

Nutrition Experts Magazine



Spring & Summer 2019
Advancing Health & Wellness

CSUN

MARILYN MAGARAM CENTER
FOR FOOD SCIENCE,
NUTRITION AND DIETETICS



In This Issue...



- 03 Upcoming Events
- 04 Director's Message
- 06 Public Policy Day
- 08 MMC Highlights
- 10 Events & Collaborations
- 12 Wellness Kitchen
- 14 Student Achievements
- 16 Student Internships
- 18 MMC Research Lab
- 20 Donor Highlights
- 22 Community Partners
- 24 CSUN Dietetic Interns
- 25 MMC Staff
- 26 Mediterranean Beet Burger
- 27 Special Thanks and About



MMC Events

Summer 2019 Events

Foundation Board Meeting
SAEP Culinary Cooking Camp
Whole Body, Whole Health Workshops

Fall 2019 Events

Farmers Market Tabling
Walkability Wednesdays
MMC Wellness Garden Workshops
MMC Talks
PreventT2 Diabetes Workshops
Eat to be FIT
Whole Body, Whole Health Workshops
On-going Grocery Store Tours
Food Demonstrations
Community Collaborations
Health Fairs
HR Workshops Interactive Cooking

Visit our website to see the latest news and events at csun.edu/marilyn-magaram-center



Director's Message

"Alone we can do so little, together we can do so much" – Helen Keller



As I reflect back on this year, I am amazed at how much we have accomplished in such a short time. The dedication, hard work, innovation, and creativity of our students and staff has filled the Center and expanded to the public as we reached over 50,000 community members and students through more than 50 different programs and projects!

To further the mission of the Marilyn Magaram Center, one of our long-term goals has been to grow our capacity and offer our many community services in a one-stop location. Thanks to the generous support of our donors and sponsors and the dedication of our staff, students, and administration, that vision is finally being realized as we develop the MMC Nutrition and Wellness Clinic. The clinic aims to provide a comprehensive suite of evidence-based nutrition and dietetic counseling and education services for individuals and groups in our community with a focus on improving health outcomes and enhancing quality of life, filling a gap in accessible programs for local residents. Locations and community partnerships are currently being explored, but we are excited to finally be able to offer this programming with the aim of becoming the primary destination for individual and group nutrition counseling and education for residents of the San Fernando Valley!

We are continuing with ongoing projects such as the education series, online weight management program, diabetes prevention classes, HR workshops, cooking demonstrations at the Farmers Market, as well as various lectures, symposia and educational opportunities. From diet and recipe analysis, to one-on-one nutrition counseling, to body fat composition testing, we offer a variety of services to meet the community's needs. Other partnerships and collaborations on campus have been with CSUN Innovation Incubator (Cii) and Innovation Corps (I-Corps), the Center of Achievement, the Language, Speech and Hearing Center (feeding therapy clinic), the Institute for Sustainability, and the Institute for Community Health and Wellbeing, utilizing the MMC Wellness Garden and our assessment labs. In the community, we partner with more than forty organizations to provide nutrition education, gardening, physical activity and cooking classes for children and their families, made possible by generous grants from the Joseph Drown Foundation, Kaiser Permanente, Aetna Foundation, Dignity Health, Cedars-Sinai, United States Department of Agriculture (USDA), Los Angeles County Department of Public Health, UCLA, Northeast Valley Health Corporation (NEVHC WIC), and many more.

Student success remains our priority and we take pride in all the work being accomplished through the MMC Research Lab. Several students and faculty submitted poster presentations at CSUN's Annual Research and Service Learning Symposium and CSUNposium this year, and five of our graduate students attended and presented their research at the 14th annual national conference of the American Association of Hispanics in Higher Education (AAHHE) through funding provided by the USDA. Faculty and student research opportunities continue to expand, in part through the recently established MMC Faculty and Student Research Support Program, which has been instrumental in advancing research projects by providing seed funding. Through the MMC Research Lab, our students have also been conducting research for the CSU-5 Sodium Reduction Initiative and "Eat Your Best" campaign with the Los Angeles County Department of Public Health.

There have been numerous volunteer, internship, and leadership opportunities for students in Family and Consumer Sciences, as well as other academic departments such as Business, Engineering, Sustainability, Journalism, Art, Health

Sciences, Computer Science, and Kinesiology. We continue to expand our product lines with the addition of functional jams, sauces, and protein bars, and we have showcased our innovative projects on campus in the CSUN FastPitch and Bull Ring competitions as well as artificial intelligence and virtual reality competitions such as AI-Jam and VAR-Jam. The trend toward more sustainable gardening systems such as hydroponics and aquaponics has also raised questions about the qualities of the produce grown through these systems, and our student researchers and faculty mentors are comparing rates of growth, antioxidant content, and differences in taste and texture in produce from the three systems using MMC research facilities, sensory lab equipment and the Wellness Garden, where all three gardening systems are in place.

The MMC was honored to attend "Female Power Chefs: Cooking All the Way To The Top," a special event hosted by Visionary Women at the Beverly Hills Hotel on February 6th. Visionary Women creates a unique forum for women leaders across various fields to connect and highlight relevant issues. We gained amazing insight from inspirational chefs such as Suzanne Goin, Sally Camacho Mueller, Nancy Silverton, and Evan Kleiman. A special thank you to Angella Nazarian for extending this invitation. In partnership with the Oviatt Library, the MMC was pleased to co-sponsor another special event on April 25th featuring author, registered dietitian and accomplished CSUN alumna, Julieanna Hever, otherwise known as the "Plant-Based Dietitian." Our students and interns were thrilled to assist with this event and even prepared two of Julieanna's recipes for the guests in attendance. It is through opportunities like these that our students can harness the power of leadership and men and women can realize their full potential! The MMC also had the honor of hosting CSUN's honorary doctoral degree recipient, Susan Burton, on May 18th in addition to the CSUN Foundation Board of Directors meeting on June 5th.

Once again in collaboration with the Jennifer Diamond Cancer Foundation, the MMC hosted a "Whole Body, Whole Health" workshop on May 17th for cancer patients and their families in the Thieriot Lab and the MMC Wellness Garden. During this workshop, participants had the opportunity to take part in meditation and gardening, learn about the benefits of a plant-based diet, and participate in a hands-on cooking lesson to make vegetable sushi! We look forward to hosting additional workshops in the future to support cancer patients, so please refer to our calendar of events for upcoming dates.

In an effort to create healthy and innovative recipes and videos, we are proud to announce the release of the second edition of our MMC Wellness Kitchen Cookbook! By sourcing directly from the orange grove on campus, our product also supports CSUN's sustainability efforts. A few of Marilyn Magaram's recipes are included in the second edition and a third edition with even more of her recipes is currently in development, as well as video-based tutorials for healthy and low-calorie gourmet cooking.

Efforts to promote healthy eating and physical fitness for children and families continued through our educational theater program with the implementation of MyPlate! The Musical and the Eating Right Rocks! parent intervention at local elementary schools during the month of May. The MMC also recently concluded another exciting summer of Culinary Camp in collaboration with the Summer Academic Enrichment Program (SAEP) at CSUN from where students were taught the basics of culinary skills, hands-on cooking, food science, nutrition, and the knowledge to make healthier choices for meals and snacks. Students were exposed to the exciting world of culinary arts in this fun and engaging program to gain real life applications of cooking skills necessary throughout life.

In other exciting news, 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 MMC, CSUN Sustainability, CSUN Dining, Institute for Community Health and Wellbeing, and Facilities Planning. They emphasized that "CSUN is a national leader in their food recovery efforts." The MMC is proud of the dedication and hard work of our students and their recovery efforts!

As always, I would like to thank our families, dedicated staff and students, advisory committee, community partners, and generous donors. A special thank you to Sally and Phil Magaram and the Joseph Drown Foundation for their continuous support. The dedication and hard work of our students, alumni, faculty, and staff continues to further the mission and vision of the MMC as we serve not only the CSUN community but the community at large by promoting good health and well-being through research, education, and services in food science, nutrition and dietetics.

Respectfully submitted,



Annette Besnilian
MMC Executive Director



Public Policy Day



CSUN, CALIFORNIA: (L-R) Kelly Warner, Katie Rawson, Dr. Annette Besnilian, Dr. Flojaune Cofer, Karmen Oysepyan, and Sophia Lopez at Public Policy Day: Advancing Health Equity on Monday, April 15, 2019 in Oviatt Library Ferman Presentation Room.

Event topics covered social determinants of health and toxic stress, education system, immigration and communities, and current legislative bills.

Advancing Healthy Equity

By Dietetic Interns Katie Rawson and Sophia Lopez

The Marilyn Magaram Center and the Dietetic Internship program hosted CSUN's 7th annual Public Policy Day on April 15th at the Oviatt Library. This year's theme was "Advancing Health Equity," to draw attention to the importance of including equity in all health policies and programs. The daylong event was planned by dietetic interns, Katie Rawson (MPH candidate) and Sophia Lopez (Master of Science in Human Nutrition candidate) along with the planning committee. Kelly Warner, MPH, RDN, from Los Angeles County Department of Public Health (LACDPH) worked closely with the interns and committee on the event, and was Master of Ceremony (MC) for the day. The event kicked off with lively keynote speaker Dr. Flojaune Cofer, Senior Director of Policy for Public Health Advocates, who helped attendees visualize



barriers in health equity and ways to ensure the inclusion of equity in healthcare along the life course. The speakers were representatives from public health agencies and community health organizations at the local and state level. Emily Cesar, from LACDPH's Planning Committee, spoke after the keynote speaker about how Los Angeles County is addressing health equity. A panel discussion on health equity and education followed. It was co-led by Diyana Mendoza-Price, HEAL Program Manager, Asian Pacific Islander Forward Movement, and Shawn Bolton, Director of Health and Wellness, Youth Policy Institute. During the lunch hour, Kappa Omicron Nu hosted a poster competition on health research and attendees had the opportunity to speak with the student presenters. Health equity and immigration issues were discussed after lunch, followed by a legislative update on state bills from Gabby Tilley from California Food Policy Advocates. Students became more prepared for the advocacy activity when Jocelyn Harrison spoke on why and how to advocate for nutrition public policy.

Nearly 120 people attended the event, including Greater Los Angeles Dietetic Internship Consortium (GLADIC) interns, community health workers, students, and faculty members. After spending the day learning and getting excited about becoming health advocates, attendees put their newfound knowledge to work by advocating for two Senate bills and state licensure for dietitians. CalFresh Connect, (SB285), establishes clear goals to improve CalFresh access, starting with seniors and disabled SSI recipients. The bill ensures that all low-income Californians have efficient access to CalFresh by phone, online, and in-person through dignified means, within an integrated safety net that mitigates poverty and supports health. The California-Grown for Healthy Kids Act (SB499), expands the availability of universally free school meals by increasing school districts' capacity to provide healthy meals free of charge to all students through equitable state funding for California fruits and vegetables. Groups of 8-10 attendees created advocacy bill videos and tweeted them to their legislatures, hashtagging the event #CSUNPPD2019.

This day would not have been possible without the collaboration between all our sponsoring partners, such as CSUN Dietetic Internship Program, Kappa Omicron Nu Student Honor Society, CSUN Campus Dining, CSUN Oviatt Library, Los Angeles Department of Public Health, California Academy of Nutrition and Dietetics - Los Angeles District, and The CAMINO Program. We would like to thank them for their dedication in support of this event.

California-Grown for Healthy Kids Act (SB 499) is a senate bill that will create and sustain equitable, healthy, hunger-free schools through an extra 10 cent per breakfast reimbursement to purchase California-grown fresh fruits and vegetables. To earn this incentive, school districts must serve breakfast universally free in all schools and serve breakfast and lunch universally free at high poverty schools.



A large turnout for this year's Public Policy Day. The audience listens to a variety of health equity topics.

MMC Highlights



CSUN student researchers (L-R) Karina Almanza, Citlalli Garcia Plascencia, and Alejandra Perez attend the American Association of Hispanics in Higher Education (AAHHE) Conference in Costa Mesa, CA.



Dietetic intern students attend AAHHE Conference.



Dr. Annette Basnilian (3rd L) and dietetic students at AAHHE Conference in Coasta Mesa, CA.

Pathways to Success as Registered Dietitians

By Karmen Ovsepyan, MS, RDN

The Marilyn Magaram Center received a \$1 million grant from the U.S. Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) to support undergraduate and graduate students and enhance their educational experience as they prepare for careers as Registered Dietitians. Pathways to Success as Registered Dietitians, is a collaborative effort between Los Angeles Mission Community College, the Marilyn Magaram Center, CSUN's Departments of Family and Consumer Sciences and Health Sciences, and USDA agencies including the California WIC (Women, Infants, and Children) supplemental nutrition program. Pathways to Success provides multiple student support services and curricular enhancements across Mission College and CSUN to increase recruitment, retention, and graduation of underrepresented students and support their overall academic and professional success in the nutrition field. Program components include outreach to local high schools and community colleges by CSUN student "Outreach Ambassadors," academic and transfer support for community college students, comprehensive lactation education training, and research opportunities. In addition, the program includes an undergraduate and graduate dietetics fellowship program, providing students with leadership training, mentoring opportunities and scholarships.

Five of our graduate students attended and presented their research at the 14th annual national conference of the American Association of Hispanics in Higher Education (AAHHE) through funding provided by the USDA. By enhancing student support services, expanding educational offerings, and increasing access to professional training and opportunities in nutrition and lactation, our hope is for the Pathways to Success program to contribute to the development of a diverse and highly qualified food, nutrition and agriculture workforce and to improve nutrition and breastfeeding rates for better public health outcomes.



Students Networking with Professionals

By Karmen Ovsepyan, MS, RDN

In spring 2019, the Marilyn Magaram Center had the opportunity to sponsor thirty graduate students to attend the California Academy of Nutrition and Dietetics (CAND) annual national and annual conferences. By providing students with the opportunities to take part in professional sessions and seminars and network with professionals in the field of nutrition and dietetics, the center hope to give them the knowledge, tools and skill sets to successfully continue their education and become Registered Dietitians. In addition, the Marilyn Magaram Center collaborated with the CAND Education Council Committee to help coordinate the student session during the CAND annual conference. The session provided students tools to successfully get accepted and complete a Dietetic Internship Program and gave insight on career opportunities. Students also participated in a mini Nutrition College Bowl activity, showcasing their expertise. The Marilyn Magaram Center hopes to sponsor more students to attend professional conferences in the future.



Dietetic Interns show their fun side with props at CANDAC.



Students and Professor Karmen Ovsepyan attend CAND Los Angeles District Conference on April 6, 2019.

Champions for Change

By Brenda Gutierrez

Champions for Change (C4C) is a three-year Los Angeles County Department of Public Health grant based program at CSUN. It is a garden-enhanced nutrition education program with the goal of providing nutrition information to communities that have been identified to have high prevalence of childhood obesity and other chronic diseases. Champions for Change performs its program at thirteen sites throughout the Canoga Park area, including schools and community centers. From October 2016 through December 2018, 594 classes have been implemented, targeting people of all ages from early childhood to adulthood. A total of 72,000 participants have been reached, and 12 edible gardens have been created.



C4C Program Coordinator, Viridiana Ortiz (R) takes inventory of fresh produce before distributing to local organizations.

On March 29th the CSUN Champions for Change environmental goal of increasing access to fresh fruits and vegetables was finally made possible. With the ongoing collaboration with Food Forward, Earth Island, Freedom Church, and the help of many interns, Champions for Change was able to distribute 13,000 pounds of fresh produce to 18 organizations. Through this initiative, Champions for Change reached 4,163 individuals within the San Fernando Valley and received outstanding feedback from partners and community members who received the produce. Champions for Change look forward to continuing the distribution of fresh produce every fourth Friday of the month!

Events & Collaborations



MMC staff and student interns honor National Nutrition Month at the AS Farmers Market's Matador Square on March 26, 2019.

Celebrating National Nutrition Month

By Andrew Placeb and Charleen Hsieh

On March 26th, the Marilyn Magaram Center hosted an annual National Nutrition Month event in collaboration with the Associated Students (AS) Farmers Market. And the Academy of Nutrition and Dietetics, this year's campaign focused on "the importance of food choice and developing sound eating and physical activity habits." The Center invited 10 CSUN clubs and organizations to participate in this event on campus, including Peer Nutrition Counseling, CSUN Food Pantry, CSUN CalFresh, Klotz Student Health Center, CSUN Kappa Omicron Nu (KON) chapter, The Student Dietetic and Food Science Association (SDFSA), Commit to be Fit, CSUN AS, CSUN Food Recovery Network (FRN) chapter, The CSUN Institute for Community Health and Wellbeing, and the Student Recreation Center (SRC).

The event successfully brought the importance of food choice and physical activity to the forefront at the popular CSUN Farmers Market. With the goal of the Academy of Nutrition and Dietetics in mind, the MMC set out to create an environment that was both educational and interactive. Participants were given health-related incentives, entry into a raffle, and tote bags containing various healthy snacks as rewards for learning about health and wellness resources. The students and CSUN staff who attended were exposed to a holistic approach to health promotion, and the collaborating clubs/organizations had a chance to promote their services in a festive and friendly environment.



CSUN dietetic intern, Griseida Ruiz, educates participants about integrating more fresh herbs into their diet in the MMC Wellness Kitchen.

Spice Up Your Life *Healthy Eating 360° Series*

By April Diederich, RDN, CSR

"Spice Up Your Life" was an interactive cooking workshop series held in collaboration with the Human Resources Department at CSUN. Over 80 faculty and staff participated in this 4 part series that covered: Meal Prep for Breakfast and Lunch, Meal Prep for Dinner, How to Use Fresh Herbs, and How to Use Dried Spices. Over the course of the series, participants sampled 12 recipes, picked fresh herbs from the Wellness Garden, and took home their own individualized spice blends.

The classes were coordinated by an MMC Registered Dietitian April Diederich, who mentored MMC interns, and a CSUN dietetic intern who provided curriculum development, timeline, grocery shopping, budgeting, recipe development, equipment use, and food best practices demonstrations. Class participants and interns gave positive feedback and requested more opportunities for interactive cooking demonstrations in the future.

Plant-Based Dietitian Revisits CSUN

By Kimberly Poquiz

Julieanna Hever, best known as the “Plant-Based Dietitian,” was the keynote presented at CSUN’s Oviatt Library on April 25th. The brown bag lunch and book signing event was co-sponsored by Friends of the Oviatt Library, The College of Health and Human Development, and the MMC. All of the attendees learned Hever’s Recommendations for a healthier lifestyle through switching to a plant-based diet. Several MMC student interns made the event extra special by preparing some of Hever’s recipes, such as her Holy Kale Salad with Herbed Tahini Dressing and Quinoa and Chickpea Tabbouleh Salad.



Julieanna Hever (4th R), alongside CSUN and MMC staff, and Oviatt Library Dean Mark Stover at the “Your Guide to Plant-Based Nutrition” presentation in the Oviatt Library.

Hever is an alumna of CSUN. She completed her Master of Science in Family and Consumer Sciences/Nutrition Detics and Food Science. She is a well-known international speaker, author, host, lecturer, and consultant. She is an author of several books, including the best-selling “The Complete Idiot’s Guide to Plant-Based Nutrition.” She wrote two peer-reviewed articles for the Journal of Geriatric Cardiology and Permanente Journal. She has also been a TED Talk speaker and featured in shows such as The Dr. Oz Show, The Steve Harvey Show, The Marie Osmond Show, and E! News.

Award-Winning MyPlate the Musical!

By Alejandra Perez, MS, RDN

Anatola Elementary and Canoga Park Elementary School welcomed the month of May with an original musical about healthy eating through “MyPlate! The New Food Guide Musical Program.” Helen Butleroff Leahy, Registered Dietitian/Ex-Rockette/Broadway Dancer/Director, flew from New York to implement the program for its 5th year! Butleroff, Dr. Besnilian, and MMC research lab students continue to conduct evidence based research on the program. Each school’s 4th graders performed on stage alongside Butleroff, a Broadway performer; co-director and TV personality, Roumel Reaux, and professional dancers.



Anatola Elementary students perform in MyPlate! the Musical.

This initiative also includes nutrition classes which focus on eating a balanced diet using the five food groups, discouraging consumption of saturated fats and sodas, and encourages a healthy diet rich in vegetables and fruits, whole grains and lean meats. As part of the program called “Eating Right Rocks!”, Butleroff invited parents to receive nutrition education to encourage the entire family about the importance of physical fitness and healthy eating. The students and parents enjoyed the entertaining show and also benefited from its nutrition messages. The program successfully provided families with positive messages to become more active and make better health choices.

Wellness Kitchen

Inside our MMC Products



Product photography by: Ian Miller

By Julie Miller, Food Science Coordinator

Our Matador food product line continues to grow by the innovation and ingenuity of our student interns' ideas each passing school semester. Matador Marmalade and Spicy Matador were the first food products to pioneer the Marilyn Magaram Center to where we are today in our Matador collection! They were first introduced in summer 2016 as product development project opportunities with the revival of our Food Science Internship Program.

Matador Marmalade is no ordinary marmalade. It is made with Valencia oranges handpicked by student interns from CSUN's historic Orange Grove. It is entirely student-produced from recipe trials to label design. The marmalade was initially developed by food science students in A Family and Consumer Sciences product development course in fall 2015. In an effort to create healthy and innovative recipes and videos, we released the second edition of the **MMC Wellness Kitchen Cookbook** with unique recipes inspired by the grove and our student-developed Matador Marmalade. A few of Marilyn Magaram's recipes are included in the second edition and a third edition is currently in development, as well as video-based tutorials for healthy and low-calorie gourmet cooking. As a healthier option, a low sugar version of the marmalade began over the summer of 2016. Food science students Jennifer Raj and Julie Miller, found the revision to be a challenge to formulate. Three years later, the **Reduced-Sugar Orange Marmalade Fruit Spread** is complete. It, too, uses CSUN oranges to create a sustainable, zesty marmalade. The Center is proud to offer both options with the idea of incorporating campus recognition and sustainability into each product created by students that generates school spirit and adds to the university's impactful legacy.

In a continued sustainable effort, a CSUN Instructionally Related Activities grant in 2016 motivated us to create the best all-purpose seasoning blend, **Spicy Matador!** Food science intern, Dayna Middleton, spent her entire summer dehydrating spices like rosemary, sage, basil and cilantro from the MMC Wellness Garden. She presented the Spicy Matador prototype at the MMC's 25th anniversary celebration in September 2016. Matador Marmalade made its debut at the same event. The prototype proved to be a hit! By the following semester the internship grew by two more food science interns, Kristen Herson and Lindsey Bundrant, who spent time perfecting the spice blend and testing it on a variety of foods. The recipe was finalized and approved by the end of the year. The final result is a very low sodium seasoning blend influenced by the herbs and spices grown in the MMC Wellness Garden. Lately, food science interns Allison Kramer and Melena Washington are working on salt-free spice blends spurred by Los Angeles County Department of Public Health's Sodium Reduction Initiative. The salt-free spice blends entitled **HotStuf!** were envisioned by 2017-2018 Dietetic Intern (DI) students Alejandra Perez, Stephanie Ng, and Tiffany Eng to help people with hypertension. The prototypes are presently being formulated in the Wellness Kitchen.





A recent spin-off from the spice blends sparked 2018-2019 Dietetic Internship (DI) students Eirenel Eclevia, Rise Morisato, Caroline Pak, and Madeline Hoeks to create **Matador Sol Sauce**. This is a unique salt-free hot sauce combining habaneros and pineapple with turmeric. It won 2nd place and Audience Choice awards in CSUN's College of Business' 2018 Fast Pitch New Adventure Competition. An immediate collaboration formed between the DI students and our food science interns, Gabriella Ortega and Laura Sandoval, to expand the hot sauce with two more additions: Red Chile Habanero Serrano and Roasted Poblano Jalapeño Garlic. In March 2019, the students competed in CSUN's Bull Ring competition and accelerated into the semi-finals.

Enjoy something with a little kick? Then try our one of a kind functional jam, appropriately titled **FitJam**. It began as a line extension idea based on our marmalades. 2018-2019 DI students Trisha Patel and Laleh Bral got the idea for the Marilyn Magaram Center to offer a nutrient dense, functionally fit condiment to encourage wiser breakfast choices for people on the go. Our introductory flavor is Raspberry Jalapeño Pepper Jam. It incorporates functional foods, in this case the jalapeño, to give ordinary preserves and no jams something extraordinary. Jalapeños are known to provide potentially positive health benefits because the capsaicin, which has antimicrobial properties, may prevent obesity, regulate coronary blood flow. A consumption of the peppers has been associated with a 13 percent lower risk of death (American Association of Critical-Care Nurses, 2017).



Highlighted in the last edition of our Nutrition Experts Magazine, **Bee a Matador** wildflower honey continues to be a hit around campus. It is now offered in CSUN's campus bookstore and at the AS Farmers Market during the spring and fall semesters. The Associate Professor of Biology who maintains and researches the bees, Dr. Rachel Mackelprang, educated MMC staff and interns to repurpose the beeswax collected after centrifuging and filtering the honey to make natural skin care products. Food science interns, Humphrey Muthoni and Melena Washington, are using the versatile natural wax produced by the CSUN honey bees to make discoveries for in crafting lotions, lotion bars, and lip balms.

Need a boost in energy? **Matador PRO** will do the trick. This protein snack is currently being developed by 2018-2019 DI students Griseida Ruiz and Tania Menachegani Khachatourians with help from food science interns Samy Elcott, Angela Flores, and Jesus Gonzalez. It is nutrient dense, high in protein, and the added coffee will give you the energy boost you need to help with pre- and post-workout sessions. This is attributed to the caffeine from the coffee and the healthy fats found in the variety of nuts.

As we explore new recipes in the Wellness Kitchen and our Matador food product collection continues to grow, we see a prominent trend in new product development for sustainable products to meet convenient nutrition. The MMC is responding in creative ways to changing consumer perceptions around nutrition, including the growing appreciation for reduced sodium products, healthy fats and the understanding that sugar is not all that sweet when it comes to health and weight management. Our ongoing mission is to provide students and community members with exemplary education in this field and to commit to Frances Thornton Thieriot's original vision to educate in Food Science, Nutrition & Dietetics, with a motivating force to inspire all who use the Wellness Kitchen in the Thieriot Laboratory.

Student Achievements

Students Compete in Fast Pitch + Bull Ring



Various flavors of Matador Sol Sauce featured at the Bull Ring Competition.

By Rise Morisato, Eirenel Eclevia, Madeleine Hoeks, Caroline Pak, Dietetic Interns,

The journey of creating the Matador Sol Sauce has been both an exciting and eye-opening experience. According to the American Heart Association, nearly 103 million American adults have high blood pressure, which is almost half of the adults in the United States. Given this widespread problem, our mission is to provide a healthy low-sodium condiment for sodium conscious individuals to add bold and zesty flavor to food without compromising their health.

In collaboration with the Marilyn Magaram Center and with help from Food Science Intern colleagues, we were able to create three different flavors and spice levels of the hot sauce including a mildly spicy jalapeño flavor, a medium spicy pineapple habanero with turmeric, and a spicy hot red chile flavor. All of the hot sauces were made from all-natural ingredients, contain no-added salt, no preservatives or artificial flavors, and are versatile enough to be added to a wide variety of foods.

We were honored and privileged to win second place and audience choice awards at CSUN's Fast Pitch and to be chosen to participate in CSUN's Bull Ring New Venture Competition. Fast Pitch is a competition hosted by CSUN's David Nazarian College of Business and Economics, where eight teams each present a three-minute elevator pitch to the judges regarding their new venture idea. CSUN's Bull Ring, again hosted by the College of Business and Economics, is a competition that serves as a launch pad for new ventures by students here at CSUN. It provides mentors, coaching, potential investors and the opportunity to present ideas to a panel of professional judges who have had success in the world of business.

In both competitions, we had the opportunity to present our ideas and showcase the product. We received valuable feedback which not only helped us to expand the product but also to further develop our business and professional development skills. Through our customer discovery process, we gathered evidence to determine that people were looking for healthier options in the condiment industry. In a country where the leading cause of death is cardiovascular disease, we as future registered dietitians discovered the opportunity to improve health through business.

Creating a new business and participating in the product development process truly opened our eyes to the world of business and was an incredible opportunity. It was a pleasure to have been selected to participate in the semi-final Bull Ring competition with other exceptional students and future entrepreneurs. Through this journey, we learned so much and will continually improve the hot sauce product line and overall business plan from here.

"And who doesn't like hot sauce and low sodium? Great idea!"

- Dianne F. Harrison, PhD, CSUN President



(L-R) CSUN Dietetic Interns Caroline Pak, Madeline Hoeks, Rise Morisato, and Eirenel Eclevia present Matador Sol Sauce alongside Director of Dietetic Internship (DI) Program Dr. Annette Besnilian (2nd R) and DI Coordinator Karmen Ovsepyan (R) at the "trade show" style semi-final Bull Ring Competition on April 4, 2019.



FCS Scholarship and Awards Banquet

On May 20th, the CSUN Department of Family and Consumer Sciences (FCS) celebrated the Class of 2019, as well as the scholarly and awards recipients. Congratulations to the following students on receiving this year's Marilyn Magaram Center (MMC) Scholarships: Madeleine Hoeks (The Besnilian Leadership Scholarship); Alison Kramer, Marie Eamiguel, Tatum Vedder (The Christine H. Smith Scholarship for Food Science, Nutrition and Dietetics); and Jennifer White (The Tom Chen Scholarship for Food Science). We would also like to congratulate our MMC Graduates: Bryan Rosales, Jada Cantrell, Laura Horwitz, Victoria Ayala, Shely Salemnia, and Trisha Patel.



CSUN students and faculty attend the 2019 FCS Scholarship and Awards Banquet held at the Orange Grove Bistro.

Pathway Fellows

Pathways, an Undergraduate Dietetics Fellowship Program, accepts several students at Junior standing yearly to become Dietetic Fellows, and to receive scholarships, proactive advisement support, paid research assistantship, and peer and faculty mentoring. Fellows participate in a variety of professional development and research training opportunities, including enhanced lactation education, experiential learning courses, career mentorship, leadership and professional skills workshops and more.

Undergraduate Dietetics Fellows:

- | | | |
|------------------|--------------------|-----------------|
| Diana Aguirre | Adriana Cruz | Briseyda Nunez |
| Victoria Ayala | Kellie Fernandez | Gabriela Ortega |
| Shelby Becker | Citlalli Garcia | Bryan Rosales |
| Joselin Berdugo | Fernando Gonzalez | Aneli G Torres |
| Briana Caban | Alejandra Gordillo | Karina Valera |
| Cindy Caldera | Lorena Melendez | |
| Christina Castro | Glenda Miranda | |

Graduate Dietetics Fellows:

- | | |
|-----------------------|---------------------|
| Karina Almanza | Alejandra Perez |
| Lupita Alfaro Cabrera | Sonia Ramirez |
| Itzel Dzul Hernandez | Francisco Rodriguez |
| Sophia Lopez | Griselda Ruiz |

The Marilyn Magaram Center would like to welcome our new Staff and Student Leaders!

- | | | |
|----------------|-------------------|----------------------|
| Bronte Almanza | Monserrat Galicia | Sophia (Pia) Rosales |
| Joseph Choe | Andreas George | Natalie Shweiri |
| Amy Contreras | Fernando Gonzalez | Kathleen Wall |
| Susana Corona | Lihua Ma | |

Student Internships

NEW in MMC Internships

Exposure to Food Manufacturing

By April Diederich, RDN, CSR

The Marilyn Magaram Center and local food manufacturer, Cucina Della Cucina, partnered to start a new internship called, “**Exposure to Food Manufacturing.**” Cucina Della Cucina is a family owned business



Behind the scenes pasta production at Cucina Della Cucina.

providing gourmet, artisan ravioli and pasta to restaurants, hotels, country clubs, caterers and food distributors throughout the United States. Through this internship,

MMC interns gain hands-on experience of the day-to-day principles in running a food manufacturing business. Depending on the time of year, this could include recipe creation, production line management, teaching safety regulations, or assisting with shipping, marketing, and sales. Interns can apply these valuable skill sets in their future careers in the food industry.



Barbara and Kevin Luboff of Cucina Della Cucina.

Advocacy and Leadership in Food and Nutrition

By Sharona Schnall

To be the first-ever public policy intern was a fantastic and awesome experience! Being able to work with Jocelyn Harrison, MPH, RDN, Los Angeles District Public Policy Chair, was a great and wonderful opportunity. I had the gift of learning from someone who is so passionate about ensuring the health and safety of the public and fighting for the importance of nutrition, which was recognized by legislators. Throughout the semester, I learned how critical it is for RDs to get involved in Public Policy, because if we do not fight to show how important nutrition is to health and well-being for communities, then who will?

I had the opportunity to call and e-mail assembly members, senators, and congress members to schedule meetings for the constituents. At the annual Public Policy event held in Sacramento, I learned the proper and respectful way to address legislators, and how anyone can make a difference by using their voice. It is so simple and easy to search for your own legislator! Communicate with a call, tweet, or email to have your voice and beliefs on a topic or bill heard. A great website for finding your legislator is <http://findyourrep.legislature.ca.gov/>. It is a quick and efficient way to access crucial information about finding who your representatives are. In addition, the Academy of Nutrition and Dietetics (AND) offers resources. To learn more, visit the website: <https://www.eatright.org/>. To find information about current bills and their status at the state or federal level, visit: <https://cfpa.net/>.



Interns attend the Public Policy Workshop on March 11, 2019 in Sacramento, CA.

2019 Pinning Ceremony

By *Laura Horwitz*

The MMC honored its student/project leaders and student interns at our 4th annual Pinning Ceremony held on May 9th. This was the first year that MMC internships were applied throughout the academic year. Student interns fulfilled a total of 100 work hours and attendance at four events during the year within their chosen internships. 53 interns were recognized from 11 internships within Food Science, Nutrition and Dietetics under the guidance and leadership of April Diederich, Internship Coordinator, and 15 Student/Project Leaders. All participants were given certificates of appreciation and were thanked for their continued support of the various programs within the community and on campus in support of MMC's mission.



MMC student interns and staff celebrate completing a successful year of internships at the 4th Pinning Ceremony.



Dr. Rob Unal (L) elaborates on intestinal microbiota colonizing our gut, their main functions, and the healthy balance they provide to us as a part of the MMC Talks on February 13, 2019.

MMC Talks Student Enrichment Series

By *Laura Horwitz*

During spring 2019, the “MMC Talks” Student Enrichment Series collaborated with the FCS’s Peer Financial Mentoring program to present a financial literacy workshop during National Consumer Protection Week in March. In April, a successful Design Workshop was given by our own Andrew Pacleb and Ashley Santiago which also included a presentation from Iris Hirataro on Cal Fresh opportunities. “The MMC Talks” Continuing Education Series presented Dr. Rob Unal who lectured on “The Human Intestinal Microbiota and the Benefits of Probiotics” in February, and a webinar on “Weight Stigma” given by Aaron Flores, RDN in April. MMC Talks looks forward to hosting additional webinars and student enrichment programs in the future—we hope you will join us!

Gangsta Gardener

By *Sophia Rosales and Natalie Shweiri*

In February, the Department of Africana Studies hosted and welcomed Ron Finley, better known as The Gangsta’ Gardener, in an event celebrating Black History Month alongside the following co-sponsors: Institute for Sustainability, the Institute for Community Health and Wellbeing, MMC’s Let’s Grow Healthy program, The Black House, Community Engagement, and Research and Graduate Studies. The event honoring LA’s Gangsta’ Gardener addressed the issue of food deserts that exist in urban environments, specifically in South Los Angeles, amending this with a tactic termed “guerrilla gardening.” Finley spoke on the importance of playing a proactive role in bringing justice and health back to deprived neighborhoods through redesign and beauty. He left his audience intrigued by challenging them to shift their paradigm, arguing that wealth and knowledge are products no longer confined to the participation in outdated systems built for the socioeconomic circumstances. He reminded the audience that beauty can bloom from adversity by stating, “Gardening is the most gangsta thing you can do. Because it means freedom. Let your shovel be your weapon of choice.”

Finley spoke on the idea of racism by design and methods of abating oppression by encouraging the community to bring beauty back to their neighborhoods. Near the end of his talk, Finley stated, “There’s no such thing as broken dreams, just unfinished reality.” By rectifying neglected streets through guerilla gardening, we bridge the gap of cityscapes with nature and instill a reverence that guides us to conscientiously address our overall health.”



TED Talk speaker and Gangsta Gardener, Ron Finley (4th L) pictured with co-sponsors Dr. Theresa White (R), Chair of the Department of Africana Studies, Dr. Besnlian (L) and MMC's Let's Grow Healthy team.

MMC Research Lab

Antioxidant Research

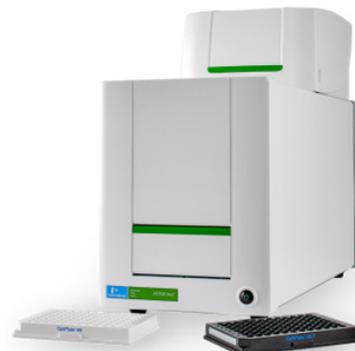
Hydroponic and Aquaponic as Compared to Geoponic Farming

By Julie Miller, Food Science Coordinator

Consuming more fruits and vegetables is increasingly being recommended as a part of a healthy lifestyle. There is good evidence that eating a diet rich in fruits and vegetables is associated with a delay of the aging process and a decreased risk of developing inflammation and oxidative stress related to chronic diseases, such as cardiovascular diseases, immune system impairment, atherosclerosis, cancer, diabetes, cataracts, cognitive function disorders, and neurological diseases, including Alzheimer's (Cai et al. 2004; Kaefer and Milner 2008; Huang et al. 2010; Eliassen et al., 2012; Pojer, Mattiv, Johnson, & Stockley, 2013; Tanaka, Shnimizu, & Moriwaki, 2012). These benefits are almost always related to the presence of bioactive compounds, including antioxidants like carotenoids and phenolic compounds (e.g., anthocyanins). Natural antioxidants are more readily acceptable than synthetic antioxidants. Natural antioxidants can be found in many foods, such as fruits, vegetables, cereals, and beverages and they play an important role in overall human dietary health, as they are involved in helping neutralize free radicals in our bodies. Through the support of the Southern California Institute of Food Technologists' (SCIFTS) Educational and Research Grant, the Marilyn Magaram Center was able to purchase laboratory equipment, such as the microplate reader pictured above, to study natural antioxidants derived from leafy green vegetables.

In the last decade, there has been much interest in the potential health benefits of dietary plant polyphenols as antioxidants. However, relatively little is known about the accumulation of antioxidants during a plant's life and when they are grown in different agricultural systems. Evolving the MMC Wellness Garden to incorporate this antioxidant research links farming to the laboratory through measuring antioxidant content to determine if there is an influence between growth media selection (i.e., soil, water) in the agricultural systems and antioxidant content in the plants. We are moving forward with our research through generous support from the Luboffs to compare the antioxidant content of the plants' lifecycle between the aquaponic, hydroponic, and geoponic systems. The goal of this work is to study the changes in antioxidant activity in a variety of leafy green plant extracts during the growth cycle in each system, such as: "Nevada" Lettuce (*Lactuca sativa*), "Dinosaur" Kale (*Brassica oleracea* 'Lacinato'), and "Bright Lights" Swiss Chard (*Beta vulgaris*), using the Oxygen Radical Absorbing Capacity (ORAC) assay in the Food Chemistry Laboratory. The ORAC assay measures the degree and length of time the extracts take to inhibit the action of an oxidizing agent. This provides information about the total antioxidant content in a sample extract.

Our research is ongoing as we utilize the new outdoor hydroponic system installed this past March in the MMC Wellness Garden (which was an upgrade from our indoor closed system). The plants are now able to receive the same light treatment and controls as the other outdoor systems. In April, we presented our preliminary findings at the SCIFTS' dinner meeting in Buena Park, CA. We anticipate revealing our results in the next edition of our magazine.



ThermoFisher Victor NIVO antioxidant microplate reader used to conduct research.



SCIFTS Education and Research Grant chair, CM Barnes (R), presents university grant recipients (L-R): Dr. Sunil Mangalassary from CSULA, Diem Nuygen from CSUN, Dr. Yao Olive Li from Cal Poly Pomona, and Julie Miller representing CSUN at April's dinner meeting at Los Coyotes Country Club in Buena Park, CA.



MMC Scholarly Research & Projects

At the Marilyn Magaram Center (MMC) Research Lab, our mission is to 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, Counseling, Fueling

Champions for Change

Diet Aalysis/ ESHA/ GENESIS

Educational Theater: MyPlate! The Musical

Food Chemistry Lab Research/ Antioxidant Research

Genomics

Latino Food Environment Study (LFES)

Let's Cook and Move & Grow

Let's Grow Healthy

Metabolism and Stress Assessment

Nutrient Analysis and Microbial Testing

Pathways to Success as Registered Dietitians

Product Development: Matador Marmalade, Spicy Matador, Bee a Matador

Sensory Analysis

Sodium Reduction Initiative

Weight Management, Diabetes, Cancer, & Wellness Workshops

Women Infant & Children (WIC) at CSUN

Faculty Research Team

Annette Besnilian, EdD MPH, RDN

Department of Family and Consumer Sciences

Scott Plunkett, PhD, MEd

Department of Psychology

David Boyns, PhD, MA

Department of Sociology

Nelida Duran, PhD, MS, RD

Dept of Family and Consumer Sciences

Karmen Ovsepyan, MS, RDN

Department of Family and Consumer Sciences

Mirna Troncoso Sawyer, PhD, MPH

Department of Health Sciences

Claudia Toledo-Corral PhD, MPH

Department of Health Sciences

Merav Efrat, EdD, MPH

Department of Health Sciences

Douglas Kaback, MFA

Department of Theatre

Hessam Ghamari, PhD, MS

Department of Family and Consumer Sciences

Hui (Jimmy) Xie, PhD, MS

Department of Recreation and Tourism Management

Donor Highlights

Thank You, Sally and Phil Magaram!



Sally and Phil Magaram

As way to show our gratitude, a new feature in the newsletter for the Marilyn Magaram Center for Food Science, Nutrition and Dietetics will proudly feature profiles on individuals and organizations that have generously chosen to focus their philanthropic support on the Marilyn Magaram Center. In this issue we are honored to spotlight our founders and creators of the center, Phil and Sally Magaram.

It was a natural fit for Phil Magaram to establish a legacy at CSUN with the Marilyn Magaram Center for Food Science, Nutrition and Dietetics, as a way to honor his late wife, Marilyn (a CSUN alum and faculty member who passed away in 1989). Phil shared a fascination with the work Marilyn was so passionate about while she was a graduate student at CSUN working with her faculty mentor, Tom Chen. He

believes that this work the university is doing in the field of food science and nutrition is a fitting legacy because of the wide impact it has on the lives of students and the health of others in the community through its nutrition programs.

A senior partner at Valensi Rose PLC, an L.A.-based law firm where he worked since 1984, Phil is closely connected to CSUN and not only established the Marilyn Magaram Center, he previously chaired the CSUN Foundation Board, having served as a member for 22 years, and served on the committee for the Center of Achievement through Adapted Physical Activity in the Department of Kinesiology, College of Health and Human Development.

Sally is on the Boards of Directors at Tower Cancer Research Foundation and Couples Against Leukemia which fund research at Children's Hospital Los Angeles. She is an active member of the Board of Governors at Cedar-Sinai Medical Center.

In 2016, Sally Magaram received the CSUN For Life Award, which is given to non-alumni friends of CSUN who, over time, have grown close to the university and who proudly claim CSUN as their adopted alma mater. Through their passionate and consistent contributions of time, donations, talent and attendance at campus events, CSUN For Life Award winners have carried the CSUN message and embodied CSUN's unique spirit. The award honors those whose service consistently reflects the university's mission and its highest values.

The Magarams share an interest in philanthropy and have been the guiding force behind the Marilyn Magaram Center. The University is grateful for Phil and Sally Magaram and we are deeply honored to have this opportunity to shine the spotlight on the extraordinary work they do for CSUN.

Grants, Contracts and Donor Contributions

By Annette Besnilian, EdD, MPH, RDN, CLE, FAND

Grants and contract awards from a variety of regional and national funders and donations from individuals continue to make a big impact at the Marilyn Magaram Center (MMC), providing us with essential resources to enhance and expand our innovative programs and services around nutrition and health, particularly those that serve the community. Our funding partners are critical in helping us achieve our mission, as we continue to promote the health and wellbeing at CSUN and beyond.

We are grateful to have secured the following funding: Joseph Drown Foundation – general support for the MMC and Nutrition & Wellness Clinic, funded for \$200,000; Richard Siegel Foundation – marketing support for the MMC, funded for \$30,000; The



Jewish Community Foundation of Los Angeles (Gary & Barbara Luboff Mitzvah Fund), funded for \$18,000; Northeast Valley Health Corporation WIC, funded for \$240,000; Let's Cook and Grow Healthy Foods in Schools, Kaiser Permanente Panorama City, funded for \$12,500; Pathways to success for Hispanic students as registered dietitians, United States Department of Agriculture National Institute of Food and Agriculture (USDA NIFA), funded for \$1,000,000; Let's Eat Healthy in Schools, Kaiser Permanente Woodland Hills Community Grant, funded for \$60,000; Champions for Change, funded for \$895,000. External support was also received through the following donations: Myra Cohen- \$5,000; Northern Trust- \$2,500; and Martin Lebowitz- \$1,000. We are so thankful for all of our donors. We are also currently working on several contracts with Nissin, and Fund for Armenian Relief (FAR) as well as a contract with Peru, and we have secured additional funding through the purchase of our products by the California State University Chancellor's office, the CSUN President's office, the CSUN Foundation, CSUN Dining, and University Advancement.

Many of our grants and contracts support individual projects and programs, but funding from the Joseph Drown Foundation has allowed us to think big-picture and create a solid infrastructure for the Marilyn Magaram Center that will ensure longevity and help us further our mission through the development of the MMC Nutrition and Wellness Clinic. Through a relationship that goes back to our very founding, the Drown Foundation has provided us with critical core operating support that has allowed us to strengthen our capacity and advance our strategic goals and initiatives, in alignment with the needs of our students and our community. The MMC would not be what we are today, nor would we be able to achieve nearly the same impact, without the Drown Foundation's generous support.

Grant funding from organizations such as the Aetna Foundation, Dignity Health, and Kaiser Permanente, Northeast Valley Health Corporation WIC Program, Los Angeles County Department of Public Health, US Department of Agriculture (USDA) NIFA is also helping to sustain important MMC initiatives such as Let's Grow Healthy and Let's Cook, Move and Grow, Pathways to Success, and Champions for Change. Through this network of support, thousands of at-risk school children and their families in the community are now on paths to healthy eating and active living through garden-enhanced nutrition education and educational theater programs such as MyPlate! The New Food Guide Musical and the Sodium Reduction Initiative.

NEVHC has been instrumental in sustaining the WIC (Women, Infant, and Children) Center on CSUN's campus. This contract with NEVHC allows us to offer this supplemental nutrition program for infants and children under Five years of age and women who are pregnant who recently had a baby and provides funding to help implement the WIC based dietetic internship. The WIC Center fulfills the MMC's educational mission as well by providing WIC-based Dietetic Internships, accredited by the Academy of Nutrition and Dietetics.

We have also been fortunate to receive much-needed equipment and technology through external support and our faculty and students have begun working with our new microplate reader and centrifuge in the food science labs provided by a grant from SCIFTS (Southern California Institute for Food Technologists Sections). We are also grateful to have received a donation from The Jewish Community Foundation of Los Angeles (The Gary & Barbara Luboff Mitzvah Fund) which will assist us in conducting cutting-edge antioxidant research.

In addition to the external grants mentioned above, we have received internal grants from the California State University Chancellor's office as well as both Campus Quality Fee (CQF) and Community Engagement interdisciplinary grants to help expand student projects and opportunities: Campus as a Living Lab (CALL) - \$28,000; Matador Wellness Garden and Student Products - \$30,350; Student Nutrition and Cooking Knowledge (SNACK) on Social Media and on Display - \$33,000; Matadors Getting Fueled (Athletics Partnership) - \$35,530; and A Taste of Good Health follow-up research - \$2,000.

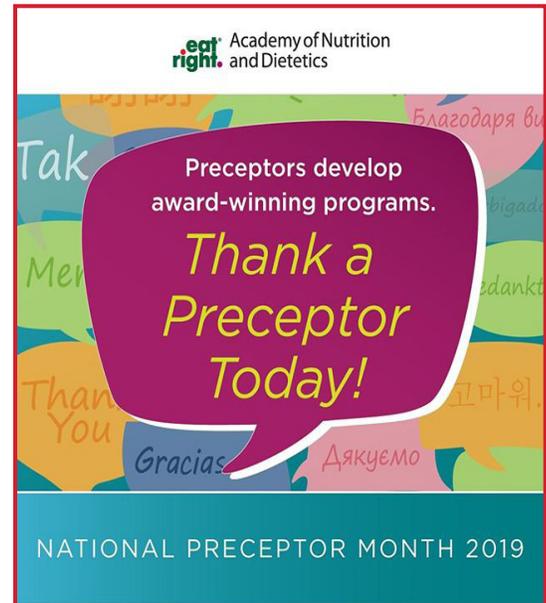
We are truly thankful to all of our funding partners who understand the impact we are hoping to make and who continue to support our mission and vision to that end. We look forward to continuing these relationships, exploring many exciting new opportunities together in the future!

Community Partners

Thank You, Preceptors!

Preceptors and mentors make a difference in the lives of students who are on their journey to become Registered Dietitian Nutritionists or Nutrition and Dietetics Technicians as they train the dietetic professionals of the future.

The Academy of Nutrition and Dietetics (The Academy) termed the month of April as National Preceptor Month to raise awareness of hard working preceptors by recognizing and thanking the practitioners who help create the next generation of professionals who teach students in their workplace. In honor of National Preceptor Month, the MMC acknowledges our valued preceptors not only with certificates of appreciation and CPEUs provided through The Academy, but also extends heartfelt gratitude for their time, support, and patience. Preceptors, we sincerely thank you for all the hard work you do on a daily basis!



Visionary Women

By Kimberly Poquiz and Julie Miller

On February 6th, several MMC staff members and students attended the “Female Power Chefs: Cooking All the Way to the Top” event held at the Beverly Hills Hotel. A panel discussion consisted of four renowned chefs including Suzanne Goin, a restaurateur and owner of multiple restaurants such as Lucques, A.O.C., and Tavern; Sally Camacho Mueller, a pastry chef and owner of Tesse; Nancy Silverton, the founder of La Brea Bakery and the co-owner of Pizzeria and Osteria Mozza; and the moderator, Evan Kleiman, an author, speaker, and founder of L.A.’s Slow Food Chapter.



Angella Nazarian (L) with guest speakers and MMC staff and students at the Visionary Women Presents: Female Power Chefs: Cooking All The Way To The Top on February 6, 2019 in Beverly Hills, California.



(L-R) Chefs Evan Kleiman, Suzanne Goin, Nancy Silverton and Sally Camacho Mueller. (Photo by Araya Diaz/Getty Images for Visionary Women)

They were given the opportunity to share stories about their diverse backgrounds and their journeys on how they achieved their culinary dreams.

The event was hosted by Visionary Women, a non-profit organization that aims to provide a platform where women could support and build a strong network among one another. Visionary Women’s executive board member and co-founder, Angella Nazarian, offered a special invitation to 20 students and staff members of CSUN’s Marilyn Magaram Center who have a passion for culinary arts.



Women, Infants & Children Center

By Joy Ahrens, MPH, RDN, CLE

In the United States, 36% of undergraduate students experience food insecurity, and of those, 43% also have children. With such high number of students facing hunger, CSUN's Institute of Community Health and Wellbeing and the Marilyn Magaram Center approached Northeast Valley Health Corporation (NEVHC) to open a WIC Program on the CSUN campus to meet the needs of students, staff, and the community. The Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally funded program that helps pregnant women, postpartum women, and children under the age of Five eat well and stay healthy. This USDA program provides healthy foods, nutrition education, breastfeeding support, and referrals to other community resources. The institution is an equal opportunity provider.



In April 2019, NEVHC WIC was finally approved to open a satellite WIC site on the CSUN campus in the Santa Susana Hall, room 104. At this time, it will be open every Thursday from 9 am to noon during the fall and spring semesters. Additional hours may be added as the demand for WIC services increases.

For more information about the WIC Program, you may call (818) 361-7541 or email WIC@nevhc.org.

Culinary Camp for Kids

By Julie Miller

In collaboration with the Summer Academic Enrichment Program (SAEP) at CSUN, the MMC held a culinary camp for kids which kicked off Monday, June 10th in the MMC Wellness Kitchen. The week long class was available to students in grades six through nine as a special interest option. Upon attending the camp, students learned to master kitchen basics, knife techniques, and food preparation.

Also a 5-week extended culinary camp ran from Monday, June 17th through Friday, July 19th. All culinary classes were taught by chef Harold Avila. The culinary camp was as educational as it was fun. For the last week of class, students practiced what they had learned throughout the program by planning one savory and one sweet dish with a \$15 restriction. Some of the creative recipes included Mapo Tofu with Pork alongside a traditional Chinese Almond Cookie, Spicy Chicken Kabobs with Lemon Bars, Mini Hard Shell Taco Bowls and Brownie Bites, Traditional Tomato Bruschetta with Chocolate Truffles, and Mini Shepherd's Pie served with Lemon Bars with Raspberry Coulis and Meringue. By far this was the most successful culinary camp we have had and we cannot wait to do it again next summer.



Chef Harold Avila (4th L) with SAEP Cooking Camp students, DI students and program facilitators on Thursday, July 17.



CSUN Dietetic Interns

Welcome 2019-2020 Dietetic Interns

To the new 2019-2020 CSUN dietetic interns,

As you begin the next 10 months, 152 days, 1,216 hours, and 72,960 minutes of adventure, our wish is for you to embrace each new day with as much excitement and enthusiasm as you do the first. We do not promise the road ahead will be easy, but we guarantee that there will be something to be learned each day. The group of fellow interns you find yourself meeting during your first weeks of orientation will become your biggest supporters, best confidants, and lifelong friends. The people you once considered as strangers will find a way to celebrate your success, and together you will find the strength within each other. We the 2018-2019 dietetic interns would like to send our deepest congratulations and best wishes to each of you as you embark on your journey.

Congratulations to the New Cohort!

Alejandra Gordillo

Israel Aguilar

Nadia Bedrosian

Brittany York

Jason Garvin

Samy Elcott

Bryan Rosales

Juliette Vaspra

Sophia Villicana

Charleen Hsieh

Jose Serrano

Evangeline Li

Karim Damji

CSUN Dietetic Interns 2018-2019 White Coat Ceremony

On May 31st the 2018-2019 cohort graduated from the CSUN Dietetic Internship Program. White Coats filled the room of the Orange Grove Bistro as family, friends and preceptors cheered on the new graduates, who had all just completed their 1,216 hour supervised practice. This big celebration marked the end of a 10-month long journey toward becoming Registered Dietitian Nutritionists.

The interns received their white coats from Faculty and Preceptors, as they took the ceremonial oath to practice the art and science of dietetics to the best of their abilities and to promote excellence in the dietetic profession.



2018-2019 Dietetic Interns: (L-R) Tania Menachegani Khachatourians, Sonia Ramirez Rivera, Sophia Lopez, Talia Bondelli, Caroline Pak, Katie Rawson, Joey Gerardi, Eirenel Eclevia, Griseida Ruiz, Jenica Smith, Madeleine Hoeks, Mariah Haroon, and Rise Morisato.



MMC Staff

Administrative Staff

Annette Besnilian EdD, MPH, RDN, CLE, FAND
Executive Director

Karmen Ovsepyan MS, RDN
Associate Director

April Diederich, RDN, CSR
MMC Internship Coordinator

Lisa Kim
Administrative Assistant

Viridiana Ortiz, MPH, CHES
Program Coordinator, C4C

Andreas George
Project Coordinator

Julie Miller
Food Science Coordinator

Michelle Chen
Financial Coordinator

Brenda Gutierrez
Health Educator, C4C

Registered Dietitians

Alejandra Perez, MS, RDN

Julie Tang, MS, RDN

Simona Hradil, MS, RDN

Diem Nguyen, MS, RDN

Kathleen Wall, MS, RDN

Trisha Patel, MS, RDN

Elizabeth Kaoh, RDN

Nahal Danesh, MS, RDN

Jocceline Hernandez, RDN

Shely Salemnia, MS, RDN

Student Leaders

Amy Contreras

Charleen Hsieh

Kimberly Poquiz

Reena Sood

Andrew Placeb

Fernando Gonzalez

Laura Horwitz

Sophia (Pia) Rosales

Ashley Santiago

Jada Cantrell

Lihua Ma

Susana Corona

Briana Caban

Joseph Choe

Lorena Melendez

Victoria Ayala

Bronte Almanza

Kelly Rodriguez

Monserrat Galicia

Bryan Rosales

Kelsey Good

Natalie Shweiri

Research Assistants

Citlalli Garcia Plascencia

Frida Endinjok



**EAT YOUR BEST.
LESS SALT.
MORE PLANTS.**



Mediterranean Beet Burger

with Raita, Pickled Onion, & Butter Lettuce

Number of servings

Serves 5

DIRECTIONS

1. Process onions finely, add beets, pulse until they are a small dice. Process any remaining large pieces a second time. Move to a mixing bowl. Process chickpeas roughly, and add to bowl.
2. Add quinoa, cumin, dill, salt, pepper to bowl, and mix with a spatula. Add oat flour until mixture comes together. Shape mixture into 1 1/2" thick patties using a ring mold, refrigerate at least 4 hours before cooking.
3. Heat vinegar with 1 cup of water until just boiling. Remove from heat and pour over the shaved onion, allow to cool completely.
4. Sauté beet patties in pan with neutral oil for 3-4 minutes per side. Place cooked patties on the burger buns, top each with 3 tablespoons of raita, a pinch of pickled onions, and 2 leaves of butter lettuce.

NUTRITION FACTS: Serving Size 1 Burger

Calories 320 | Total Fat 4g | Sodium 630mg | Fiber 6g | Protein 10g

INGREDIENTS

- 1/4 yellow onion, minced
- 1 (15 oz) can unsalted chickpeas
- 1/2 cup cooked quinoa
- 2 beets, roasted
- 2 tsp cumin
- 1 tbsp dill
- 1 tsp kosher salt
- 1 tsp black pepper
- 6 tbsp oat flour (as needed)

ASSEMBLY

- 5 whole grain buns, toasted
- 1/2 red onion, shaved
- 1 cup white vinegar
- 1 cup Eat Your Best Raita Sauce*
- 1/2 head butter lettuce

**This recipe is from the Eat Your Best Cookbook.*

For more recipes, visit www.csun.edu/marilyn-magaram-center/csun-sodium-reduction-initiative

Special Thanks To:

Farrell J. Webb, Ph.D.
Dean, College of Health and
Human Development (HHD)

Dimitri Tamalis, Ph.D.
Associate Dean, HHD

Todd Oberson
Director of Finance and
Operations

Jean O'Sullivan
Public Affairs, Communications
Specialist, HHD

John Pepitone
Director of Development, HHD

Yi (Tom) Cai, Ph.D.
Department Chair, FCS

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

Thank you to the following staff and students for their contribution to the newsletter:

Annette Besnilian
Andrew Pacleb
Alejandra Perez
April Diederich
Ashley Santiago
Brenda Gutierrez
Caroline Pak
Charleen Hsieh
Eirenel G. Eclevia
Julie Miller
Karmen Ovsepyan

Kathrine Rawson
Kimberly Poquiz
Laura Horwitz
Lisa Kim
Madeleine Hoeks
Natalie Shweiri
Rise Morisato
Sharona Schnall
Sonia Ramirez-Rivera
Sophia Lopez
Sophia Rosales

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

Marilyn Magaram Center For Food Science, Nutrition & Dietetics

Sequoia Hall 120
18111 Nordhoff St.
Northridge, CA 91330-8308
Phone: (818) 677-3102
Fax: (818) 677-3446

Email: magaram.center@csun.edu

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



Follow @MagaramCenter



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



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 degree, 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.

Our Mission

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

Our Vision

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

**100%
certified
prime beet.**



At dinner, add color.

CSUN

MARILYN MAGARAM CENTER
FOR FOOD SCIENCE,
NUTRITION AND DIETETICS



**EAT YOUR BEST.
LESS SALT.
MORE PLANTS.**



COUNTY OF LOS ANGELES
Public Health



Made possible with support from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.