



Welcome to Nutrition Talk!

Week 1

Wednesday, January 11, 2017

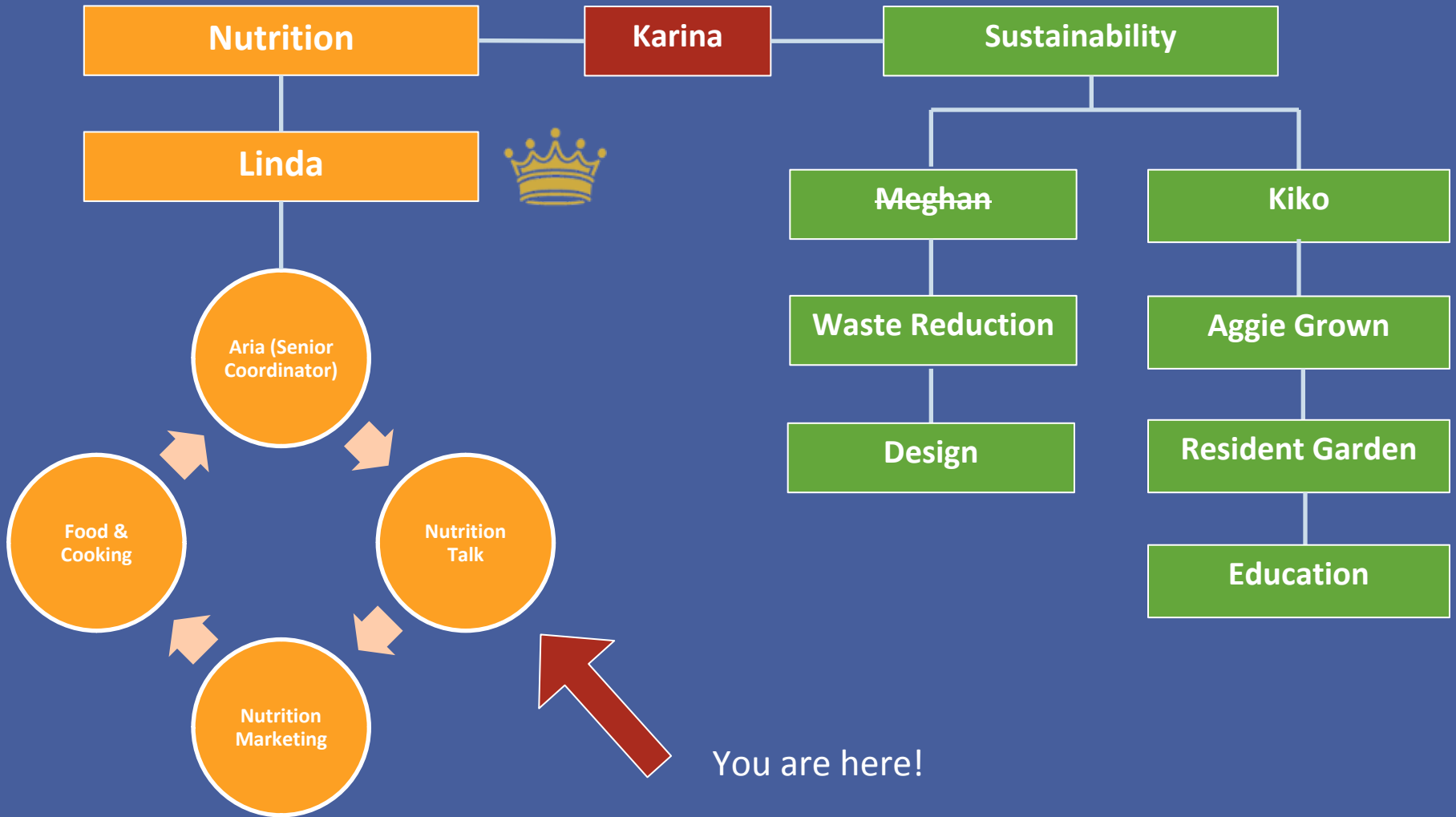
Ice Breaker

What'd you do over winter break?

Any new years resolutions?



The SNO Team



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
- Look engaged
- Smile

- If there’s nothing to do, there’s nothing to do...no worries

Cuarto



Segundo



Tercero



Silo



Scrubs



No More Scrubs!

- Now replaced with ARC



Your Resource

[HOME](#)

[CALENDAR](#)

[NUTRITION TALK](#)

[FOOD AND COOKING](#)

[MARKETING](#)

[THE TEAM](#)

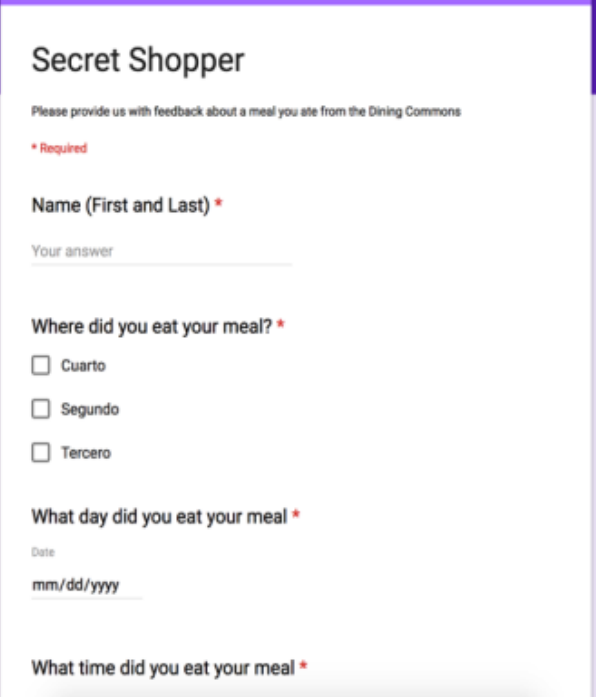


NUTRITION TALK

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.

Secret Shopper Forms

- Up to 4 per week preferably at different DC's (though not required)
- No more one word responses
 - “N/A”, “good”, “bad”, etc.



The image shows a screenshot of a web form titled "Secret Shopper". The form is white with a purple border. It contains the following elements:

- Title:** Secret Shopper
- Instruction:** Please provide us with feedback about a meal you ate from the Dining Commons
- Required Field:** * Required
- Field 1:** Name (First and Last) *
Your answer _____
- Field 2:** Where did you eat your meal? *
 Cuarto
 Segundo
 Tercero
- Field 3:** What day did you eat your meal *
Date
mm/dd/yyyy _____
- Field 4:** What time did you eat your meal *

Looking Ahead

- Weeks 1 (1/16) *Aaron*
- Week 2 (1/23) *Aaron*
- Week 3 (1/30): *Stacy*
- Week 4: *Meeting...no tabling*
- Week 5 (2/6): *Britt, Yvette (Cuarto)*
- Week 6 (2/13): *Danny, Karyll, Jessica (Segundo)*
- Week 7 (2/20): *Ashley, Rosie (Silo)*
- Week 8 (2/27): *Meeting...no tabling*
- Week 9 (3/6): *Jackie, Ranyu (ARC)*
- Week 10 (3/13): *Tanya, Yurie (Tercero)*
- Finals Week (3/20): *Nothing!*

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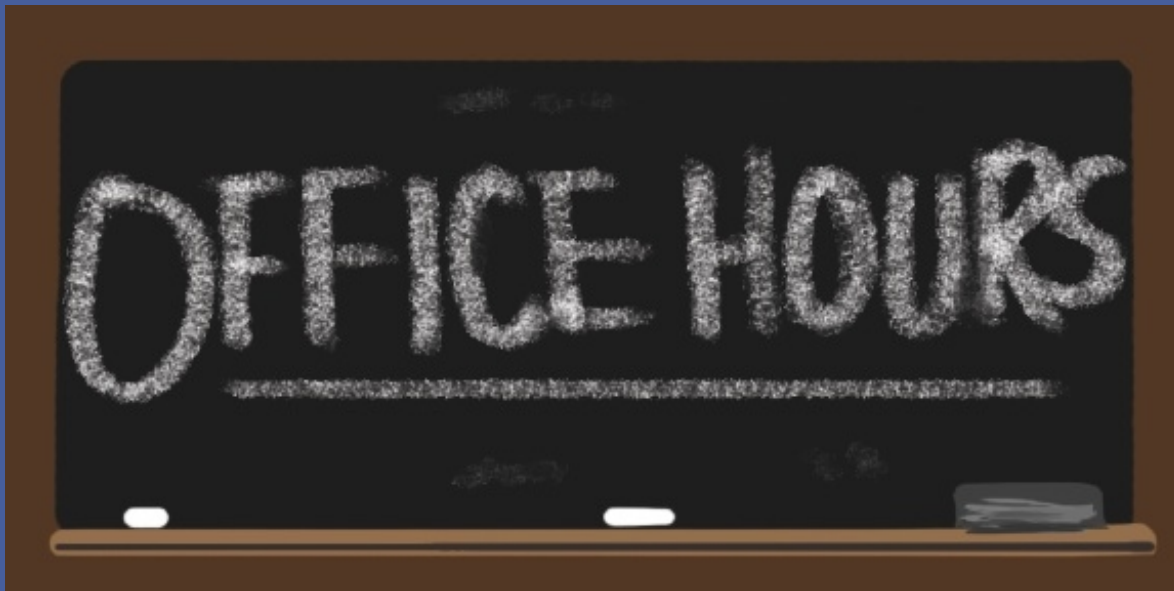
[ucdhealthyaggies](https://youtube.com/ucdhealthyaggies)



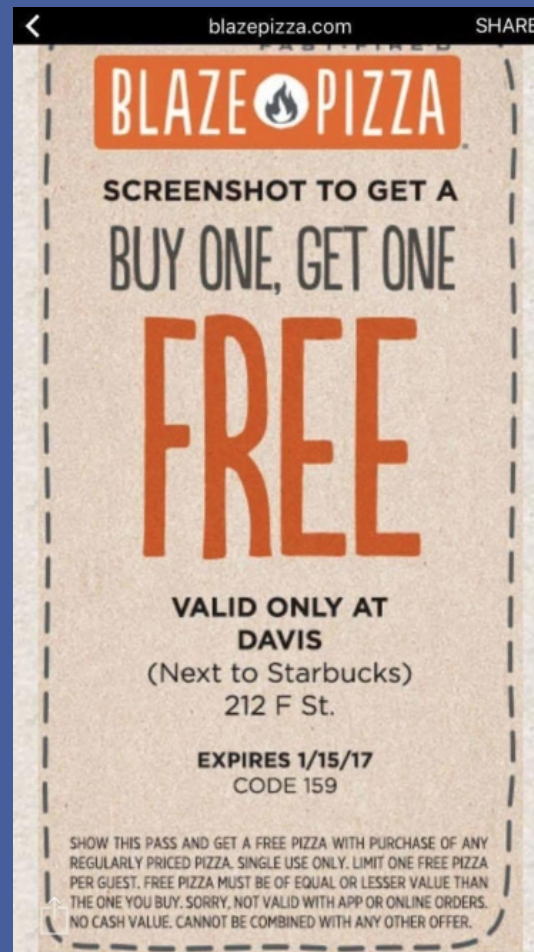
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Trendy Tip

- Go to your professor's office hours now!!
 - Establish relationships
 - Learn how to talk to older people in academia
 - Letters of rec



Trendy Tip #2



Words of Wisdom

2016

Thank you for all the lessons...

2017

I am ready.