CSUN | MARILYN MAGARAM CENTER

Nutrition Experts

FRIENDS OF MARILYN

Spring & Summer 2017

MMC Internship Pinning Ceremony

By Eirenel G. Eclevia, MMC Student Leader

On May 18, 2017, the Marilyn Magaram Center (MMC) held its inaugural student internship pinning ceremony in the MMC Wellness Garden, commemorating the students' contribution and dedication to the Magaram Center. During spring and summer, the Center had over 60 nutrition and food science students participating in the Internship program! This spring was the first semester students were given leadership roles, helping oversee Center internships and interns. The Center internships included Continuing Education Lecture Series, Community Educator, Garden Enhanced Nutrition Education, Health Assess, Grocery Store Tours, Eating Disorder Education, Peer-to-Peer Nutrition with CSUN Dining, Lab School Chefs with CSUN Child & Family Studies Center, Marketing and Social Media, Food Science Lab Assistant, Product Development –Matador Marmalade & Spicy Matador, and Compusense Sensory Analysis. We thank our Student Leaders and Student Interns for their support of the Magaram Center, its mission, programs, and place on CSUN's campus. We hope to continue to work with you and support your growth in the field of Food Science, Nutrition and Dietetics!

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Director's Message

Annette Besnilian, Ed.D., RD
Executive Director

"To plant a garden is to believe in tomorrow." —Audrey Hepburn

We are thrilled to see the growth of health and wellness in the San Fernando Valley! At least 13 gardens have been built so far in the schools of Canoga Park and the surrounding community during the 2017 spring and summer semesters as part of the Champions for Change grant which was awarded to the Marilyn Magaram Center for Food Science, Nutrition and Dietetics (MMC) and CSUN's Institute of Community Health and Wellbeing. The goals of the grant include establishing gardens and providing SNAP-ed approved nutrition education to eligible communities within the Canoga Park area.

Student success is one of our main campus priorities, and seeing our students grow and flourish instills pride and stability in our Center and college. Their hard work is paying off, both personally and for the bettering of the MMC, and our students and programs alike have been thriving in so many ways. The symbolism of our sunflower never ceases to inspire us and contribute to our Center's growth. The Sunflower Project, which teaches children about the cycle of planting and growing, is inspiring the younger generation to lead natural and healthy lives.

During the Spring semester, the Food Science Interns had the opportunity to utilize Compusense, a sensory analysis software, in a professional business perspective while conducting a research project with Local Roots, a hydroponic company. The MMC also participated in VARJAM on April 7th, which provided an opportunity for our team to develop an Augmented Reality (AR) project which earned the 2nd place award for the App, "GSTAR" (Grocery Store Tour Augmented Reality). GSTAR is a nutrition aide that allows users to input their health needs and scan grocery store aisles to find the best choices for them based on nutritional facts that appear on their phones in a visual graphic. Great job to the GSTAR team!

The CSUN Dietetic Internship program held its 2nd annual white coat graduation ceremony on June 3rd. This was an exciting event for the 2016-2017 interns who completed their 10-month Dietetic Internships as part of the process of becoming registered dietitians. On July 5th in collaboration with Northeast Valley Health Corporation for Women, Infants, and Children (NEVHC WIC), the interns received Motivational Interviewing Training. We would like to acknowledge their efforts and involvement which have become essential to the success of the MMC. We would also like to welcome the incoming 2017-2018 cohort of Dietetic Interns who began their orientation and MNT (Medical Nutrition Therapy) boot camp during the month of July. We look forward to helping them on their journey!

The MMC co-sponsored two events on May 5th – the Child and Family Studies Center's 50th Anniversary Celebration, and to the Family and Consumer Science Department's 38th Annual TRENDS Fashion Show. At the "Lab School" celebration, our interns provided samples of what the children were provided as part of the reinstatement and refurbishment of the SNACK program at the school. This year's FCS fashion show, "*Transcendent: Beyond the Ordinary,*" was also a pleasure to be a part of, as the MMC's Dietetic Interns and student assistants prepared a custom parfait bar for all in attendance to enjoy.

We are continuing our work and research with *MyPlate! The New Food Guide Musical*, which made its debut at Napa Elementary School in Northridge on May 24th. *MyPlate!* is a creative and interactive nutrition education musical program that promotes healthy eating and physical fitness among elementary school students, and it has been previously recognized by Michelle Obama's "Let's Move" initiative and the USDA. The MMC also collaborated with the Summer Academic Enrichment Program (SAEP) for an exciting week of Culinary Camp held at CSUN from June 12th to June 16th. Students in grades 6-9 were taught the basics of culinary skills, hands-on cooking, food science, nutrition, and the knowledge necessary to make healthier food and snack choices.

We also are excited to announce a new and unique partnership with the CSUN Athletics Department. Working in conjunction with CSUN's Sports Dietitian, Simona Hradil, we have plans to grow and create a mutually beneficial wellness and nutrition program during the upcoming fall 2017 semester to include nutrition education, internship exchange, research opportunities, mindfulness training, and community outreach. As part of the Student Athlete Summer Success Program, incoming freshmen also participated in a cooking and nutrition workshop for athletes on July 21st.

I would like to acknowledge and thank our community partners, for without them, we would not be able to carry out many of our programs and achieve 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 amounting to approximately $1,500,000 in the last fiscal year.

As always, I would like to thank our family, our hard-working staff, our dedicated students, our advisory board, all my colleagues, our community partners and our generous donors. A special thank you to Sally and Phil Magaram for their continued support. We will continue towards our vision of becoming the recognized Center of Excellence in Food Sciences, Nutrition and Dietetics. Wishing you all a restful and enjoyable summer!

Annette Besnilian

MMC Highlights

A New and Unique Partnership with CSUN Athletic Department

By Eirenel G. Eclevia, MMC Student Leader

The Marilyn Magaram Center (MMC) is proud to announce a new and unique partnership with the CSUN Athletics Department. Together we plan to grow and create a mutually beneficial wellness and nutrition programs. The collaboration will include nutrition education, internship exchange, research opportunities, mindfulness training, and community outreach to disadvantaged Los Angeles communities. A committee made up of CSUN and community leaders will identify strategic targets and advise on programming for this partnership. Our previous connections with the Athletics Department consisted of coordinating cooking seminars for incoming freshman student -athletes at the Matador's annual Summer Success Program, (which took place on July 21st this year) and administering body composition testing for student-athletes, a project which will continue through our partnership!

Public Policy Day 2017

By Jenica Smith, MMC Student Intern

Public Policy Day was hosted on April 3, 2017 by the CSUN's Dietetic Internship Program, and sponsored by the Kappa Omicron Nu Honor Society (KON), the Marilyn Magaram Center (MMC), CSUN's Oviatt Library, The Institute for Community Health & Wellbeing, the Los Angeles County Department of Public Health, and CSUN's Camino: Pathways to Health Program. This year's Public Policy Day was dedicated to combatting hunger through sustainability and action. Guest Speakers presented their research on innovative food, nutrition, and health policies affecting professionals and the public. The purpose of the event was to empower individuals to become effective advocates for food access, nutrition, and community health.

Champions for Change Housed at CSUN

By Eirenel G. Eclevia, MMC Student Leader

The Marilyn Magaram Center (MMC) and CSUN's Institute of Community Health & Wellbeing have been awarded the Champions for Change Health Communities Initiative grant through the Los Angeles County Department of Public Health. On May 1st, the grant went into effect at Canoga Park Elementary, where we established our first garden! The goals of the grant include establishing 13 community gardens and providing SNAP-ed approved nutrition education for community organizations and LAUSD schools from SNAP-ed eligible communities in the Canoga Park area. We are excited to see the growth of wellness and health in the community.

Faculty Spotlight!

We would like to highlight our very own Associate Director, Karmen Ovsepyan! In 2010, Karmen graduated from California State University, Northridge (CSUN) with a Bachelors of Science in Food Science, Nutrition and Dietetics and was accepted to the CSUN Master's Degree in Nutrition. Karmen has been part of the Marilyn Magaram Center (MMC) since she was an undergraduate student where she was hired as a Project Manager.

The MMC provided her with the opportunity to work on a thesis project, implementing a five-week healthy eating summer curriculum for children ages eight through twelve. Sharing her nutrition knowledge with students and interacting with them through daily activities helped her realize that nutrition education was her passion. After completing the CSUN Dietetic Internship program in 2012 and becoming a Registered Dietitian, Karmen worked for the Network for a Healthier Community Program, Glendale Unified School District Nutrition Department, and Northridge Hospital Center for Healthier Communities, before heading back home to CSUN.

Karmen has returned as a Part Time Faculty and the Associate Director of the MMC. In addition to her role on campus, Karmen is dedicated to the California Academy of Nutrition Dietetics (CAND) Los Angeles District (LAD), where she currently sits on the executive board with the title of Past President. It has truly been a journey for Karmen and she is happy to be back home, mentoring students and helping support the Center's growth.

MMC Wellness Kitchen

Sensory Analysis at the Marilyn Magaram Center

By Julie Jordan, MMC Student Leader

During spring and summer our Food Science Interns had the opportunity to utilize Compusense (a sensory analysis software) in a professional business platform while conducting a research project for the hydroponic company, Local Roots. The project focused on determining the most well-liked butter leaf lettuce. Panelists selected from the three samples provided: Local Roots hydroponic lettuce with roots intact, a competitor's hydroponic lettuce, and a competitor's soil-grown lettuce with roots cut off. Compusense uses hedonic scales, statistical tests, and tools to find out what people think about one product as compared to another. It is used to help food and beverage industries make informed decisions about their products. Tests can be informed decisions customized by tailoring questions, which can help produce time effective answers and statistics. It is used in research to identify the organoleptic properties of food, beverages, and other consumer products, as panelists add to the data using their human senses. The Sensory Analysis Interns learn valuable skills through this internship and our hope is to expand the program by working with additional food companies.

Summer Culinary Camp for Kids

By Andrew Pacleb, MMC Student Leader

The Marilyn Magaram Center (MMC) partnered with the Michael D. Eisner College of Education's Summer Academic Enrichment Program (SAEP) for an exciting week of Culinary Camp for kids in June. The middle-school age children were taught basic culinary skills and engaged in hands-on cooking in the MMC Wellness Kitchen. Their experience in the kitchen was coupled with nutrition and food safety lessons that gave students the guidance necessary to choose and prepare healthier snacks. Each day focused on a specific food group depicted on the USDA's MyPlate diagram and corresponded with the recipes used during cooking time! After each class, the children participated in daily garden activities in the MMC Wellness Garden that helped them learn about plant anatomy, gardening techniques, and sustainable growing practices like composting. By the end of the week, the students put together the knowledge they acquired from the first four days and ingredients from the MMC Wellness Garden to prepare a healthy meal containing each of the food groups. The First Annual Summer Culinary Camp for kids was a great success!

Citrus City in Basil Blend

Makes 4 Servings

Ingredients:

2 chopped Medium Strawberries

3 Lemon Slices

2 Chopped Basil Leaves

1 Liter of water

Directions:

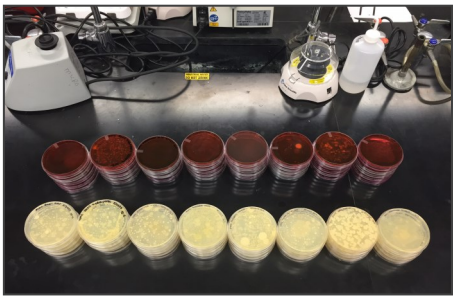
Place the strawberries, lemon and basil into the water and allow to infuse for about 1 hour.

Recipe showcased within the Marilyn Magaram Center First Edition Wellness Kitchen Cookbook
Order yours today for only $29.99!
hhtps://www.csun.edu/mmc

MMC Wellness Garden

Growing the Wellness Garden

By Eirenel G. Eclevia, MMC Student Leader



The MMC Wellness Garden was established in the Summer of 2016 and has been in bloom ever since. Three wonderful CSUN students, Heidi Rodas, Victoria Ayala, and Giavanna Palmisano, were trained by Master Gardener, Frida Endinjok, to help facilitate the Wellness Garden. Upon completion of their training, the students have done a fantastic job maintaining the garden come rain or shine. Throughout the year, the garden has become an essential part of the internships offered in the Magaram Center. The most abundant and commonly used products of the garden are the herbs– rosemary, lettuce, basil, and spearmint— which are constantly utilized by our Food Science Interns for product development. The Sunflower project and the Square Root Garden are just two of many fun projects happening in the Wellness Garden. CSUN students, faculty and staff are more than welcome to join us Mondays, Wednesdays, and Fridays starting at 8 am to help maintain and care for our amazing garden! Fret not, after all the hard work is done there are plenty of green goodies and delicious fruits to harvest and take home!

Garden to Table Cook-Off!

By: Trisha Patel, MMC Student Leader

On March 29, 2017 the MMC Wellness Kitchen opened its doors once again for the CSUN's Annual Iron Matador Cook-Off. Led by CSUN's Student Dietetic and Food Science Association (SDFSA) in partnership with the Marilyn Magaram Center (MMC). The event included teams from SDFSA, The Food Science Association (FSA), and A Better Future to compete in a heated battle to claim the winning title: Iron Chef, as determined by four judges. In addition to utilizing the secret ingredient box, teams had to incorporate fresh ingredients from the MMC Wellness Garden. As an added twist, the contest was kept vegetarian, so competitors had to be sure to incorporate non-meat protein sources such as tofu and quinoa. It was a close battle, but in the end, FSA claimed the victory! Thank you to all teams, well done!

Garden Building and Kick-Off

By Madeleine Hoeks, MMC Student Leader & Giavanna Palmisano, MMC Student Intern

Between February and March The Marilyn Magaram Center's (MMC) Let's Grow Healthy team, in collaboration with the American Heart Association, participated in a garden building and kick-off in Canoga Park LAUSD elementary schools, Hart Street and New Academy. The American Heart Association's approach in fighting against childhood obesity coincides with the MMC's vision to educate communities on the importance of a balanced diet and its close relationship with health and wellness. The purpose of these teaching gardens is to show children how to plant seeds, nurture growing plants, and ultimately help them understand the value of good eating habits. In helping start gardens, we hope for greener and healthier communities!

MMC Student Internship

Growing our collaboration with the Child and Family Studies Center

By Trisha Patel, MMC Student Leader

This past year, the Marilyn Magaram Center (MMC) had the great privilege of reinstating and refurbishing its Child and Family Studies Center SNACK Program. The Child and Family Studies Center, affectionately called "The Lab School," allowed MMC Student Interns to enhance and implement their food service education as well as menu planning and budgeting skills. Each week our interns were given the opportunity to select a topic of their choice creating newsletters ranging from "Kid Friendly Snacks" to "Family Fun in the Sun" for parents to take home. Each newsletter incorporated a family friendly snack as well as tips on how to modify the recipe, nutrient information and more. Parents at the lab school truly enjoyed their weekly newsletters.

In addition, the Child and Family Studies Center celebrated their 50th Anniversary! In celebration of their anniversary, the Center hosted a wonderful event which the MMC was honored to help support. During the celebration, our Student Interns and MMC staff provided sample newsletters, games, flyers, cooking demonstrations, and much more. Those in attendance provided positive feedback on our collaboration with lab school! We look forward to a long and continued partnership!

The First Fueling Station in the Big West Conference!

By: Eirenel G. Eclevia, MMC Student Leader & Alexandria Conway, MMC Student Intern

The Matador Fueling Station is the first fueling station in the Big West Conference. It provides CSUN student-athletes with individualized pre– and post– workout meals, snacks, and recovery smoothies. The station, initially proposed in 2015, was made possible by a generous gift from Union Bank. CSUN's one and only Sports Dietitian, Simona Hradril, has made the fueling station a dream come true. For athletes to perform well, they need to be properly fueled and refueled. In addition to receiving the proper nutrition to perform well, having a Sports Dietitian will help influence smart decision making skills when choosing nutritious snacks. The Marilyn Magaram Center Interns are excited to be helping Simona maintain the fueling station.

"We are not only enlisting sound nutritional habits for performance, but we are also establishing fueling habits that will benefit our Matadors for years to come. I believe in the future vision of the sports nutrition program and the comprehensive approach to fuel our Matadors to succeed not only on the field and courts, but also on an academic level." said Simona Hradil, MS, RD, Director, CSUN's Sport Dietitian

Acknowledging 9 Years of Partnership with CSA

By Eirenel G. Eclevia, MMC Student Leader & Frances Lee, MMC Student Intern

Located in the heart of Ventura County, Underwood Family Farms has been dedicated to practicing sustainable agriculture and promoting health and nutrition through their locally grown fruits and vegetables since 1867. The Marilyn Magaram Center (MMC) collaboration with Underwood Family Farms Community Supported Agriculture (CSA) program started in 2008, helping promote wholesome dietary habits, supporting local agriculture, and creating a sense of community in the process. The initiative overlaps with the MMC's vision to educate communities in the relationship of food science, nutrition and dietetic practices to human health and well-being. The MMC interns offered participants healthful recipes and tips to maximize use of the produce and prevent wastefulness. The information was also posted on the Underwood Farms Blog and shared with members. In addition, CSUN's Food Science Association (FSA) student members and MMC Student Interns had the opportunity to explore the farm and see the source of the fresh produce! As of May 24th, 2017 Underwood Family Farm sadly announced the cancellation of the program. The MMC greatly acknowledges 9 years of partnership with Underwood Family Farms CSA program and hopes to collaborate in the future!

Congratulations!

Our Student Leaders Julie Jordan and Trisha Patel graduated this spring semester and received their Bachelor of Science degrees!

Julie Jordan, BS, will be staying on as staff as the MMC Food Science Coordinator.

Trisha Patel, BS, has been accepted to CSUN Dietetic Internship Program & Graduate Program in Human Nutrition.

Peer-to-Peer Nutrition at Geronimo's

By Andrew Pacleb, MMC Student Leader & Mariah Haroon, MMC Student Intern

While interning at the Geronimo's Peer-to-Peer Nutrition program, the Marilyn Magaram Center (MMC) interns experienced positive feedback and genuine interest from CSUN students in what the program has to offer. MMC Interns learned to step out of their comfort zone by engaging in conversations about nutritional topics and informational resources that CSUN has to offer with their student peers. The interns were also given the opportunity to create and implement nutritional interventions in collaboration with the dining facilities management. This challenged their creative problem solving skills to identify and address health disparities. The interns took a variety of approaches to this challenge and utilized the sources and software available to them at the MMC. Interns used the Food Processor system for evaluating and highlighting the nutrient dense choices that are served at Geronimo's and created helpful guides, handouts, and nutrition labels. We look forward to continuing this collaboration to another semester of helping educate CSUN students about healthy dining options.

MMC Student Spotlight

CSUN Dietetic Interns 2016-2017 White Coat Ceremony

By Eirenel G. Eclevia, MMC Student Leader

The CSUN Dietetic Internship program held its annual white coat graduation ceremony; an exciting event for the interns who recently completed their 10 month rotation and on their way to becoming Registered Dietitians. We would like to acknowledge their effort and involvement which has become an essential part of the success of the Marilyn Magaram Center. We would like to congratulate the graduating class and we look forward to the great things they will accomplish in their careers!

CSUN Dietetic Interns 2017-2018

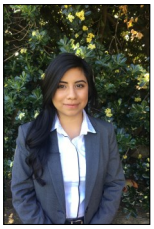
Welcome the incoming cohort of CSUN Dietetic Interns!

Alejandra Perez, BS

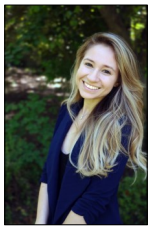
Steven Surico, BS

Tiffany Eng, MS

Guadalupe Alfaro Cabrera, BS



Itzel Dzul H., BS



Karina Almanza

Trisha Patel, BS

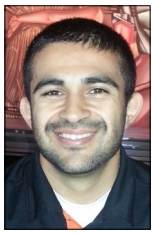
Samantha Boucher, BS, DTR

Laleh Bral, BA, BS

Shely Salemnia, DTR

Stephanie Ng, MS

Elizabeth Kaoh, MA



Francisco Rodriguez, BS, DTR

GSTAR Takes 2nd Place –MMC Student Project

By: Jose Serrano, MMC Student Leader

Visual and Augmented Reality JAM (VARJAM), a student competition for creating virtual and augmented reality, offered an opportunity for all CSUN students to let their imaginations soar as they worked in teams to develop either an Augmented Reality (AR) or Virtual Reality (VR) project, focusing on education, student life, entertainment, health, and productivity, Awards were given to both AR and VR projects (three each) based on the innovative and creative way that the idea makes a difference to peoples' lives, effective use of the VAR technology, and -quality of the multimedia presentation and in-person demonstration. The Marilyn Magaram Center Student Team submitted a two-minute multimedia presentation describing their AR project (GSTAR) and demonstrated it in-person at the VARJAM Showcase event.

The GSTAR project is a mobile phone app designed to address health disparities by educating users about healthy options available throughout the aisles while shopping in the grocery store. The students' goal is to make the app available and user friendly to all shoppers so that they will be empowered to make healthy decisions with evidence based guidance in the palm of their hand. The GSTAR project earned the second place award for AR category and received invitations to attend a VAR event hosted by Bixel and LACI. which provided an opportunity for students to meet industry experts and find out more about the VAR industry. The event was hosted by LACI CSUN Friday, April 21st .

New and Continuing Grants

Current & Ongoing:

·Cooking Matters Grocery Tours—$3,040

·AETNA Foundation Grant— $25,000

·Clinton Foundation Initiative—$5,000

·UCLA Kaiser - Let's Grow Healthy—$5,000

·NEVHC WIC (4 year grant)— $240,000

·Joseph Drown Foundation—$250,000

New:

·Campus Quality Fee (CQF) Matador Wellness Garden—$57,250

·CQF Student Nutrition and Cooking Knowledge on a Wellness APP (SNACK) - $33,000

·CQF Fueling & Educating Matadors —$35,530

·Champions For Change – Healthy Communities Initiative (3 year grant) —$880,000

·KP Panorama City Grant, Project Title: Let's Cook and Move in Schools and Let's Grow Healthy—$13,000

·Kaiser Permanente Woodland Hills—$60,000

·Service Learning Community Engagement Interdisciplinary Grant—$5,000

·Community Engagement Disciplinary Grant—$1,000

·Suzan Jean Lebowitz Grant—$9,000

MMC Events & Collaborations

MMC at Institute of Food Technologists 2017 Conference

By Julie Jordan, MMC Food Science Coordinator

Every year, the Institute of Food Technologists (IFT) hosts their Annual Meeting & Food Expo, and this year it was at the Sands Expo in Las Vegas, Nevada. Their theme was IFT17: GO with Purpose, which entails innovation, exploration, and fun. As MMC's Food Science Coordinator, I, had the opportunity to travel to Las Vegas and take part in the expo thanks to one of our committed partners, Pacific Spice Company! They extended an invitation for me to help manage their booth and become a part of the event. I prepared samples utilizing their spices in myriad ways, such as adding it to juices and lattes. When not at the booth, I had the opportunity to network with companies and discuss MMC Spicy Matador and Matador Marmalade.

Thank you, Pacific Spice Company for collaborating with the MMC and allowing us to be a part of the IFT17 experience!

Thank you!

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

Special thanks to:

Farrell J. Webb, PhD
Dean, College of HHD

Callie Juarez
Manager of Academic Resources, Dean's Office

Marilynn Filbeck
Interim Associate Dean

Kathryn Bernstein
Grants Officer

Jean O' Sullivan
Public Affiars Communications

John Pepitone
Director of Development

Yi (Tom) Cai, PhD
Department Chair, FCS

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

Thank you to our MMC Staff:

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

Karmen Ovsepyan, MS, RD
Associate Director

Simona Hradil, MS, RD
Sports Dietitian

Lisa Kim
Administrative Support

Julie Doubt & Michelle Chen
Financial Coordinator

Student Leaders:
Julie Jordan
Katie Rawson
Andrew Pacleb
Jose Serrano
Trisha Patel
Eirenel Eclevia
Frida Endinjok
Madeleine Hoeks
Christel Bowen

MMC & Northridge Hospital Collaboration

By Eirenel G. Eclevia, MMC Student Leader

Red fruits to the rescue! The Marilyn Magaram Center (MMC) Student Leaders and Interns arranged cooking demonstrations and grocery store tours at the Diabetes Wellness Prescription workshop coordinated by Northridge Hospital's Center for Healthier Northridge Communities Hospital. We are excited to be collaborating with Northridge Hospital with this project. Food Demonstrations and grocery store tours are tailored for the participants with diabetes. This was a wonderful opportunity for our students to get hands-on experience in the community!

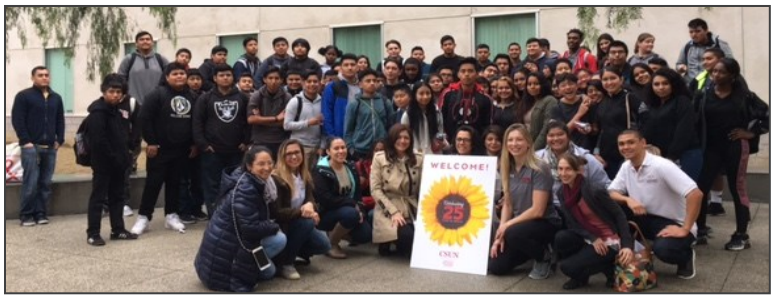
The 38th Annual Fashion Show "Transcendent: Beyond the Ordinary"

By Trisha Patel, MMC Student Leader

On May 7, 2017, the Marilyn Magaram Center (MMC) proudly participated and sponsored the TRENDS Student Organization 38th Annual Fashion Show titled "Transcendent: Beyond the Ordinary". The fashion show was a pleasure to be a part of as our Center's Dietetic Interns and Student Leaders assisted guests at our custom parfait bar. Guests were able to select their choice of yogurt and toppings, customizing their healthy dessert as they attended the show. Alongside the parfait bar was a selection of infused water as seen in our MMC Wellness Cookbook. Attendees were also able to take part in a silent auction which included a custom basket from the Center! The MMC basket included Spicy Matador, Matador Marmalade, the MMC Wellness Cookbook and more! At 6:00pm, the guests were ushered into the USU Northridge Center where the fashion show was taking place. The show was a huge success and the Center looks forward to their continued partnership with TRENDS Student Organization!

Presenting Wellness to SANTEE High School Students

By Eirenel G. Eclevia, MMC Student Leader



Santee High School students visited CSUN on February 3, 2017. The Marilyn Magaram Center (MMC) coordinated a tour with the CSUN's Kinesiology department. The students were greeted by CSUN Kinesiology students teaching fun fitness activities. Students were then shown the MMC Wellness Kitchen where they had the opportunity to taste and watch food demonstrations of how to prepare Kale Apple Salad and Berry Smoothie by MMC Student Leaders and Interns. After a quick snack, the Santee High School students had the opportunity to go tour the MMC Health Assess Room and the MMC Wellness Garden, learning about eating healthy & Wellness! Thanks to Chef Lizabeth for giving us the opportunity to showcase our Center to her high school students and provide them with wellness education. We hope to have her students visit us again in the future!

CSUN Homecoming 2017

By Trisha Patel, MMC Student Leader

California State University, Northridge welcomed back alumni, students, and the community for their 50th-anniversary grand homecoming on February 11, 2017. The MMC partook in the celebration by preparing food demonstrations and leading tours around the Center and the MMC Wellness Kitchen. Those who were on the tour were given samples of Kale Apple Salad and Pumpkin Pie Dip. The visitors also had the opportunity to participate in the MMC Compusense Sensory Analysis. Where they tasted two different types of orange marmalade and voted for the best tasting marmalade.

Celebrating with a Slice of Pi!

By Eirenel G. Eclevia, MMC Student Leader

Pi day is celebrated around the world on March 14 (3/14). "Pi" or commonly seen as the Greek letter "π"is the symbol used in mathematics to represent the ratio of the circumference of a circle to its diameter which is approximately 3.14159. The Oviatt Library Dean's office coordinated CSUN Pi Day in collaboration with the Women in Science and Engineering (WISE), The Marilyn Magaram Center (MMC), and CSUN Dining. CSUN's Dietetic Interns and MMC Student Interns created homemade pies to share with the CSUN community, and CSUN Dining coordinated food demonstrations. We hope to be a part of CSUN Pi Day again next year! The circumference of π never tasted so good!

Supporting Scholarly Work

By Andrew Pacleb, MMC Student Leader

Since 1991, the Marilyn Magaram Center's (MMC) mission has been to promote professional growth and development, sponsor, conduct and assess scholarly projects of faculty, students, and professionals in the fields of nutrition and food science. In 2016-2017, MMC Student Leaders and interns majoring in the field of nutrition and food science had the opportunity to present their scholarly work in various conferences. Conferences included the CSUNposium, (CSUN's 21st Annual Research and Creative Works Symposium) on April 7th, the American Association of Family Consumer Sciences Student Leadership and Research Conference at the California State University Long Beach (CSULB) on April 29th, and the National Conference on Health Disparities in New Orleans in May, Arianna Tran presented her research on a follow-up study of nutrition and physical activity interventions for low-income parents in the Los Angeles area, Andrew Arce and Andrew Pacleb presented their poster on budgeting nutritious meals, and Frida Endinjok spoke about *Let's Grow Healthy; Evaluating the Effectiveness of Garden Enhanced Nutrition Education in Elementary School Children*.

Announcements

Congratulations to the 2017 Scholarship Recipients

Tom Chen Scholarship
Sorana Black

Christine Smith Scholarship
Da Chun
Mariah Haroon

We would also like to welcome new staff members:

Lisa Kim
Administrative Support

Michelle Chen
Financial Coordinator

MMC Events

Please check our website for updates on upcoming events.

https://www.csun.edu/mmc

CSUN | MARILYN MAGARAM CENTER

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Marilyn Magaram Center

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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.