

FNS/FNSAB GAZETTE

Newsletter of

The Department of Food and Nutritional Sciences (FNS) and the Food and Nutritional Sciences Advisory Board (FNSAB)

The Spring Edition



IN THIS ISSUE:

TUFANS on the local news celebrating National Nutrition Month

Student achievements
fNS Highlights

Tips on healthy eating

CELEBRATING OUR SENIORS and GRADUATES!

*LaDaysha Lynch, Tierrah Stroman,
Shauna Gibson, Jayla Brantley, Nina
Raine, Johnny McKenzie,
Kyla King*

2022-2023 TUFANS HIGHLIGHTS



President: Natalya Overton

Vice President: Elisa Hall

Treasurer: Kynidi Luster

Secretary: Wayne Scott

Public Relations: Nevada Jones



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ATTENTION!

TUFANS
FIRST MEETING!



TUSKEGEE UNIVERSITY FOOD AND
NUTRITIONAL SCIENCES CLUB



FOR MORE INFORMATION PLEASE CONTACT:
NATALYA OVERTON
EMAIL.NOVERTON0076@TUSKEGEE.EDU



11 likes

tuskegee_tufans Flashback: A couple weeks ago, TUFANS took a trip with the SEIFT to the World of Coca-Cola! 🥤🐼

2022-2023 TUFANS HIGHLIGHTS



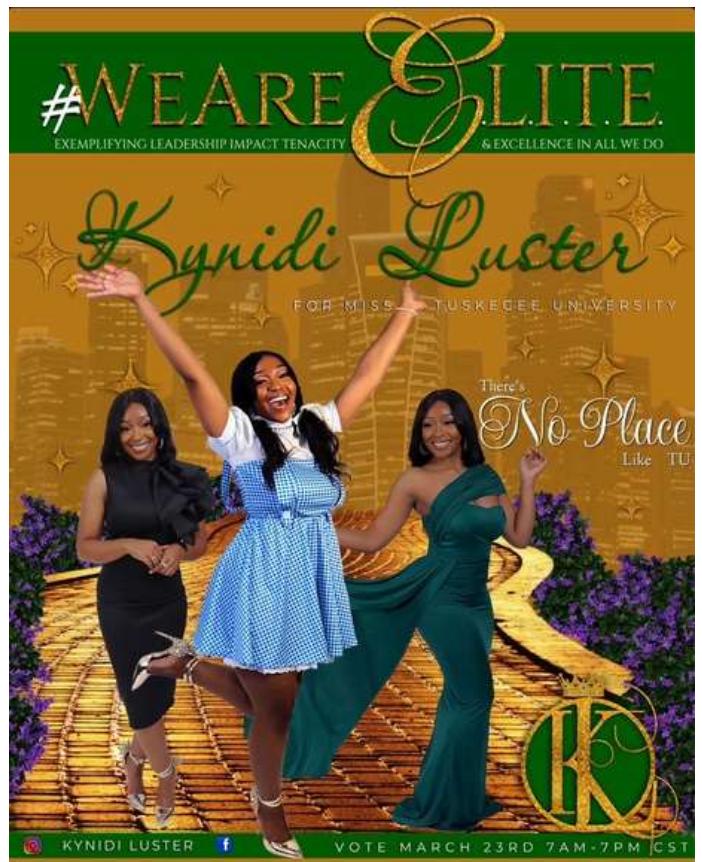
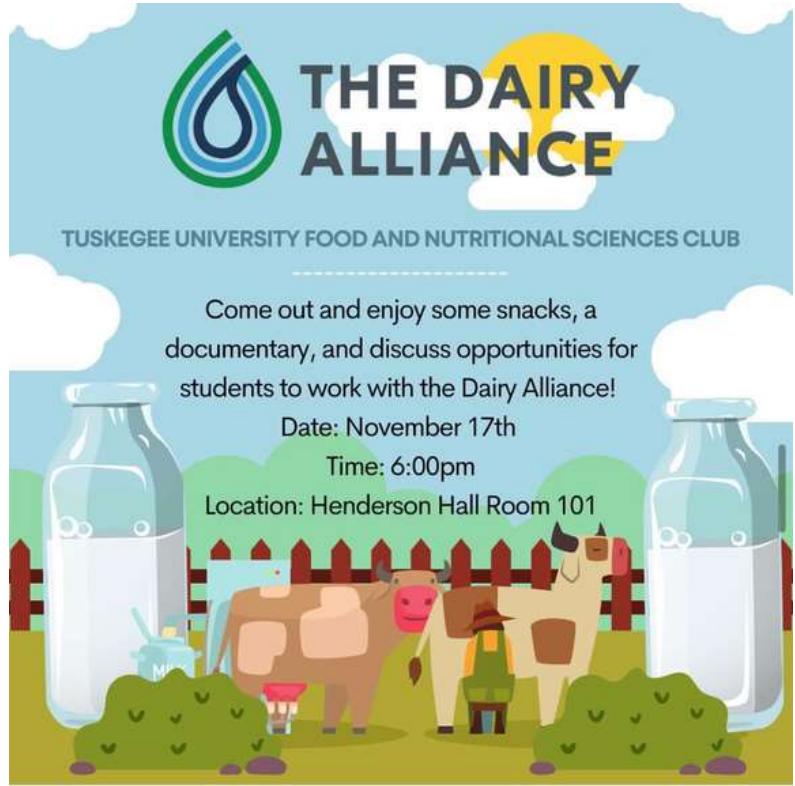
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Liked by sagerdn and 9 others

tuskegee_tufans This Thursday, February 2nd @6pm, we will be meeting with Laura Sexton from Sage Dietetics! She will be discussing her community nutrition efforts around food waste reduction and feeding people! If these topics interest you, Zoom Link in bio!



2022-2023 TUFANS HIGHLIGHTS

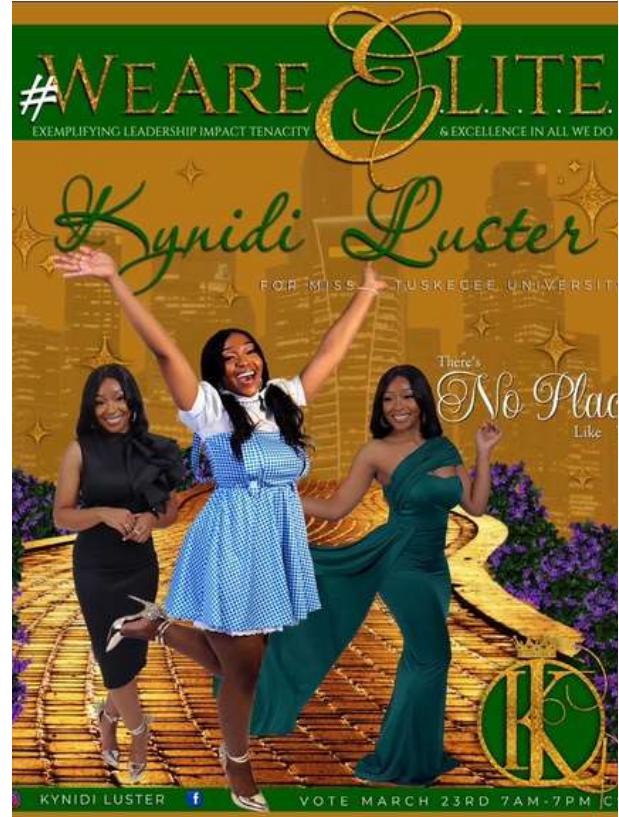


STUDENT ACHIEVEMENTS



KYNIDI LUSTER

Congratulations to Kynidi for being elected 2nd attendant to Miss Tuskegee 2023.



NAVADA JONES

Congratulations to Nevada for being awarded Outstanding Senior 2023 by the Alabama Dietetics Association

STUDENT ACHIEVEMENTS #THROWBACK



JANASIA PHILLIPS

Congratulations to Janasia Phillips for being elected 2nd attendant to Miss Tuskegee 2021.



LADAYSHA LYNCH

Congratulations to LaDaysha Lynch for being awarded Outstanding Senior 2021 by the Alabama Dietetics Association





SHAUNA GIBSON

Warner Robins, GA

Public Health Nutrition

She is interning at Morehouse College Public Health Sciences Institute in collaboration with the CDC in Atlanta.

"I can only do what I love" -Shauna J. Gibson



LADAYSHA LYNCH, MS, RD

Notasulga, AL

Nutritional Science - Dietetics

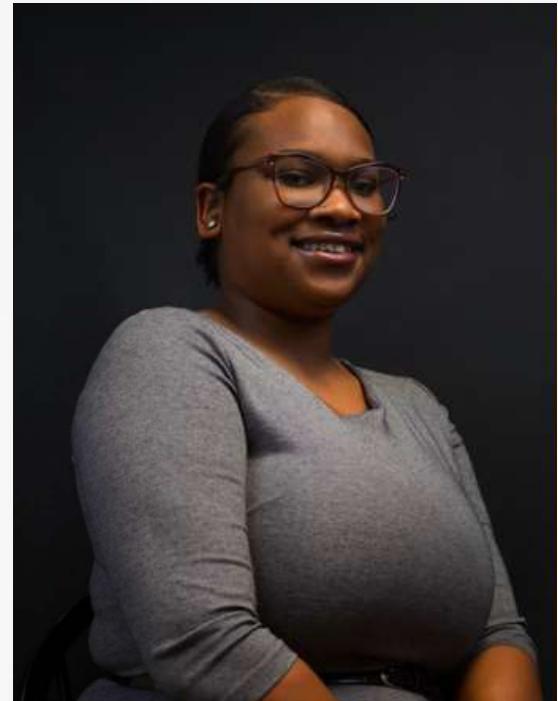
LaDaysha graduated from UAB with her Masters in Nutritional Science with a concentration in Clinical Dietetics. SHE PASSED HER RD EXAM!

"I am never going to financially recover from this" - TigerKing

TUFANS PRESIDENT MESSAGE

Greetings Golden Tigers! My name is Natalya Overton, a Sophomore Dietetics major, who diligently serves as the President of Tuskegee University's Food and Nutritional Sciences Club (TUFANS). Our club is focused on promoting proper information about Food and Nutrition, discussing different career pathways, as well as providing opportunities and scholarships to students. My plan as President is to revamp the club and provide an enjoyable, educational, and professional environment to all who participate. I hope the information we provide is beneficial to our students. To stay updated with our events, follow our instagram @tuskegee_tufans!

Natalya Overton





TEIRRAH STROMAN

South Central, Los Angeles

BS Food and Nutritional Sciences

Graduate School or Dietetic Internship

"Leave people better than you found them" -Marvin J Ashton

NINA RAINÉ

Sterling Heights, MI

Food Science

Focusing on obtaining food safety certifications while job searching currently.

"Change begins at the end of your comfort zone" - Roy T. Bennett



JAYLA BRANTLEY

Dayton, OH

Biology and Food Science

Offer to work as a lab technician with Aerotek in my hometown with either a concentration in microbiology or food science.

"Always stay true to yourself and never let what somebody else says distract you from your goals." - Michelle Obama



JOHNNY MCKENZIE

Atlanta, Georgia

Nutrition and Biology
Graduated school, then Dental
School

"Being the hero is hard , being the
hero is sacrifice."

KYLA KING

Lithonia, Georgia

Food Science

Planning to pursue a career in product
development, while seeking job opportunities.

"Everything happens when it is supposed to.
What is meant for you will be for you."



ALUMNI IN ACTION: STUDENT SPOTLIGHTS



JOHANNA KEY, MS, RDN
CURRENT AUBURN UNIVERSITY PhD
STUDENT AND REGISTERED DIETITIAN

I graduated in 2020 with a B.S. in Food and Nutritional Science with an option in Dietetics at the illustrious Tuskegee University. I am from Tuskegee, AL. I was a student athlete while at Tuskegee University, participating in Cross Country and Track & Field. I attended Tuskegee University because of its rich history in agriculture and nutrition. It is important that our generation continues on the legacy of agriculture and good nutrition in today's society more than ever. Our world is littered with foods that can cause some serious health problems. Our generation needs professionals who can give science-based nutrition advice to those who want to combat some of these diet-related conditions that plague our world.

My first semester of my Auburn University dietetic internship was spent in a way outside of the ordinary because of the lifestyle changes that we all had to make related to COVID-19. My experiences range from online restaurant simulations to case studies to creating nutrition education materials for kids. Though it was not what I expected, I still learned a lot and appreciate those who worked to make the experience as real as possible regardless of the circumstances. During my dietetic internship, I worked at the Campus Kitchen at Auburn University, and completed rotations at EAMC! I am excited for what's to come! I recently passed the Dietetic Registration Exam and am now a Registered Dietitian. As of right now, my interests lie in completing my PhD, athletics, pediatrics, and the ability to make a difference in people's lives by improving their quality of life.

#NATIONALNUTRITIONMONTH



The Tuskegee District Dietetic Association and The Department of Food and Nutritional Sciences and Nutrition and Dietetics students are proud to celebrate National Nutrition Month. DPD Director, Brittannie Chester and Junior Dietetics student Janasia Phillips were featured on Alabama Live with Tonya Terry to discuss National Nutrition month!

START A GARDEN OR VISIT A FARMER'S MARKET

A garden can be a lot of fun, especially for kids, and an affordable way to eat more fruits and vegetables. Plants can be started from a seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmer's market. Many communities offer the opportunity to buy locally grown fruits and vegetables that are in season for less money than you would pay at the store.



This healthfully helpful segment was brought to you by:

TEIRRAH J. STROMAN

An alumna of the Food & Nutritional Science department at Tuskegee University.

NATIONAL NUTRITION MONTH

"PERSONALIZE YOUR PLATE"



EATING RIGHT ON A BUDGET

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for [Eating Right](#).

COOK AT HOME, EAT OUT LESS

Eating out can be expensive, and many foods can be prepared for a lot less money (and healthier) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. It's better to find a few simple and healthy recipes that your family enjoys and save convenience items and eating out for special occasions.

[Heres a recipe from us to you!](#)



PLAN WHAT YOU'RE GOING TO EAT

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. Plus, when shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit www.ChooseMyPlate.gov. & a "[How to Video](#)" to start you off right!



NATIONAL NUTRITION MONTH

"EAT RIGHT BITE BY BITE"

#THROWBACK

The next decade starting with 2020 brings with it a year that focuses on the theme for National Nutrition Month "Eat Right-Bite by Bite". Each thoughtful Bite moves us in the right direction for developing a healthful diet. The right direction requires focus on small goals and changes that will last over the year & beyond for maximum effect.

According to the Academy of Nutrition and Dietetics (AND), weekly key messaging on how to make changes toward healthful eating is important. The Academy suggest the following: Plan meals weekly; Use a grocery list to shop for healthful food; Be menu-savvy when dining out; Choose healthful recipes to make during the week; Enjoy healthful eating at school and at work; and Plan healthful eating while traveling.

Additionally, The Academy suggest that we vary our diet (Eat a variety of nutritious food daily); plan our meals (enjoy healthful eating out at school, work and home; cook and prepare healthful meals (learn skills to create tasty meals to share and enjoy and lastly, visit an RDN (registered dietitians/nutritionists).

As important as healthful eating for NNM is, the Academy is focusing on diabetes and weight management. Booklets developed include: "[Choose Your Food-Diabetes](#)", "[Count Your Carbs](#)". The booklet is ideal for people getting started with counting carbs as a diabetes meal planning approach.

Below we have compiled a plethora of helpful tips, tools, and resources so that you may be able to Eat Right Bite by Bite!

HERE ARE SOME HELPFUL WEBSITES & LINKS FOR EATING RIGHT!

While celebrating National Nutrition Month we've provided some websites below to help kick-start or continue your good health journey!

The Academy of Nutrition & Dietetics:

<https://www.eatright.org/food/resources/national-nutrition-month>

National Nutrition Month Merchandise:

<https://www.jimcolemanstore.com/nnm/>

Booklets & Pamphlets to help you Eat Right:

<https://www.eatrightstore.org/collections/choose-your-foods>

Recipes & Videos:

<https://www.eatright.org/food/planning-and-prep/recipes>

Food Directory with Tips, Videos, & Articles:

<https://www.eatright.org/food>

- *This month we are honoring our new Dietitian ([Johanna Key](#))*
- *Are you a future Dietitian? RDN Day is in March ([to learn more click here](#))*



Tuskegee University
Department of Food & Nutritional
Sciences

For more information about the department,
please visit:

http://www.tuskegee.edu/academics/colleges/caens/food_nutritional_sci.aspx

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FNSAB (ADVISORY BOARD)

Who are they?

Professionals in the food and nutritional sciences industry.

What do they do?

They are an external arm who supports the department, mentor our students, advise them on employment and professionalism, provide real-life opportunities, assist in the internship process

and provide scholarships. They also provide our students with guidance on the social aspects of the workplace such as networking and referrals. This board also supports many other departmental activities.

Mission:

To provide meaningful and effective advice and funding to support the development of cutting edge research program and curriculum to produce students that are prepared to succeed in their professional careers in academics, industry, public service and other specialty areas.

Vision:

To facilitate the continued growth and development of students and the Department of Food and Nutritional Sciences as an institution with “High Standards of Excellence” for education and research.

Advisory Board Membership

Dr. Rene Simon, (President)

Mr. Paul Cole, (Vice President)

Dr. Willette Crawford, (Secretary)

Dr. Ralphenia Pace, (Treasurer)

Dr. Norma Dawkins, Department Head

Dr. Shirley Blakely

Ms. Jacquelyn Clark

Mr. Paul Cole

Dr. Brain Farkas

Ms. Teresa Holliday

Dr. Haile Mehansho

Dr. Eric Milgram

Ms. Theo Morille-Hinds

Dr. Geraldine S. Perry

Dr. Cindy Stewart

Ms. Beverly Waters

Ms. Judy Wilson

FNSAB

Starting in 1995, The Department of Food and Nutritional Sciences Department (FNS/DFNS) at Tuskegee University recruited professionals from the food and beverage industries, government, academia, and public health agencies to form the first FNSAB Food and Nutritional Science Advisory Board (FNSAB).

The Vision of the Board has evolved over time, and is currently: To facilitate the continued growth and development of students and the Department of Food and Nutritional Sciences as an institution with “High Standards of Excellence” for education and research.

The Mission of the FNSAB is: To provide meaningful and effective advice and funding to support the development of cutting-edge research programs and curriculum to produce students that are prepared to succeed in their professional careers in academics, food industry, healthcare, public service and other specialty areas.

The FNSAB accomplishes its Mission and Vision through specific actions, including: 1) establishing and administering scholarship program; 2) facilitating internship placements of qualified students; 3) providing career mentoring; 4) supporting the Department’s continued accreditation by the Institute of Food Technologists (IFT) and by the Academy of Nutrition and Dietetics (AND); and, 5) providing expertise and support for establishing an undergraduate public health program. The FNSAB supports Tuskegee University’s DFNS in its goal to produce professionals that are equipped to meet the needs of, and contribute to, organizations across the country and around the world.

From its inception, the FNSAB has been a very diverse board, from various organizations within the food industry, governmental agencies, and academia. The diversity of the Board is by design in order to expose the students to professionals of varying backgrounds, ages, and race/ethnicities, as well as a wide range of cultural, academic disciplines, professional experiences, and regional diversity.

FNSAB Executive Team

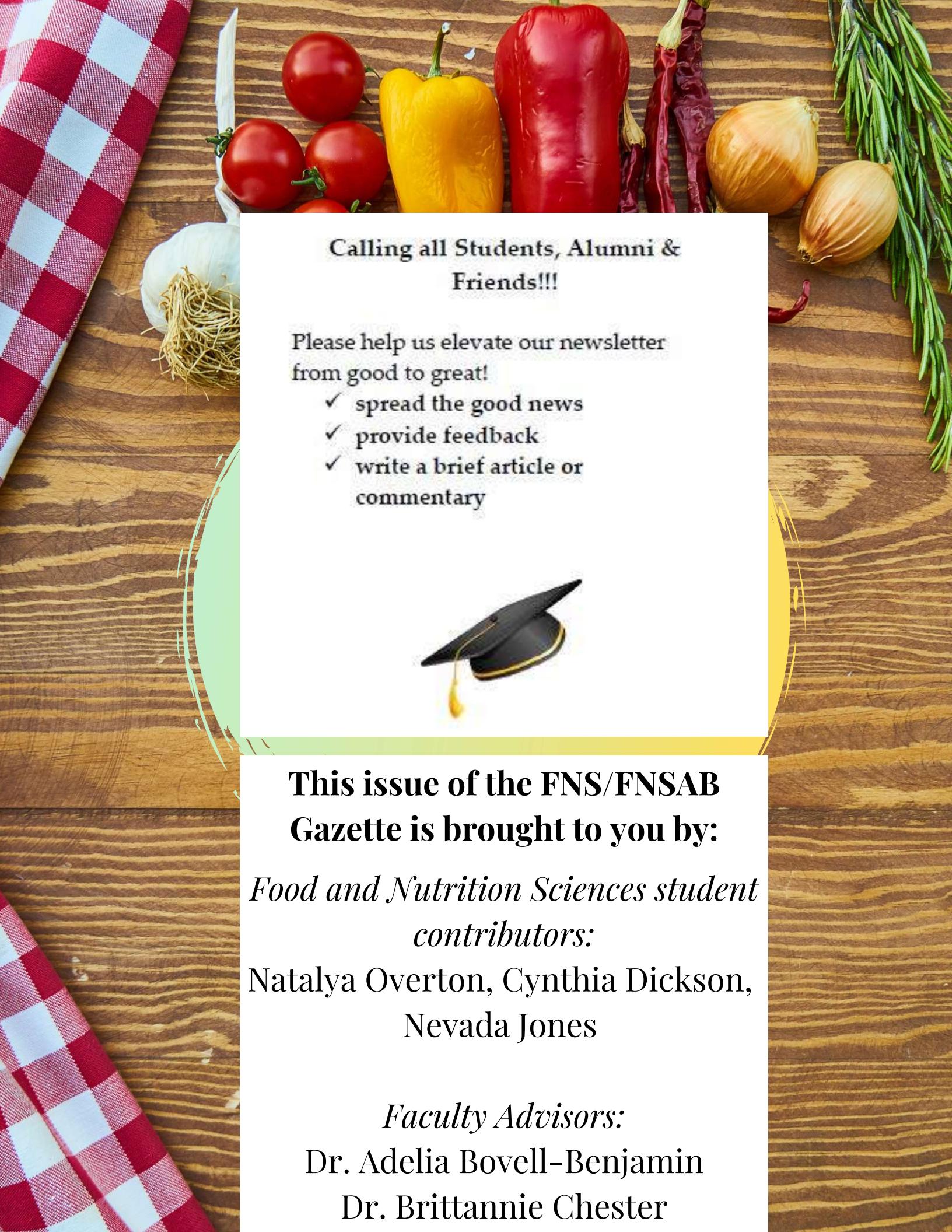
Pres. Rene Simon, VP Paul Cole, Treasurer Dr. Ralphenia Pace and Secretary Dr. Willette Crawford



Addl FNSAB Member pics

(Judy Wilson, Dr. Geraldine Perry, Dr. Cindy Stewart, Angela Cauley, Dr. Shirley Blakely, Teresa Holliday, Dr. Brian Farkas)





Calling all Students, Alumni & Friends!!!

Please help us elevate our newsletter from good to great!

- ✓ spread the good news
- ✓ provide feedback
- ✓ write a brief article or commentary



This issue of the FNS/FNSAB Gazette is brought to you by:

Food and Nutrition Sciences student contributors:

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Nevada Jones

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Dr. Brittannie Chester