identities depending on how, when and where they are being utilized. Students wanted the end product to have a hint of spiciness but still be mild enough to use as an everyday spice blend. The Marilyn Magaram Center's goal is to sell the Spicy Matador seasoning mix, making it available to CSUN students and the surrounding community. The Spicy Matador interns were integral to producing this seasoning blend and said they had a great time throughout this process.

"Spicy Matador was by far one of the best things I have done so far when it comes to Food Science. Through trial and error, we were able to discover many different things about each individual spice we tested." –Kirsten Maddux

Mediterranean Quinoa Salad Recipe

- 1/3 Cup uncooked quinoa, rinsed (or 1 cup cooked quinoa)
- 1 Cup sprout mung beans
- 1 Bunch of kale (chopped-cooked)
- 1 Cup Persian cucumber (small diced)
- 1 Red bell pepper (small diced)
- 2 Dates (small diced)
- 1 Pomegranate (halved and seeded)
- 1/4 Cup fresh mint leaves (chopped)
- 2 Tbsp almonds, toasted
- 3/4 Tbsp olive oil, divided
- 1/4 Cup feta cheese (small diced)
- Salt and pepper to taste



Recipe showcased within the Marilyn Magaram Center First Edition Wellness Kitchen Cookbook

Directions

1. To cook the quinoa, combine the uncooked quinoa with 2/3 cup water in a small saucepan. Bring to boil over medium-high heat, then cover and reduce heat to low. Simmer until the water is absorbed, about 15 minutes, then remove from heat and let the quinoa steam with the lid on for 5 minutes. Remove lid, fluff the quinoa with a fork and set aside.
2. Put the 1 cup of dry mung beans in a bowl, cover with at least 2 cups of water, if not more. Let soak for about 4 hours. Drain the water from the beans and set it aside.
3. Bring water to a boil in a large saucepan; cook kale in boiling water until just tender, 2 to 3 minutes. Cool and set aside.
4. To toast the almonds, cook them in a small skillet over medium heat, stirring frequently, until they turn lightly golden, about 5 to 10 minutes. Be sure to keep an eye on them so they don't burn. Transfer to a bowl to cool.
5. In a medium sized bowl, mix all of the diced ingredients, add vinaigrette. Season as needed. Finish by adding diced Feta cheese.
6. Serve at room temperature.

MMC Wellness Garden

Let's Grow Healthy

By Jennifer Gomez, John Poglodzinski, Lesly Dumilon, Madeleine Hoeks, and Michelle Rosen, MMC Student Interns

Let's Grow Healthy is a project that reaches out to elementary schools in Los Angeles which are aiming to help students live healthy lifestyles. Our mission is "to build and maintain at least five school gardens where children and plants can grow healthy. To deliver hands-on gardening classes in order to promote healthy eating habits, sustainability, and responsibility." The program includes an 8 week cohort at each school providing both an informative lecture and an interactive section. What makes this program truly special is that beyond building gardens in these schools, we are giving the students opportunities to learn about gardening, growing plants and their nutritional values with exposure to a variety of healthy foods.

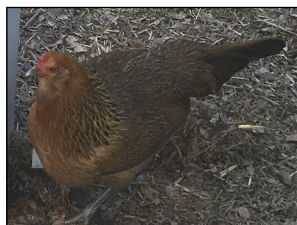


As Interns, we create a lesson plan every week while learning to teach intricate topics in the simplest ways possible. Each lesson includes what would be planted that day, story time, and an activity or craft. We also provide newsletters to the parents every week to inform them what lessons will be delivered. This reinforces the connection between gardening and nutrition.

"As always, it was a joy to see the fruits of our labor (pun intended!) give life and vibrancy to the school gardens."

—Jennifer Gomez

"As a Let's Grow Healthy intern I was given the opportunity to work with young children, which is an experience I recommend to all future dietitians!" —John Poglodzinski



Gardening at Calahan Elementary School

By Sharon Simpson, MMC Student Intern

Callahan Elementary School, a K-5 public school located less than a mile from CSUN has a dedicated garden program with a number of raised garden beds and a chicken coop. The garden and chicken coop were not only developed but created and cared for by the first CSUN Director of the Didactic Program in Dietetics and the founding chair of the advisory board of MMC, Dr. Christine H. Smith. The internship is funded and made possible through the Christine H. Smith Endowment fund.

As a Let's Grow Healthy Intern, Callahan Elementary was the second school that I have had the pleasure of being a part of while co-teaching gardening and nutrition in 5th grade classes alongside our fearless MMC Project Leader Frida Herrera-Endinjok. The children seem more and more captivated by Frida (as do I) each week during the program. In the classroom, the students are taught gardening safety, the components of soil, the parts of plants as well as nutrition and proper serving sizes. Each class has a choice of seeds to plant in their plots. In one session, as shown in the image on the left, the children planted snap-peas and bok-choy. As they eagerly checked their seedlings for growth each week, we were able to review our lessons with them. Overall the children were very receptive, excited and open to learning where some of their food originates. They truly enjoyed their time in the garden!

MMC Student Internship

Lab School Chefs with Child & Family Studies Center

By **Cynthia Chow, Trisha Patel, Joya Johnson, Amber Tatarka, Jenica Smith, Nina Morin, MMC Student Interns**

The CSUN Child and Family Studies Center (CFSC) is an instructional unit affiliated with the Department of Family and Consumer Sciences. The primary mission of CFSC is to train CSUN students to work effectively with young children and their families. The Marilyn Magaram Center (MMC) has shared a long and cherished relationship 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 production, and development of educational materials used at CFSC throughout the year.



This fall semester, the MMC had nine student interns working at the Lab School, each taking part in different activities and working at the Lab School at different times. Interns reported that their experience was a rewarding opportunity as they learned about working with children, making cycle menus, and accommodating diets for children with special needs.

“I feel that we made a positive impact on the children by exposing them to healthy snack items they may not otherwise be exposed to. Coming from a Middle-Eastern family, I was thrilled to hear that the children enjoyed eating hummus.” – Amber Tatarka

“Something to keep in mind are allergies or cultures that may prevent certain students from eating the same snack as the rest of the class. For a situation like this, we would prepare a separate bowl with a different snack they are able to eat.” – Cynthia Chow

“The parent newsletter consisted of an article related to a specific topic in nutrition along with a kid-friendly recipe. I felt that the newsletter was a great catalyst for healthy changes that the parents could utilize in their daily lives.” – Joya Johnson

Peer to Peer Nutrition with Geronimo's Dining Hall

By: **Christel Bowen, and Gia Palmisano, MMC Student Interns**

The Marilyn Magaram Center (MMC) continued its Peer-to-Peer Nutrition program by partnering with the Family and Consumer Sciences Community (FCS) Nutrition students’ service learning project. The program was a follow up for the successful pilot program conducted during the semester of spring 2016, where student interns shared information with their peers in Geronimo’s Campus Dining Hall in Student Housing. The overall goal was to educate the CSUN Student community by engaging with fellow students, highlighting healthy menu items and assisting in general nutrition education.



Daily activities consisted of tabling inside the restaurant and assisting students with any questions they had relating to nutrition and the MMC. Twice a week the MMC offered, a series of activities addressing different nutrition topics such as sugar consumption, portion sizes, and MyPlate. Students also engaged in a variety of activities to learn about good sources of iron, and MyPlate, portion control/food measurement techniques. The staff showed interest in learning new healthier recipes and enjoyed the variety of recipe cards that were provided by the MMC.

“Peer-to-Peer nutrition is a great program offered by the MMC that not only helps students become aware of the resources available to them but also gives nutrition students the opportunity to apply what they have learned to better the community.” -Gia Palmisano

MMC Student Internship

Community Educators

By **Laura Horwitz, Mai Spaulding, and Sara Magdalin, MMC Student Interns**

The Community Educator internship at the Marilyn Magaram Center (MMC), allows students to gain invaluable experience, organizing and participating in community nutrition and food science events. Community Educators interact with members of the local community, providing specialized nutrition education and advice on how to foster a healthy lifestyle. They also carry out food demonstrations and conduct fun nutrition-related activities with local community members. Many of the community education opportunities are offered in collaboration with community partners such as Kaiser Permanente, Feeding America, and the Northeast Valley Health Corporation.

One of the ways the Community Educator interns share their knowledge with the CSUN Community is through the weekly CSUN Farmers Market. The MMC hosts a table at the Farmers Market providing information about nutrition and the various services offered at the MMC. MMC Student Interns are available each week to answer questions about nutrition, dietetics and food science and are an important part of the Center's commitment to community education.

"As a student intern with the MMC, being involved with this workshop was a great learning experience. I was able to impart knowledge I have gained in the classroom to members of the CSUN community and learn to deliver that information in an easy-to-understand and entertaining way." –Sara Magdalin

"Providing nutrition education to the community is one of the best ways to promote healthful eating. For college students, eating the right foods plays an important role in maintaining their health, which is associated with their academic success. I am proud to be an MMC intern, and I strongly encourage other students to become involved with the MMC." – Mai Spaulding



Fit to Win

By **Simona Hradil, CSUN Sports Dietitian**

The Marilyn Magaram Center (MMC) is collaborating with CSUN Athletics for a continuing venture called the "Fit to Win" program. Simona Hradil, Sports Dietitian for CSUN Athletics and the BOD POD Consultant for the Marilyn Magaram Center, is working with a number of student volunteers on nutrition and body composition research with CSUN's student-athletes, which comprises 380 athletes across 19 different teams.

One area of research being conducted focuses upon assessing body fat composition using the MMC's BOD POD. The BOD POD is the gold standard in body composition testing. It uses density measurements and air displacement technology to determine percent body fat and lean muscle tissue. There are four athletic teams that participate in quarterly BOD POD assessments. Student-Athletes on these four teams are being monitored for increases and decreases in lean muscle mass and body fat pre-season, during the peak of their season, post season and during their maintenance phase.

Another area of research includes comparing the lean muscle mass and body fat percentage measurements of the BOD POD, the OMRON handheld device and the Tanita scale. The BOD POD uses density measurements and air displacement technology to determine percent body fat and lean muscle tissue, while the OMRON and Tanita use bioelectrical impedance to assess body composition. Discovering how accurate the OMRON and the Tanita scale are in comparison with BOD POD's gold standard can optimize use of these devices in the community.

The "Fit to Win" program is also collaborating with CSUN's Sports Nutrition program to assess the nutritional knowledge of CSUN's student-athletes. Athletes are given a pre-test regarding basic nutrition information, sports nutrition, as well as nutrition habits. They are then seen one on one for an individual nutrition consult with the sports dietitian, Simona Hradil. The athlete is also given a post-test to assess if their nutritional knowledge has changed in any way.

The "Fit to Win" program is a unique collaboration between two wonderful departments and the research directly impacts the future of CSUN's Sports Nutrition program and health assessment for not only student-athletes but the surrounding community as well.

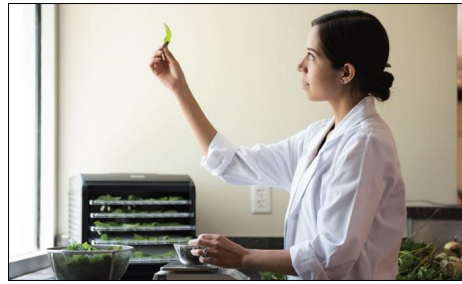


MMC Student Spotlight:

Frida Herrera-Endinjak

By Adapted From CSU Student Success Profile

As a student in CSU Northridge's competitive nutrition and dietetics program, Frida Herrera-Endinjak has experienced first-hand the transformation that comes from access to a CSU education. During her first year at CSUN, Frida learned about BUILD PODER (Building Infrastructure Leading to Diversity, Promoting Opportunities for Diversity in Education and Research), an undergraduate research training program funded by the National Institutes of Health that focuses on increasing diversity in the scientific community. The program offers students money to help pay for college and other expense s; Herrera-Endinjak applied and was awarded the grant.



With this financial help, Herrera-Endinjak was able to bring her love of gardens right to the CSUN campus through her work with the Marilyn Magaram Center (MMC). In fall 2015, Frida created a proposal for the Clinton Global Initiative University (CGI U), a conference that brings together students, university staff, experts and celebrities “to discuss and develop innovative solutions to pressing global challenges.” Using the model from the MMC—where Frida is also a research assistant—and CSUN's Garden Enhanced Nutrition Education (GENE) program, she developed her own program for the CGI U competition, calling it “Let's Grow Healthy.” Ultimately, Frida also submitted her CGI U proposal to the Resolution Project's Social Venture Challenge and won \$5,000 in funding and a fellowship, giving her a lifetime of mentoring and support for future projects beyond the Canoga Park program.

As the seeds of the “Let's Grow Healthy” program are planted, we look forward to watching them grow in new and exciting ways. With additional grant funding through Super Garden Center, American Heart Association Teaching Gardens, UCLA Kaiser Permanente Center for Health Equity, and Champions for Change – Healthy Communities Initiative, Frida will be working hard to keep the MMC's learning gardens growing throughout the community.

Fast Pitch Dietetic Interns

By: Carissa Berger, CSUN Dietetic Intern

The 2nd annual Fast Pitch competition took place on November 15th, 2016. Hosted by the Nazarian College of Business and Economics, the competition provides students with the opportunity to flex their entrepreneurial muscles. 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 their new venture idea to a panel of judges and the audience.



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 the Los Angeles Cleantech Incubator 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 FCS and the college of Business. The Matador Marmalade was selected as one of the top ten pitches! The competition is meant to be a prelude, or training ground, for teams to prepare for the "Bull Ring" New Venture Competition in the spring, where prize amounts are in the tens of thousands of dollars. We are excited and looking forward to entering the “Bullring” in spring 2017.

MMC Student Intern Spotlight:

Eirenel Eclevia, Marketing & Social Media intern

One of the main responsibilities of being in the Social Media and Marketing Internship is developing marketing content and materials to showcase the various campus-wide and community-based programs and events coordinated by the Marilyn Magaram Center. The social media forums that I focused on are mostly on Facebook and Instagram. We had over 552 followers on our Facebook page and reached over a 1,000 people- an increase of 81% viewers! Don't forget to like our page on Facebook, follow us on Instagram, and Twitter!



New and Continuing Grants:

Current & Ongoing:

- Cooking Matters Grocery Tours—\$3,040
- AETNA Foundation Grant— \$25,000
- IRA Spicy Matador— \$2,700
- NIH BUILD PODER Grant for Equipment—\$5,000
- Clinton Foundation Initiative—\$5,000
- UCLA Kaiser - Let's Grow Healthy—\$5,000

New:

- CQF Matador Garden—\$69,610
- CQF Student Nutrition and Cooking Knowledge (SNACK) - \$35,150
- CQF Enhance Performance through Nutritional Assessment Service To the CSUN Student-Athletes and CSUN Community (Fit to WIN program) - \$43,310
- Joseph Drown Foundation—\$250,000
- Champions For Change – Healthy Communities Initiative—\$880,000

Grant Highlight

The Marilyn Magaram Center received funding from Kaiser Permanente's San Fernando Valley Community Benefit Grants to support our Let's Cook and Move and Grow Healthy Foods program at Title 1 LAUSD schools. The program includes school gardens, parent nutrition education and MyPlate musicals in addition to working with school wellness councils. Students from the Center were invited to a special Kaiser Permanente networking event, where we were acknowledged for our continued partnership in improving the health of the community! Our center Director and Assistant Director attended the event to accept the gift.



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

Tami Abourezk, PhD
Associate Dean, College of HHD

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
Assistant Director

Charlotte Bergheimer, MS
Internship Coordinator

Cassie Berger
Food Science Coordinator

Simona Hiradil, MS, RD
Sports Dietitian

Arleen Candelario
Administrative Support

Julie Doubt
Financial Coordinator

Student Assistants:
Julie Jordan
Katie Rawson
Andrew Pacleb
Jose Serrano
Trisha Patel
Eirenel Eclevia
Frida Herrera-Endinjok



MMC Events & Collaborations



Food Day

By Alyssa Linscheid , MMC Student Intern

The Northeast Valley Health Corporation (NEVHC) and the Marilyn Magaram Center (MMC) for Food Science, Nutrition & Dietetics at CSUN partnered with local Cottonwood Urban Farm to celebrate Food Day with the Panorama City community on October 22nd. The MMC student interns demonstrated healthy recipes, gardening, fitness exercises, and informed visitors about the health benefits of local produce.



Holiday on A Budget

By Eirenel G. Eclevia, MMC Student Assistant

The CSUN Peer Financial Mentor program, along with the Marilyn Magaram Center (MMC), the Student Dietetic and Food Science Association (SDFSA) , Slow Food, Food Science Association, (FSA), and the Family Consumer Science Student Association hosted an event that focused on minimizing spending for the holidays. The MMC contributed by providing nutritional recipes, food demonstrations and fun incentives to create a successful event.



Chinese Cardiac Group Rehab Visit

By Eirenel G. Eclevia, MMC Student Assistant

On Thursday, December 8, 2016, the Marilyn Magaram Center, in collaboration with the Institute for Community Health & Wellbeing, held a seminar with our visitors from China and our guest speaker Alida Narguizian, RD, CDE from Cedar's Sinai Medical Center. The seminar focused on Nutrition Support in Cardiac Rehabilitation. We wish to extend a warm thank you to our guests and Registered Dietitian Alida Narguizian, for making the lecture a great success!



San Fernando 5k Marathon

By Desiree Hosena, MMC Student Intern

The Healthy San Fernando 5K Relay is an event held annually by the City of San Fernando and Providence Holy Cross Medical Center to encourage a healthy and active lifestyle among participants and community members. This year, the Marilyn Magaram Center (MMC) was one of the many organizations participating in this event on October 8th, 2016. Students from the center provided nutrition education and fun activities.

MMC Events & Collaborations



Gut Microbiome LAD Event

By **Andrew Pacleb, MMC Student Assistant**

On November 3, 2016, the Marilyn Magaram Center collaborated with the California Academy of Nutrition and Dietetics Los Angeles District to present The Gut Microbiome lecture as a part of our Continuing Education Series. Held on the CSUN campus, guest speaker Dr. Judith M. Lukasuk RD, discussed the role of the gut microbiome as it pertains to health and risk of disease.



Diabetes Expo with VCCC

By **Djavan Herring, MMC Volunteer**

The Marilyn Magaram Center (MMC) was proud to be a part of the Valley Care Community Consortium (VCCC) annual Diabetes Expo in November 2016. The MMC Interns and volunteers provided nutrition education and fun activities to the community all specifically focused on preventing and managing a lifestyle with diabetes.



Continuing Education

Lecture Series

By **Eirenel G. Eclevia, MMC Student Assistant**

The Marilyn Magaram Center (MMC) collaborated with the Student Dietetic and Food Science Association (SDFSA) to coordinate the food nutrition lecture series with guest speaker CSUN Sports Dietitian, Simona Hradil, MS, RD on December 6, 2016. Simona shared her passion for the well being of student-athletes, the championship experience, and her journey becoming a Sports Nutrition Dietitian.



Diabetes Workshop

By **Andrew Pacleb, MMC Student Assistant**

The 4 week Diabetes Workshop between the Marilyn Magaram Center (MMC) and the Nursing Department began in February of 2017. The workshop covers diabetes education curriculum and lunch and snack assembly demonstrations. The MMC is proud to work with the Nursing Department to provide this service and help individuals meet their personal goals. The goal is to become a recognized accredited program by the American Diabetes Association.

MMC Events

3 Week Diabetes Classes

Monday, February 6, 2017
2pm-4pm
Sequoia Hall Room 112

ServSafe

February 25, 2017

Homecoming

Saturday, February 11, 2017

Pi Day

Tuesday, March 14, 2017

Public Health and Private Profits: A Dialogue About Critical Topics Shaping the Future of the Dietetic Profession

Saturday, April 1, 2017
Presented by LAD, sponsored by the MMC

Public Policy Day

Monday, April 3, 2017

Check out our website
for more upcoming



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 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.

