



Welcome to Nutrition Talk!

Week 1

Tuesday, October 4, 2016

# Ice Breaker



# Mission Statement

- “We are Healthy Aggies, a nutrition education program run by students, for students, and supported by UC Davis Dining Services Sustainability and Nutrition Office. Our mission is to teach and encourage healthy eating on and off campus - be at it the DC, downtown, or home. Using science-based evidence and administering nutrition education events, we want to inspire our peers to not only make more mindful choices but to make them a habit for a healthy lifestyle.”

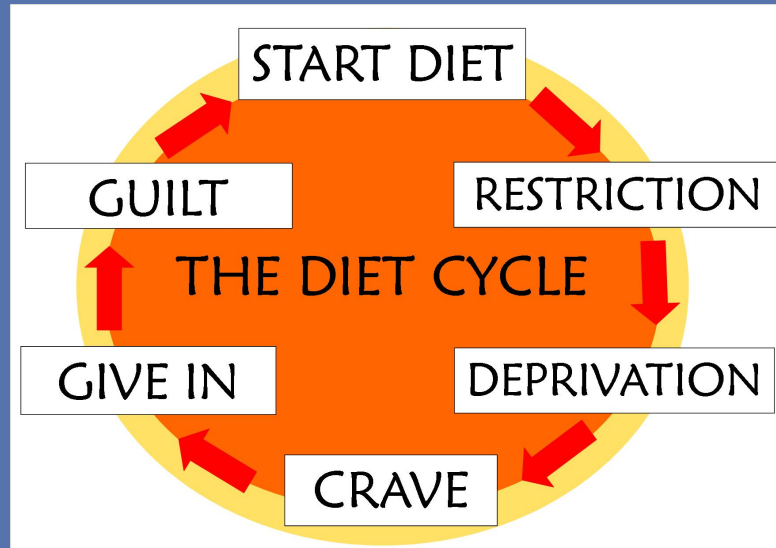


# How to Table



- “Modest and covering”
- Set up materials/prizes
- Stand up
- Look engaged
- Smile

# Discuss Fad Diets



# Your Resource

[HOME](#)

[CALENDAR](#)

[NUTRITION TALK](#)

[FOOD AND COOKING](#)

[MARKETING](#)

[THE TEAM](#)



## NUTRITION TALK

The Nutrition Talk Education program operates in each dining room throughout the academic year and includes opportunities for students to learn key strategies to eat healthy and exercise right. The program features a nutrition bulletin board loaded with information about the weekly topics addressing some of the most common questions related to nutrition, wellness and exercise. Student Nutrition Coordinators plan the topics and education materials. Student Nutrition Interns deliver the education to students during dinner meals in the dining rooms.

# Words of Wisdom

- “A ship in harbor is safe but that is not what ships are built for.”

-John A. Shedd