

# FRIENDS OF MARILYN

**Spring/Summer 2016**

## Director's Message



*Annette Besnlian, Ed.D., RD  
Executive Director*

Preparations for the Marilyn Magaram Center's 25th Anniversary celebration are well underway! The event will be held on September 15th in CSUN's Sequoia Hall. The Marilyn Magaram Center is looking forward to celebrating 25 years of exciting and important work in health, food science, nutrition, and dietetics. It is remarkable to reminisce and realize how many years have gone by, how many amazing projects we have completed, and how many lives we have touched.

The Marilyn Magaram Center has played a significant role in my life over the past 25 years as well. The year the Center was dedicated – 1991 – was my first year in the nutrition, dietetics and food science program at CSUN. As a student, I was involved in MMC internships, including Diet Analysis and Sensory Lab. After becoming a Registered Dietitian, as an advisory board member, I participated in numerous Center activities, such as the Nutrition Lecture Series. I served as Associate Director from 2003 to 2009. I have also served as the chair of the advisory board and in 2015, I returned as the Executive Director. Since then I have worked to base my direction on the initial vision of the Center's founders as well as university priorities and community needs.

I hope you will join us on September 15th as we celebrate, share our own stories, and look back together on the Center's extraordinary first 25 years – and look ahead to an exciting future. For more information about the celebration, see page 9 of this newsletter or check out the web page at [www.csun.edu/magaram25](http://www.csun.edu/magaram25)

We hope to see you there!

Even as we gear up for this historic celebration, I wanted to also reflect on the semester that has just come to a close – an incredibly busy and productive time that saw us surpass even our most ambitious goals and benchmarks. It was a spring that was filled with energy, excitement, and hard work for the Center.

*(Continued)*

## SAVE THE DATE!

### Marilyn Magaram Center 25th Anniversary Celebration

Please join us as we celebrate the Marilyn Magaram Center's 25<sup>th</sup> Anniversary!

We in the college of Health and Human Development are excited to celebrate and commemorate 25 years of Food Science, Nutrition, & Dietetics.

The event will provide fun and interactive activities, including a tour of the Center, food science laboratories, gardens, and kitchens, live cooking demonstrations, a performance from "MyPlate! The New Food Guide Musical" and more!



California State University, Northridge

For individual tickets and sponsorship information please visit:

[www.csun.edu/magaram25](http://www.csun.edu/magaram25)

Formal invitation to follow.

## Director's Message *(continued from page 1)*

Our projects included cooking demos and weight management workshops, grocery store tours, a feeding therapy clinic, outreach to the community, and educational opportunities and programs for our students, staff and professionals. Our Dietetic Interns and MMC interns were actively involved in all of these efforts. We also collaborated with a number of industry organizations including the Los Angeles District Dietetic Association (LAD), Student Dietetic and Food Science Association (SDFSA), Student Food Science Association (FSA), and California Academy of Nutrition and Dietetics (CAND).

During spring semester we continued to reach several schools, providing physical activity, nutrition education, gardening, and cooking classes for children, staff, and families. Our Dietetic interns and MMC interns have conducted supermarket tours, outreach, education, and research. Children were able to apply and express what they have learned by putting on a production of "My Plate! The New Food Guide Musical" and participating in "My School in Motion."

It is the MMC's goal to increase viability and visibility through a variety of new programs and collaborations. We have reached our goal to connect the MMC website and the Nutrition Experts website to start providing some of our services online. We are now open and offer services to the global community.

To increase MMC visibility off-campus, we collaborated and participated in various community activities with VCCC, Kaiser Permanente, NEVHC, LAC DPH, the Diabetes Expo and an on-campus health fair. We continue to provide ServSafe Trainings in both English and Spanish. We had the great opportunity to sponsor the student reception at the California Academy of Nutrition and Dietetics (CAND) annual conference in Riverside, CA.

We have been able to collaborate with many different centers, institutions, and departments. We are currently working with the theater and journalism departments to develop an education theater program with a focus on eating disorders. In addition, we had several graduate students from the Recreation and Tourism Management (RTM) department conducting focus groups on the MMC Nutrition Experts website and Farmers Market. The MMC has worked with campus dining and co-sponsored monthly cooking demos at the Farmers Market with campus chefs. Our MMC interns have been analyzing dietary intake and recipes and providing education on campus.

We are expanding internationally and providing research and education opportunities for two students from Brazil this summer through the Institute of International Education.

The MMC has established a research lab for students and Dietetic Interns. The lab has enabled our students to

participate in ongoing research and training. We currently have five research projects in the Center.

Our NIH BUILD PODER research mentees and scholars have been working hard on Center research, focusing on parent education classes, the gardening program, research with athletes, research with tools in our health assess labs and nutrition musicals.

We were able to obtain signs for our Food Science Lab, Food Chemistry Research Lab, Health Assess Lab, and our MMC administration offices.

Our computer dietary analysis and recipe analysis software, ESHA, has been successfully updated both in our MMC research lab, in the Frances Thieriot food science lab, and computer labs on campus. Through an NIH equipment grant, we received the GENESIS software, which is the industry's top analysis software, and have conducted several analytical studies for students, athletes and the community.

Through another grant, we were able to upgrade our Compusense software and provide Compusense training for all our food science faculty and staff. We plan to work with the Society of Sensory Professionals to provide training and opportunities for our students, faculty/ staff and to help our sensory lab grow.

A vision of our former Assistant Director, Julie Ellis, and current Food Science Coordinator, Cassie Berger, became a reality this spring. Our 25<sup>th</sup> anniversary "Matador Marmalade" was produced in March. Our students participated in picking the oranges from the CSUN Orange Grove, taking to the manufacturer, developing labels, and seeing the process through with one of our community partners.

We visited Calahan Street Elementary School to discuss a special internship in honor of Dr. Christine Smith to begin this fall. The funds generated from the Christine Smith Endowment will be used to provide a scholarship to students working on this project and to help the school garden and chickens.

As always, I would like to thank our wonderful staff, students, advisory board, colleagues, community partners, and donors. We are thankful to have the ability to educate the community and provide support and enrichment.

Annette Besnilian  
Executive Director



## Comeback of Nutrition College Bowl at the CAND Annual Conference

By Hoda Hakimjavadi, MS, Dietetic Intern

In April, CSUN Dietetic Interns, students, and staff attended the California Academy of Nutrition & Dietetics (CAND) annual conference held at the Riverside Convention Center. The event brought Dietitians and nutrition professionals from all areas of nutrition and dietetics together for a three-day event of presentations and exhibitors.

The Marilyn Magaram Center (MMC) hosted the Student and New Member Reception held on Friday April 22<sup>nd</sup>, 2016. During the reception we re-introduced the Nutrition College Bowl (NCB), conducting a “NCB Junior” at CAND that was an exciting event for everyone. It is our goal to bring the NCB back to CSUN so we can continue to invite nutrition and dietetic students from various campuses to participate in the interactive game show style learning experience. At the reception, there were four teams competing, including students from San Jose State University, California State University Northridge, California State University Chico and San Francisco State University. There were a total of three rounds using questions composed from potential Registered Dietitian (RD) exam questions. All participants received a trophy and gift for being part of the “NCB Junior” at CAND.



We were delighted to present this opportunity to engage students, Dietetic Interns and professionals at the CAND annual conference this year, and we look forward to continuing our efforts to bring back the NCB to CSUN for future nutrition and dietetics students throughout California and the United States.

## Student Scholarships for SCIFTS Annual Conference and Dinner

By Karmen Ovsepyan, MS, RD, MMC Assistant Director

In Spring 2016, the Marilyn Magaram Center (MMC) was able to fund students to attend the Southern California Institute of Food Technologists Section (SCIFTS) Dinner in March, and the 29th Annual SCIFTS Conference held in April. These events are opportunities for students to network with professionals in the field and to stay informed about current topics and issues in the world of Food Science. The topic presented at the SCIFTS Dinner focused on traceability and the importance of establishing it in the food industry; and the 29th Annual SCIFTS Conference had an array of topics that included food safety, Proposition 65 focusing on the amounts of lead found in drinking water, and combining science and sustainability with food productions in the future.



Julie Jordan, a CSUN Food Science Student and MMC Intern, shared about her first ever SCIFTS Dinner experience saying it was an enlightening experience for her. She enjoyed the conversations among the professionals and the keynote speaker who was the Director of Institute of Food Technologists (IFT) Global Food Traceability Center, Tejas Bhatt. Katherine Garcia, another CSUN Food Science Student, shared that her first-time experience at the 29th Annual SCIFTS Conference was amazing. She thoroughly enjoyed the speakers and learned a great deal about the different concepts of the food industry.

Both students appreciated the events and believed that it was a wonderful way to network and learn about relevant information pertaining to the field of Food Science. They were grateful for the opportunity, and their goal is to attend

future SCIFT dinners and conferences. A primary goal of the MMC is to fund more students to attend meetings and conferences in the field of nutrition and food science.

## Announcements

Congratulations to the Tom Chen and Christine Smith Scholarship recipient, Esmerelda Galaviz



We would like to welcome new staff members!



Charlotte Kerber, MS  
MMC Internship Coordinator



Cassie Berger  
Food Science Coordinator



Julie Doubt  
Financial Coordinator

We also welcome our new Student Assistants

Trisha Patel  
Eirenel Eclevia

## Cooking on a Budget Workshop

By Charlotte Kerber, MS, MMC Internship Coordinator



The Marilyn Magaram Center (MMC) worked closely with CSUN Peer Financial Mentoring group and Student Dietetic and Food Science Association (SDFSA) through the CSUN Financial Literacy Program to provide a workshop on "Cooking on a Budget" to the campus community on March 18<sup>th</sup>, 2016.



Students were taught that budget should not be an excuse for unhealthy eating habits. Participants learned how to cook healthy and delicious food on a college student budget and took part in a cooking demonstration, making healthy and affordable recipes that included essential nutrients.

CSUN financial literacy workshops have been created to reflect the most current and relevant information on money management for college students. The information empowers students to make wise financial decisions while studying at CSUN and establishes the foundation for a successful financial future.

## International Student Cook-off

By Kennedy Johnston, MMC Intern

The Marilyn Magaram Center (MMC) held its first annual International Student Cook-off in collaboration with the Student Dietetic and Food Science Association (SDFSA). Four teams participated in the event. Our judges included Barbara Fairchild, former Editor-in-Chief for Bon Appétit magazine, Betsy Corrigan from CSUN Campus Dining, Chef Lisbeth Caiaffa, and Dr. Frances Larson. It was my privilege to volunteer as the Team Outreach Coordinator for this year's International Student Cook-off. As the Team Outreach Coordinator, I had the



opportunity to connect with several different cultural clubs on campus and learn more about them through their traditional cuisines. It was a huge treat seeing clubs such as the Iranian Student Association, Saudi Student Association, and South Asian Club compete with such colorful and flavorful dishes using fresh ingredients like zucchini, oranges, and fresh spices! The Mediterranean team won first place, but we all won the opportunity to taste delicious foods from other cultures and learn about the other campus student organizations.

## Public Policy Day: Advocating for a Healthy and Sustainable Food Environment

By Dani Lee, MPH, Dietetic Intern

The Marilyn Magaram Center partnered with the California Academy of Nutrition and Dietetics - Los Angeles District, The Institute for Community Health and Wellbeing, Kappa Omicron Nu Honor Society, and Oviatt Library to host their fourth annual food, nutrition and health public policy event on April 11, 2016. This year's theme,

*Advocating for a Healthy and Sustainable Food Environment*, was a great success with almost 200 participants.

The event featured several food policy leaders, including CSUN student leaders. Angie Tagtow, the Executive Director of the United States Department of Agriculture's Center for Nutrition Policy & Promotion visited from Washington DC to provide a keynote address on the role of science in developing the 2015-2020 Dietary Guidelines for Americans and how the Guidelines and key recommendations are put into action for consumers. CAND's Public Policy Newsletter Editor, Fatimah Darwish talked on the legislative process and the role of health professionals in nutrition advocacy. Several CSUN faculty members including Dr. Dena Herman, Dr. Scott Plunkett, and Dr. David Boyns,



discussed the critical role of research, needs assessments, and evaluation for informing policies to address issues related to food, health and the environment.

Leaders from Hunger Action Los Angeles and the Los Angeles Food Policy Council highlighted the role of community coalitions and policies in Los Angeles County to increase access to healthy food options through farmers markets and community food systems. Additionally,

representatives from the LA Food Policy Council's Food as Medicine Working Group and Public Health Institute spoke on the role of medical centers and health systems in creating healthier hospital food environments while also supporting healthy neighborhoods, preventative care and community health. California Food Policy Advocates spoke about the state of food security in California and various policies that improve access to nutritious food and clean drinking water for low-income populations.

Matador student leaders and campus dining representatives spoke about the changing CSUN food environment. Real Food Challenge, a global student movement to shift university food budgets away from industrial farms and junk food and toward local and community-based, fair, ecologically sound and humane food sources by 2020, was highlighted, as well as CSUN's Food Recovery Network chapter that is currently working to redistribute leftover food from campus dining locations to food banks and pantries. Campus dining representatives also spoke on the increase of healthier food items to their various campus markets and eateries.

Public Policy Day was a great event with wonderful educational speakers and interesting topics that increased the awareness of nutrition and food policies in an way that was engaging for all who attended.



### Welcome!

We would like to extend a warm welcome the new Dean of the College of Health and Human Development.

Dr. Farrell J. Webb



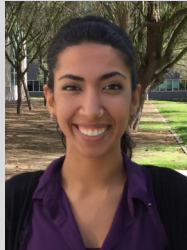
Thank you to the Interim Dean of HDD,

Dr. Tami Abourezk

We appreciate your guidance and support.

## Farewell and Good Luck!

We are honored to have had this amazing group of students dedicate their time to us at the Marilyn Magaram Center and wish them luck in all their future endeavors as they continue in their careers.



*Amal Basravi, Hired at Reasons Eating Disorder Center*



*Francesca Campisi, Accepted to CSUN Dietetic Internship Program*



*Esther Shultz, Accepted to CSUN Dietetic Internship Program*



*Anna Khachatryan, Accepted to Dietetic Internship Program*

## Nutrition Education with Valley Care Community Consortium

By Ani Ovsepyan, MMC Intern

The Marilyn Magaram Center's Nutrition Experts and Valley Care Community Consortium partnered together through a grant to educate the St. Peter Church community in Van Nuys about nutrition and obesity prevention. Through various presentations, Sunday school lessons, food demonstrations, and informational booths after church services, members of the St. Peter Church were encouraged to eat healthy. Educational events, lectures, and games engaged this community in nutrition awareness and diet quality.



In addition, on April 16, 2016, the women of the congregation participated in the Ladies Society Luncheon where they received informative nutritional presentations by Marilyn Magaram Center (MMC) Interns. Presentations raised awareness about portion control, MyPlate, and how to re-think their drink. Guests were given the opportunity to taste samples infused water as a healthy alternatives to juice.

The luncheon guests of St. Peter Church also had the opportunity to create their very own infused water recipe cards. Eight tables had five minutes to create their own infused water drink by using the ingredients provided to them, including mangos, kiwis, oranges, lemons, berry assortment, cucumber, and pineapple. Herbs and spices such as mint, basil, ginger, and rosemary were also selections given for the mixing. Each table was asked to provide a recipe indicating how many servings they created, and title their recipe with a name that best complimented their concoction.

The taste panel judges included the MMC's Executive Director Dr. Annette Besnilian, Liz Zoryan, RN, and MMC Interns Ani Ovsepian, Nora Mikail-Almassian, and Zohreh Hamidi. Although all eight recipes were unique in their own way, the "Citrus-Mint Water" was the chosen winner. Marilyn, the leader of the winning table, described that the secret to a full-flavored drink was to mull the fruits and mint first, add the water, then allow it to steep. Winners each received an apron provided by Valley Care Community Consortium. All luncheon guests had fun experimenting with infused water and learning a new way to receive naturally occurring nutrients.

### Citrus-Mint Water

<b>Ingredients:</b>	<b>(4-6 servings)</b>
4 Kiwi slices	5 Blackberries
6 Mint leaves	4 Mango cubes
5 Orange slices	1 qt Sparkling water
2 Cucumber slices	



All eight infused water recipes can be found on our Nutrition Experts website at: <http://www.csun.edu/marilyn-magaram-center/nutrition-experts>

## Let's Cook and Move in Schools!

By Karmen Ovsepyan, MS, RD, MMC Assistant Director

Let's Cook and Move in Schools is a comprehensive program developed and delivered through a collaboration of community partners that aims to increase physical activity and healthy eating behaviors among elementary school students and their families in low income, predominantly Latino serving schools in Los Angeles. Funding has been provided by grants from Dignity Health, the Aetna Foundation, and the Kaiser Permanente Panorama City Community Benefit Grant Program, and is a collaboration between the Marilyn Magaram Center, Family and Consumer Sciences Department, and Kinesiology Department.

In Fall 2015 we were contracted with two LAUSD elementary schools, Anatola Elementary and Gault Elementary. The services provided under this program included:

**My School In Motion** – A morning physical activity and nutrition message, conducted outdoors and school-wide, 15 minutes two days per week.

**Passport to Fitness and Nutrition** - An after-school program, 90 minutes three days per week, including a physical education component, as well as a Preparing a Healthy Snack program (45 minutes one day per week). Dr. Mary Jo Sariscsany from the Kinesiology department coordinates this program, and we have CSUN nutrition student volunteers coordinating the Healthy Snack portion of the program.

**Parent Education Class** – 2 hours one day per week during the school day, to engage parents in nutrition education and physical activities as well as cooking healthy recipes.

**Family-based After School Program** – For families of overweight and obese children, 2 hours one day per week, based on the Kaiser Permanente Kids curriculum. Our partnering agency, Valley Community Care Consortium is contracted to coordinate the program at our school sites.

**"My Plate: The New Food Guide Musical"** – Participatory dance-based theatrical performance that engages students school-wide in physical activity and learning about nutrition and healthy eating behaviors, and which also meets the 200 hours/semester school physical education requirement. Helen Butleroff, an ex-Rockette and a current Registered Dietitian is the founder of MyPlate Musical, and is contracted to coordinate it at our school sites.

All of the programs mentioned above were coordinated at Gault Elementary in Spring 2015, and have been coordinated at Anatola Elementary since Fall 2015. In addition, we have gone back to Gault Elementary with a gardening curriculum for the children and a training program/professional development for the school. Going back to each school site, providing them with training sessions and supporting materials, makes it possible to enable teachers, staff, and parents to sustain the program after the first year. By the end of Spring 2016 we were able to reach 2000 students and parents!



## International Student Spotlight:



### Paula Moreira

"Hello! My name is Paula. I am a nutrition undergraduate student in Brazil. I am currently a grantee in the Brazil Scientific Mobility Program, a non-degree scholarship program sponsored by the Government of Brazil. This program promotes students to become research assistants on worldwide projects pertaining to their field of interest. This program is what led me to California State University, Northridge (CSUN). In my search for nutrition research focusing on childhood obesity, the Marilyn Magaram Center (MMC) at CSUN provided me the perfect opportunity.

Working at the MMC for the summer has definitely been an amazing experience. I was able to work directly with many different projects, learned the process of how a research project is executed, and became more familiar with research policies and protocols. It also expanded my knowledge in nutrition. Overall, I feel more confident in nutrition research work and plan to continue this type of work after graduation."

## New and Continuing Grants Strengthen Regional & National Partnerships

By Annette Besnilian, MMC Executive Director

Grant and contract awards from a variety of regional and national funders continue to make a big impact at the Marilyn Magaram Center (MMC), providing us with essential resources to enhance and expand programs and services around nutrition and health, particularly those that serve the community. It certainly takes a village to be able to have the kind of community impact for which MMC is known, and our funding partners are critical in helping us achieve our mission.

A multi-year coalition of funders, for example, has enabled our Let's Cook and Move in Schools (LCMS) program to expand beyond its original school site to its current scale of operation at five elementary schools throughout the San Fernando Valley. LCMS, initially developed through a grant from the **US Department of Housing and Urban Development**, was fine-tuned and expanded through the generous support of **Dignity Health (Northridge Hospital)** and the **Kaiser Permanente Panorama City-Antelope Valley Community Benefit Program**. Subsequent grants from these partners enabled us to reach more schools as well as develop a training program for program sustainability. We were tremendously excited to receive a grant from the **Aetna Foundation** under its Let's Go Local: Cultivating Healthy Communities initiative, which brought national recognition for LCMS. The Aetna grant broadened our program's capacity and enabled us to expand to another school, reaching even more students. And we just received a new KP Panorama City Community Benefit to help us to promote healthy school policies and establish School Wellness Councils at each of our partner schools. Through this extensive network of support, thousands of at-risk children and their families have been reached and are now on a path to healthy eating and active living.

Grant funding is also helping to support another MMC initiative: grocery store tours for low-income families. A **Cooking Matters at the Store** grant from **Share Our Strength/No Kid Hungry** helps to fund fun and informative tours designed to promote healthier shopping habits. The tours, which can play an important role in improving community nutrition and health, extend the work we began in a subcontract from **Northeast Valley Health Corporation (NEVHC)** under its **Choose Health Los Angeles Kids** grant.



NEVHC has also been instrumental in bringing a WIC (Women, Infant, and Children) Satellite Outreach Center to CSUN's campus. A five-year contract with NEVHC allows us to offer this supplemental nutrition program for infants and children under 5 years of age and women who are pregnant or just had a baby. The WIC Center fulfills MMC's educational mission as well by providing WIC-based Dietetic Internships, accredited by the Academy of Nutrition and Dietetics.



A number of funders have also come together around MMC's new community gardening initiative, Let's Grow Healthy. Jumpstarted by a **Clinton Global Initiative University Resolution Project**, the program has expanded through a grant from the **UCLA Kaiser**



**Permanente Center for Health Equity**, which is funding the addition of two gardens. Mini-grants from the **Whole Kids Foundation** have supplied gardening materials and tools.

We have been fortunate to receive much-needed equipment and technology through external support as well. Our faculty and students are enjoying working with our new rheology equipment in the food science labs provided by **SCIFTS (Southern California Institute for Food Technologists Sections)**. And CSUN's grant from



## 25th Anniversary Celebration Event!

The Marilyn Magaram Center is commemorating its 25<sup>th</sup> Anniversary with a celebration event. The Center will open its doors for the evening and showcase its first 25 years of promoting health throughout our community. The evening will feature:



And CSUN's grant from the **National Institutes of Health (NIH)** for our BUILD PODER program, which promotes undergraduate biomedical health research, has provided us with industry-leading GENESIS food analysis software. The NIH BUILD PODER grant is also funding a number of exciting student-led research projects.

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 success for years to come. 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 community. MMC would not be what we are today, nor would we be able to achieve nearly the same impact, without the Drown Foundation's valuable and generous support.

I am excited to report that in addition to these external grants, we have received four internal grants to help increase students projects and experiences: An IRA grant called "The Spicy Matadors" to help develop a spice line and three campus quality fee grants

- Matador Food Science and Wellness Garden
- Student Nutrition and Cooking Knowledge (SNACK) Nutrition Experts Website
- CSUN Student-Athletes Partnership and CSUN Community (Fit to WIN program)

It does takes a village. We are truly grateful to all of our funding partners, who understand our vision and the impact we are hoping to make and have stepped up with support to make it all possible. We look forward to continuing these relationships as we embark on our next 25 years, exploring together exciting new directions for the future.

### Thank you!

We extend our sincerest gratitude to our founders

#### Phil and Sally Magaram

for their continued support of the Marilyn Magaram Center and its activities, programs and projects over the last 25 years. Your vision and dedication have provided opportunities to thousands of students and community members since 1991.



- Cooking demonstrations at the MMC Wellness Kitchen
- Sensory evaluation of foods in Sensory Lab
- MMC cooking-up change through healthy and fabulous recipes
- Food, nutrition and food science education activities
- Highlights of the Center's current and past projects
- A tour of the Center's facilities such as the Health Assessment room
- Showcase of gold standard body composition testing with BodPod.
- A tour of our newly developed food science and wellness garden
- Taste of "Spicy Matadors," plus a chance to take the spice challenge
- History of cooking by Barbara Fairchild from Bon appetite magazine
- An original Educational Theater and Dance piece on Eating Disorders, as part of a new program to increase eating disorder awareness among middle school, high school and college students
- A must-see nutrition musical by Helen Butleroff-Leahy, former Rockette, Broadway choreographer, and registered dietitian, with performances by current Broadway stars
- Tributes to our key supporters
- And much more!

We look forward to sharing this experience with our honored guests!

For individual tickets and sponsorship information please visit: [www.csun.edu/magaram25](http://www.csun.edu/magaram25)

## Athletic Partnership: Fit to Win Program

By Simona Hradil, MS, RD, CSUN Sports Dietitian

The Sports Nutrition Department for CSUN Athletics at the California State University Northridge is committed to meeting the nutritional needs of athletes. Addressing the campus priority to "use Athletics as a tool for engagement," the Sports Nutrition Program strives to meet athlete needs through assessment, education, and implementation of qualified nutritional practices.

As CSUN's Sports Dietitian for Athletics, 11x US National Taekwondo Team Member and a 2012 London Olympic Games alternate, I know first hand the importance of what athletes need to refuel and how nutrition can impact their performance and recovery. CSUN's Sports Nutrition Program offers a number of educational tools to ensure that all athletes and teams are well-educated on how, when and why to properly fuel their bodies.

The CSUN Summer Success Program has partnered with the CSUN Sports Nutrition Program and the Marilyn Magaram Center to host an annual cooking class for student athletes. The Summer Success Program is funded by an NCAA grant and the unique curriculum gives the freshman a jumpstart on their lives as student-athletes.

The goal of CSUN Sports Nutrition program is to teach all Matadors about nutrition and fueling and how they can maximize not only their health, but also their athletic performance. This will become even easier when the new Union Bank Fueling Station opens in Fall of 2016. Athletes will be able to come in and obtain recovery fueling and smoothies geared towards their sport specific needs.

CSUN Athletics has also developed a new partnership with the Marilyn Magaram Center that will include an Athletics Staff Wellness Program. This program will help provide the amazing staff that takes care of all 380 CSUN student athletes year-round with nutrition information and healthier lifestyle tips.

The CSUN Sports Nutrition Program, CSUN Athletics and the Marilyn Magaram Center are happy to be a part of such a revolutionary partnership helping student-athletes and the entire Athletics Department empower themselves through nutrition and fueling! #FuelingMatadors



## MMC Wellness Program: Weight Management

By Karmen Ovsepyan, MS, RD, MMC Assistant Director



The Marilyn Magaram Center (MMC) piloted a 6-week Weight Management Program that was designed and implemented by our very own CSUN Dietetic Intern, Maren Stein. The MMC was excited to collaborate with the CSUN Commit to Be Fit program and the Kinesiology Department on this project. The program incorporated nutrition education, cooking demonstrations, fitness and anthropometric measurements. The focuses of the sessions were balance, variety, and moderation while using the concepts of mindful eating and portion control.

The 6-week Weight Management Workshop helps fill a gap in nutrition education classes/weight management classes that are available to San Fernando Valley residents; and it differs from the commercial weight loss program, because our program incorporates evidence-based research and includes health professionals, such as our Reregistered Dietitian (RD), to teach the course. What is really great about our program is that it has hands-on cooking experiences and food demonstrations, that allow for more active participation and greater investment in our participants' health.

The pilot program was a great success in Spring 2016! Participants were motivated to learn and appreciated the knowledge. The Marilyn Magaram Center hopes to continue the collaborations and grow the program!



## MMC Wellness Garden: Let's Grow Healthy

By Frida Herrera, Student Research Assistant & Madeleine Diaz, MMC Intern

This year I served as a National Institutes of Health Build PODER (Providing Opportunities for Diversity in Education and Research) scholar, conducting research through the Marilyn Magaram Center (MMC) that focuses on school gardening and its effects on children's eating habits.

Through the MMC, I coordinated gardening projects at Gault Street Elementary School and Anatola Avenue Elementary School in Van Nuys. The projects at these schools include a 6-week interactive garden-enhanced nutrition education series provided to students in specified grade levels. Lessons focus on various topics including identifying parts of the plant, MyPlate in the garden, and more. The students in the classes get to enjoy being in the garden, learning about gardening and nutrition, and eating the food they've grown. They are able to apply their new found knowledge to their lives, which reaffirms how crucial it is to be able to educate them on healthy eating habits.

I also received a Clinton Global Initiative University (CGI-U) grant award for The Resolution Project, to develop a new phase of the MMC garden project titled *Let's Grow Healthy*. In partnership with the CSUN Institute for Community Health and Wellbeing, the MMC plans to develop new school gardens in the Canoga Park area. *Let's Grow Healthy* has already gained the support of community partners, including American Heart Association and Enrich LA, to help build gardens and bring the program to five schools in Canoga Park. In addition, this project will benefit CSUN by providing more opportunities for MMC Student Interns to serve their community.

## MMC Wellness Educational Theater

By Paige Handler, Dietetic Intern

The Marilyn Magaram Center (MMC), and the CSUN Theater Department have joined forces and have begun collaborating on a theater project to be presented in Fall 2016. Programs utilizing theater, such as the Kaiser Permanente Educational Theater Program, have shown to be beneficial for education and we hope to provide the same to our community.

The goal of this project, as well as future projects is to enhance and promote health and wellbeing through the medium of theater. The focus of this first collaboration is to assist in the prevention of eating disorders. CSUN theater faculty and students will create a theater production geared toward adolescents, that will be brought out to our surrounding community. This aim is two-fold: to educate both CSUN students and community adolescents on eating disorders in order to reduce the prevalence of eating disorder risk factors, as well as teach our CSUN theater students the value of live theater as a means for social change. This program will also provide an opportunity for a scholarship to a Family and Consumer Science and Theater student working on the project, as part of the Christine and Owen Smith Endowment Fund.

The script is currently under development, however production is progressing and an excerpt will be presented at the MMC 25th Anniversary Celebration in September. This project is the recipient of Interdisciplinary Community Learning Project & Research Grant.



## MMC Internship Corner

By Charlotte Kerber, MS, MMC Internship Coordinator

The Marilyn Magaram Center offers a number of Student Internships for undergraduate and graduate students. It is the Center's goal to promote the professional growth and development of students in food science, nutrition and dietetics. We aim to accomplish this goal by providing opportunities that sponsor, conduct and assess scholarly projects in the fields of nutrition and food science.

### Current MMC Internship Programs



**Community Supported Agriculture:** In collaboration with Underwood Family Farms in Moorpark, MMC Interns oversee the distribution of farm-fresh produce to faculty, staff, and students at CSUN on a weekly basis.

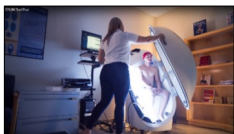
**Nutrition and Garden Education:** In collaboration with Los Angeles Unified School District, the MMC Interns engage elementary students in hands-on in learning about nutrition and gardening.



**Education Series:** The MMC Interns plan nutrition or food science related workshops for the semester, assisting with coordination and implementation of the education series and promotion to the community.

**Community Educators:** MMC Interns participate in all health fairs sponsored by the Marilyn Magaram Center and regularly conduct outreach at the on-campus farmers market .

**Food Science Lab Assistant:** MMC Interns assist and coordinate the use, care and maintenance of the equipment and supplies in the Thieriot Laboratory (SQ 110/112).



**Health Assess:** MMC Interns use Food Processor software to conduct nutrient analyses of food records and conduct body composition analysis using the Bod Pod.

**Glendale Adventist Medical Center:** MMC Interns have the opportunity to collect diet orders through patient visitation and screening, accounting for individual needs.

### New Internship Programs

**Grocery Store Tours :** MMC Interns conduct grocery store tours to low-income families with children ranging from 0-5 years old, following the Cooking Matters curriculum and providing a short cooking demonstration.

**Marketing & Social Media:** The MMC Interns develop marketing content and materials to showcase the various campus-wide and community-based programs and events coordinated by the Marilyn Magaram Center.

**Peer-to-Peer Nutrition:** MMC Interns collaborate with Geronimo's Campus Dining Hall to provide healthy menu item highlights and general nutrition education to CSUN students who are eating in the dining hall.

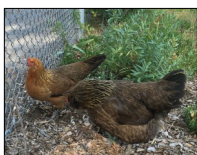


### Future Internship Programs



**Child & Family Studies Center:** MMC Interns will work with the Child & Family Studies Center to provide a meal plan for children attending the on-campus "Lab School" and teach parent education classes.

**Sports Nutrition:** In collaboration with Los Angeles Unified School District, MMC Interns will work with CSUN's athletic dietitian to create a menu cycle for at-risk youth participating in a summer soccer program.



**Calahan Elementary Garden:** This internship is being developed in honor of Dr. Christine Smith, who worked closely with Calahan to provide a bountiful garden program. MMC Interns will provide nutrition and garden education to students and parents at Calahan, as well as maintain and improve the existing chicken coop.

## New Food Science Internship Starting Summer 2016

By Cassie Berger, Food Science Coordinator

As I develop my career as a current graduate student of Food Science and CSUN Dietetic Intern, I am excited to also serve as the new Food Science Coordinator at the Marilyn Magaram Center (MMC)! I will be coordinating a food science internship program tailored to explore real world applications in food science and technology.



The prospective food science internship programs will include a taste of product development, sensory analysis and food safety to mention a few. Students will have the opportunity to design product evaluation tests and analyze data collected using the Center's state of the art sensory analysis Compusense software. This Fall the MMC is looking forward to offering Compusense services to local community vendors whereby generating opportunities for students to make lasting professional connections.

To kick off the internship program, summer food science interns will start by working on a low sugar version of our very own Matador Marmalade. Matador Marmalade is an ongoing student product development project that supports the university's sustainability mission by sourcing oranges from our own campus groves. In the spirit of collaboration, food science students will work with students from the Business department to develop a business plan to take Matador Marmalade to the next level. Be on the lookout for Matador Marmalade in CSUN's Bull Ring— a new venture competition through CSUN's David Nazarian College of Business and Economics—in Spring 2017!



## Change at Your Local Super Market Aisles

By Jacqueline De La Torre, MMC Intern

The Marilyn Magaram Center (MMC) has collaborated with Cooking Matters, as part of the No Kid Hungry campaign, which provides grocery store tours for families to instruct them on how to buy healthy foods on a budget. The grocery store tours are now offered on a weekly basis by the MMC, and guided by MMC intern experts. The tours are a great way to learn basic grocery knowledge and tips that can benefit community members financially and nutritionally.

The Cooking Matters grocery store tour covers four main key concepts to educate buyers on how to get the most nutrition for their dollar. The first key concept is how to read a food label, highlighting sodium, sugar, and calories per serving. The tour also teaches how to compare unit pricing and determine which food is cheaper. Tours look at how to identify whole grain foods such as breads and pastas, and demonstrates how many breads are misleading in the way they are packaged. Finally, the tour offers 3 ways to purchase produce and discusses benefits for each produce choice.



The Cooking Matters grocery store tours through the MMC are a great way to educate others on nutrition choices that can create positive change in each participant's life.

## Special Thanks

The Marilyn Magaram Center would like to sincerely thank all of the MMC Student Interns who dedicated their time and efforts throughout the Spring 2016 semester. Our programs and events have had continued success due greatly to their hard work and dedication!

### Community Supported

#### Agriculture

Julie Jordan  
Amy Meyer  
Jennifer Lee  
Cynthia Chow  
Trisha Patel

#### Education Series

Anna Khachatryan

#### Food Science Lab

##### Assistants

Brandon Reilly  
Valerie Mok  
Walter Fuentes  
Varduhi Niksalyan

#### CHLA-Kids

Esther Schultz  
Lizbeth Diaz

### Community Educators

Jennifer Gomez  
Amanda Bravo  
Jennifer Maren  
Desiree Hosena  
Giovanna Palmisano  
Natalie Montemayor  
Kennedy Johnston

#### Health Assess

Jennifer Maren  
Irma Madrigal  
Jennifer Gomez  
Desiree Hosena  
Sharon Simpson  
Katie Rawson  
Jacqueline De La Torre

#### Garden & Nutrition

##### Education

Madeleine Diaz  
Nichole Costales  
Natalie Montemayor  
Jennifer Gomez  
Sharon Simpson

## Sincere Thanks to Advisory Board Members & Fellows

We would like to thank each of the Magaram Center's Advisory Board members for your continued support and participation. Our 2016 Advisory Board members are as follows:

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Alyssa Bartholomew

Thank you to our MMC Staff:

Karmen Ovsepyan, MS, RD  
Assistant Director

Charlotte Kerber, MS  
Internship Coordinator

Cassie Berger  
Food Science Coordinator

Arleen Candelario  
Administrative Support

## Giving a Hand in the Food Science Lab

By Varduhi Niksalyan, MMC Intern

Marilyn Magaram center (MMC) Interns became lab assistants for FCS 201/201L, an introductory course for food science. In this course, students gain fundamental knowledge about principles of food production, laws of science behind the processing, preparing and preserving food as well as cooking techniques and procedures.



As a lab assistant, MMC Interns were able to assist students in performing their lab assignments and provide them with assistance in operation and maintenance of all equipment. Lab safety and attention to detail is a great part of success in this class.

This internship is an exciting experience for MMC Interns because it allows them to be a part of all experiments and learn more about how they are performed. Interns get the opportunity to be involved in many students' learning process.

## Peer Mentoring to Increase Diversity in Dietetics

Adapted from *CSUN Today* article by Gabriella Aguirre

The Dietetic Internship Program at CSUN offers a mentorship program for culturally diverse students applying to dietetic internships. The aim of this program is to increase diversity in dietetics by guiding under-represented dietetic students through the internship application process. CSUN Dietetic Interns provide one-on-one guidance, coaching, and support through the dietetic internship application process.

The program's focus on multicultural strength for students is what motivated the Academy of Nutrition and Dietetics to award CSUN's Dietetic Internship program with the 2014 Diversity Action Award. Since then, the program has continued to be active and effective in recruiting and retaining multicultural and multilingual interns, helping them complete clinical internships and preparing them to become registered dietitian nutritionists. The 2015-2016 academic year had a wonderful turnout with a total of 17 mentee participants. Program champion Dr. Annette Besnilian gave a presentation at this year's California Academy of Nutrition and Dietetics Annual Conference highlighting the value of peer mentoring in dietetics.

The CSUN Peer Mentoring Program continues to seek funding to expand the program. With additional funding, the program will have the ability to reach a larger pool of mentees, while expanding its outreach process through local and professional organizations.



## CSUN Dietetic Interns 2015-2016

This year, the CSUN Dietetic Internship program held its first white coat graduation ceremony. This was a very exciting event for all interns who recently completed their 10 month rotations on their way to becoming Registered Dietitians. White coat ceremonies have occurred at medical schools for many years, but provided that the field of dietetics has expanded to hospitals and has become part of the medical team, allowing dietetic internships to participate in a white coat ceremony demonstrates the important role that



MMC Staff and students celebrating 25 years of health at the Orange Grove Bistro on June 15th with Founding Director Dr. Tom Chen

Registered Dietitians play within the medical profession.

We would like to acknowledge the stellar CSUN Dietetic Interns and that their efforts and involvement that have been an essential part of the successes of the Marilyn Magaram Center. We look forward to the great things they will accomplish in their careers.

**Congratulations!**

## CSUN Dietetic Interns 2016-2017

We would also like to welcome the incoming cohort of CSUN Dietetic Interns, we are excited to see what they will bring to the program!



Danielle Adler



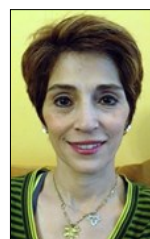
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Zohreh Hamidi



Maria Inauen



Jennifer Jensen



Nora Mikail-Almassian



Diem Nguyen



Ann-Marie Pham



Luba Rosenblum



Esther Schultz



Danielle Trafficanda

## 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](mailto:Magaram.Center@csun.edu)

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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.

