

LaGuardia Community College

Food and Nutrition Club Newsletter

Issue #12

May–June 2015

“One cannot think well, love well, sleep well, if one has not dined well.”

-Virginia Woolf



Greetings Everyone!

Spring is here and summer is just around the corner. As the semester is coming to an end remember to keep focused and finish strong. This edition welcomes summer and highlights some of what it has to offer. The League of American Bicyclists and communities from coast to coast invite you to celebrate May as National Bike Month. Be sure to learn about the benefits of biking in this edition as well as the importance of hydration.

The month of May marks New York’s State Academy of Nutrition and Dietetics 85th annual meeting and Food & Nutrition Expo. This year is extra special to La Guardia Community College since two of the faculty will participate in the poster presentations at the Expo. Read a recap of the National Nutrition Month events on campus, and learn about the service learning in the food and nutrition programs.

This edition begins a new feature: “Fruit of the Month” with an accompanying recipe. Stay Healthy!

The Food and Nutrition Club
Nelcy Mylonas, Newsletter Editor

May—June 2015 Calendar

May (Bike Month):

- May 15th–16th** Bike Expo at Penn Pavilion
- May 16th** Opening of Brooklyn Grange LIC Saturday Farmers Market
- May 16th** Free Kayaking Opening Day at Downtown Boathouse Pier 26
- May 16th–17th** International Food Fest at 9th Ave (42nd to 57th)
- May 16th** 23th Annual Union Settlement Ethnic Festival
- May 17th** Healthcorps: Highway to Health Festival at South Street Seaport
- May 29th** Bike Home From Work Party at Pearl St. Archway, Dumbo, Brooklyn
- May 31st** O₂ Breathe Walk at South Street Seaport

June:

- June 1st** Taste of Time Square
- June 2nd** Pilates in the Riverside Park
- June 6th** Explore Randall’s Island Urban Farm
- June 7th** New York’s Best Wings Festival at Westbury
- June 7th** Brooklyn Community Health Expo at BHC
- June 13th–14th** Big Apple BBQ festival at Madison Square Park
- June 20th** Adventures NYC at Central Park
- June 21st** Yoga at Time Square

**Visit our Facebook page
for more event information!**

The Professional Connection: NYSAND

The New York State Academy of Nutrition and Dietetics (NYSAND) Annual Meeting brings professionals, members, and media together for culinary demonstrations, lectures, and educational sessions. This year we are excited to share that LaGCC will be represented at the poster sessions, as two of our very own professors will present data from the team effort of students and professors at campus events. The first poster is titled “Impact of a college-based service learning event on knowledge and comfort level for participants and students” and co-authored by Pierce, C. Fernandes, N. V.,

Ippolito, R., Zafar, O. This study evaluated the impact of a college-wide celebration of Food Day on healthy eating, sustainable farming and community hunger awareness among attendees, and the comfort level and understanding of service learning among food and nutrition majors hosting the event. Results indicate that the Food Day event was an effective method to engage consumers in healthy eating practices, and exposing them to sustainable farming and community nutrition issues while educating students about service learning and community engagement.

new york state
academy of nutrition
and dietetics
85th annual
meeting & expo
clinical • community • culinary

The second poster is titled “Diet and exercise-related health practices among a cohort of administrative staff” and co-authored by Fernandes, N. V., Pierce, C. Ippolito, R., Collado, B. This study assessed the diet and exercise-related practices among administrative staff at LaGCC and concluded that the cohort of participants under investigation were willing to work towards health improvement and would benefit from educational sessions and/or counselling to assist with transition to higher levels on the transtheoretical model of behavior change.



DARE TO DO MORE



Brace yourself, Summer is coming!

NYC Experience: Biking!

It is officially Spring! The beautiful weather is a perfect reason to get outdoors and be active. Biking is a great option for a fun, adventurous way to burn calories while strengthening and toning leg muscles. In New York City, May is known as "bike month."

Throughout the city, biking businesses and nonprofit organizations work together to make our city a friendlier and safer place for bicyclists. Besides classes on safety and road skills, there are even courses on learning how to ride a bike. If you have experience riding, grab a friend and sign up for a group ride. Or, with over 250 miles of new paths and bicycle lanes to explore, take a casual, breezy, spin around a new neighborhood. If you really enjoy riding, consider the "bike to work challenge" on your morning commute to work. With so many events and opportunities happening this month, it is difficult to find an excuse not to hop on a bike.

Rent with Citi Bike's 24 hour membership starting at \$9.95:

<https://www.citibikenyc.com/>

For Events and Classes:

<http://bikenyc.org/>

Bike Map:

<http://www.nyc.gov/html/dot/html/bicyclists/bikemaps.shtml>



Stay Hydrated!

More than 60% of the human body is made up of water and therefore keeping the body properly hydrated is important. As the weather gets warmer and activity increases remember to drink enough fluids to guard against dehydration. One way the body loses water is through sweating so the more active you are, the more active you are, the more fluid is needed to replenish the loss. Staying hydrated keeps muscles and brain functioning at optimal levels and prevents the skin from drying up. Fluids of all kinds are good but the best is H₂O—water! Thirst produces a dry mouth and throat and is the body's way of saying "drink something!" Using thirst as an indicator to know when to drink may find your muscle function already compromised. Another indicator would be the color of your urine, which should be straw (light) yellow. Make fluid replenishment a regular part of your daily routine. Solid foods can also be a great source of fluids: think juicy peaches, nectarines, kiwi, and watermelon to name a few; don't forget tomatoes, cucumbers, lettuce and celery.

Remember to incorporate fluids into a healthy eating plan by consuming liquids as well as solid foods. Stay hydrated! Stay healthy!



Summer Volunteering: Gods Love We Deliver

God's Love We Deliver is the New York City metropolitan area's leading provider of nutritious, individually-tailored meals to people who are too sick to shop or cook for themselves. Founded in 1985 when one woman began delivering food on her bicycle to a man dying from AIDS, God's Love now cooks 5,000 meals each weekday, delivering them to clients living with life-altering illnesses in all five boroughs of New York City, Newark and Hudson County, New Jersey. All of our services are provided free of charge to our clients, their children and to the senior caregivers of

our senior clients, without regard to income, and we have never maintained a waiting list. Because we believe the combination of hunger and serious illness is a crisis, we deliver food within 24 – 48 hours of first being contacted. God's Love We Deliver is a non-sectarian organization, providing meals with the strong belief of "food as medicine." To that end, we employ a team of registered dietitians who individually tailor meals to each client's specific medical requirements. God's Love provides all services by employing a small but dedicated professional staff and with the

critical assistance of 8,000 volunteers annually.

Food and Nutrition students from La Guardia Community College play an important role in improving the health and well-being of men, women and children by participating in meal preparation and delivery with God's Love. Through these service-learning activities, students learn the importance of giving back to the community.

Learn more about the organization and how you can volunteer at:

<https://www.glwd.org/>



DARE TO DO MORE

Community College



National Nutrition Month Event

White Bean Dip



In March, the Food and Nutrition Programs hosted its 4th celebration of National Nutrition Month on campus. With “Bite into a Healthy Lifestyle!” as the theme, the event promoted health and well-being by making learning fun. Quizzes on eating “Real Food” and physical activity challenge kept attendees engaged and having fun while learning. “Know your numbers-Walk your way to



wellness” promoted the relationship of the numbers representing BMI, blood pressure, and hip/waist ratio to health. Healthy food samples savory white bean dip with carrots and tasty oat squares showed that eating healthy is delicious!

The event was a success due to the participation and support of the following: Food and Nutrition Club and faculty as well as the Nursing, Physical Therapy

Oat Squares



Assistant, and Occupational Therapy Assistant Clubs. Single Stop and the Health Center also provided important information to attendees. W. Rogowski Farm hosted the farmers market making organic produce available for purchase. A special thanks goes to Ms. Karen McKeon and her staff in the events Office and Mr. Charles Elias in Marketing and Communication Office for their help in making the event a success.

Fruit of the month: Kiwi

What is a Kiwi?



Appearance isn't everything. This is especially true for this hairy little fruit known as the kiwi. Not to be mistaken for the flightless bird native to New Zealand, kiwis have a fuzzy brown exterior and on the interior they are a bright green with a hint of black seeds. Their taste can vary from a succulent sweet to even a tang sour depending on their ripeness.

Nutritionally, kiwis are high in Vitamin C and Vitamin K. Vitamin C is required for iron absorption, whereas Vitamin K is necessary in blood clotting. Kiwis are also rich in antioxidants, which strengthen your chance to fight infections and diseases.

Radical Recipe: Fresh Kiwi Lemonade



Ingredients: (Makes 1.75 Quarts)

1 cup of sugar to taste	1 cup of water
4 lemons	5 kiwis
3 cups of cold water	Ice cubes

Directions:

1. In a small saucepan, mix 1 cup of water and 1 cup of sugar. On high heat, bring to a boil, then reduce heat to low mixing the water and sugar until it dissolves. Set aside to cool.
2. Cut the lemons in half and squeeze the juice out.
3. With a peeler or knife, peel the skin off of the kiwis. Cut each fruit into 4 pieces.
4. Place the sugar water, lemon juice, kiwi pieces and 3 cups of cold water into a blender. Blend until the ingredients are completely mixed together. The kiwi seeds will stay whole.
5. To serve, pour over ice and enjoy!

Food and Nutrition Club Officers

President	Bonnie Huang
Vice President	Jackelyne Barraza
Secretary	Johanna Silva
Treasurer	Nelcy Mylonas
SAC Rep	Chris Bittarelli
SAC Rep #2	Byran Collado

Food and Nutrition Club Info

Club Room: E-217
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