The University of Wisconsin-Madison is 11th among public institutions in U.S. News & World Report’s latest college rankings and we are also proud to be one of the best graduate programs in the nation!

Please help us keep in touch with our alumni and friends by passing this newsletter along to others who may be interested in our work. We also encourage you to share news about your career status or update your contact information by sending an email to: student-staff@nutrisci.wisc.edu

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Greetings from the Department of Nutritional Sciences. I hope you are having a great spring season. Springtime at UW-Madison seems to be the season for award announcements. For many awards, nomination materials are requested in the fall, reviewed in the winter months, and then the results start coming out in early spring. These awards are important acknowledgements of accomplishments, and they reflect the respect of our colleagues and peers. Because of our many accomplishments, Nutritional Sciences faculty, staff, and students are often the recipients of these awards.

This year, as mentioned elsewhere in this newsletter, Professor Richard Eisenstein was awarded the Osborne and Mendel Award from the American Society for Nutrition in acknowledgement of his work on the regulation of iron metabolism. Professor Sherry Tanumihardjo was awarded a UW Vilas Associates award for her groundbreaking work on vitamin A metabolism. Among our instructional staff, Makayla Schuchardt received the “Emerging Dietetic Leader Award” from the Wisconsin Academy for Nutrition and Dietetics. Among our department staff, our department administrator, Bill Omdahl was awarded the CALS University Staff Award for all of the great things he does for our department including managing our budgets and our office staff. We congratulate them all for these well-deserved accolades!

Of special note was the announcement that Ms. Sangita Murali was awarded the CALS Academic Staff Excellence in Research Award. Sangita has been a mainstay of Denise Ney’s lab and has played a key role in the training of over 50 undergrads, MS, PhD students and postdocs during her time in our department. She fosters a real team spirit in the group and expertly manages all aspects of lab operations. In addition, she has mastered a diversity of experimental approaches and then transferred those skills to others in the lab. Her success across a broad range of approaches is strong evidence of the skill she brings to her position.

Sangita’s award is well deserved. It is also a great reminder of all the other excellent research staff we have in the department. At the heart of almost all our labs are research/outreach staff who play key roles in the research we perform in the same ways that Sangita has helped the Ney lab. These individuals include Chris Davis and Mike Grahn in Sherry Tanumihardjo’s lab, David Nelson in Eric Yen’s lab, Ana Garic, George Flentke, and Mark Berres in Susan Smith’s lab, Diana Thomas in Guy Groblewski’s lab, Suzanne Shoff, Zhumin Zhang, and Taiya Bach Streiffer in HuiChuan Lai’s lab, Chris Nizzi, Kate Deck, and Sheila Anderson in Rick Eisenstein’s lab, Jenny Hawes and Fernanda Leyva Jaimes in Brian Parks’ lab, Teresa Curtis doing Extension Outreach with Beth Olson, and Janet Taggart and Colin MacDiarmid in my own group. These people have acquired years of experience and expertise, and they keep our labs running and our research moving forward. We are truly grateful for their many contributions. In our minds, they are all award winners.

Here is wishing you all a happy spring and summer.
Notable Alumna: Sarah Mattison-Berndt

I've always been passionate about science and initially attended the University of Wisconsin-Madison to study Zoology with the intent to pursue marine biology upon graduation. Although I was living in the land of fresh water, I enjoyed my courses immensely, and added to the experience studying abroad in Perth, Australia. After graduation however, I felt compelled to reconsider my plans. Sometimes deciding what you want as a hobby versus a career can be a process!

As an avid runner and a culinary enthusiast, I opted to return to the UW to obtain a dietetics degree. I had a strong desire to understand the biochemistry and science of nutrition, and found the entire program and staff top notch. The more time I spent in the dietetics program, the more I realized the diverse scope of opportunities dietetics has to offer. I knew I wanted to use my degree to pursue a Registered Dietitian-Nutritionist (RDN) credential. I also knew I wanted to continue to learn more, and after graduating enrolled in the combined program at Boston University (BU) to receive my Masters in Nutritional Science and RDN credential.

My experience at BU was intensive, challenging, and very rewarding. I was fortunate to work with the NCAA and focus my practicum on sports nutrition. I later moved back to Madison and joined my then fiancé Ryan, and started my first business providing nutritional counseling and athletic training. I also worked during this time at the UW Athletic Department providing sports nutrition to the student athletes. After about two years, I moved from the UW Athletic Department and Ryan and I expanded our business to what is today, Hybrid Athletic Club and Fit Fresh Cuisine.

Ryan and I have complementary expertise, and our experiences working with a wide range of clients laid a strong foundation for us to for creating programs with unique aspects essential for their success. At Hybrid we provide a functional fitness atmosphere with specialized programs for a variety of needs such as weight loss, sports training, and boxing for Parkinson’s Disease. Creating results based programs requires knowledge of many factors from the biochemistry and science of movement, to injury prevention and motivation.

Our training programs are further supported by fresh, locally soured meal and cleanse services at Fit Fresh Cuisine. One aspect I love about Fit Fresh is the opportunity to reach people through food. We make healthy eating convenient and provide education about nutrition through a service; clients learn portions and variety by enjoying their fresh meals. We’ve helped hundreds of people improve their health, reduce their risk of disease, and feel empowered to continue a healthy lifestyle.

Like any business owner, I still wear many hats and am involved in everything from personal training to working with my chefs and dietitians to create new entrees, but the largest part of my time is spent running the businesses. I also work as a consultant for brands including George Foreman and currently am the spokeswoman for Juiceman Juicers and Blenders.

I love the creativity that my education in nutrition provides, and supporting that with fitness has been a great addition. I still stay in touch with many of the talented professors and educators at the UW Nutritional Sciences-Dietetic Department and that has been a huge asset for me. Although I employ other dietitians, it has always been important to me, being my own business, to stay involved with other RDs through the UW Dietetics Department, and the Wisconsin Dietetics Association.

One of my greatest rewards is seeing the results our clients achieve, and knowing at any given meal, there are hundreds of people bettering their health with the fresh food we prepared for them! I couldn't have made a better decision than to return to the UW and enroll in Dietetics.
Nutritional Sciences Professor Sherry Tanumihardjo has received a Vilas Associate award for the period of 2016-2018 to continue her work with vitamin A status effects in Mongolian gerbils. According to the Vilas program, “The Vilas Associates Competition recognizes new and on-going research of the highest quality and significance. Recipients are chosen competitively by the divisional Research Committees on the basis of a detailed proposal.” Winners receive both salary support and research funding. Gerbils are a good animal model for vitamin A metabolism, and the work Professor Tanunmihardjo plans to conduct with her Vilas funding should eventually help governments and food manufacturers around the world better manage vitamin A supplementation programs.

Professor Rick Eisenstein receives ASN’s Osborne and Mendel Award

Rick Eisenstein, professor of nutritional sciences, has been selected to receive the 2016 Osborne and Mendel Award from the American Society for Nutrition (ASN). This award was given to him for his outstanding basic research accomplishments in nutrition. Professor Eisenstein received $2500 and an engraved plaque. The award was presented to Professor Eisenstein at the ASN Scientific Sessions and Annual Meeting in San Diego in early April. Professor Eisenstein’s area of research focuses on coordinate regulation of iron metabolism and production of red blood cells. His research focus addresses critical issues such as anemia and iron deficiency or overload.

Schuchardt named WAND’s Emerging Dietetic Leader of the Year

Nutritional sciences faculty associate and researcher Makayla Schuchardt MS, RD, CNSC recently received the 2016 Emerging Dietetic Leader of the Year award by the Wisconsin Academy of Dietetics and Nutrition (WAND). As stated on the WAND website, this award is given to members who “support the promotion of optimal health and nutritional status of the public through demonstrating leadership in legislation, research, education, management and other areas related to the profession.”

Sangita Murali awarded the CALS Academic Staff Excellence in Research

Ney Lab Researcher, Sangita Murali, has been chosen to receive the 2016 CALS Academic Staff Excellence in Research Award! Sangita has been a mainstay of Denise Ney’s lab and has played a key role in the training of over 50 undergrads, MS, PhD students and postdocs during her time in the Nutritional Sciences department. She fosters a real team spirit in the group and expertly manages all aspects of lab operations. In addition, she has mastered a diversity of experimental approaches and then transferred those skills to others in the lab. Her success across a broad range of approaches is strong evidence of the skill she brings to her position.

Photo: L-Denise Ney, R-Sangita Murali
Nutritional Sciences Award Recipients

Congratulations to Nutritional Sciences Professor and former Department Chair, Dr. James Ntambi on receiving the Peter Bosscher Award- one of the 8 Wisconsin Without Borders Awards for 2016. Dr. Ntambi’s dedicated service to the Village Health Project-Uganda has reached countless individuals. "Through the program (and now another one that focuses on mobile clinics) students are offered opportunities to work alongside community members in addressing some of the most critical needs as identified by the community in areas such as livestock, agriculture, micro-enterprise development."

Experimental Biology is an annual meeting comprised of over 14,000 scientists and exhibitors representing six sponsoring societies and multiple guest societies. This year, it was held in San Diego, California from April 2-6. Continuing a history of success at UW Nutritional Sciences, many individuals received well-deserved accolades. Congratulations to:

Adrienne Cheng from the Dr. Susan Smith Lab, whose poster titled “High Maternal Iron Diet During Prenatal Alcohol Exposure (PAE) May Normalize Iron Homeostasis in PAE Fetuses” received the American Society of Nutrition, Vitamins and Minerals RIS Emerging Leaders Poster Award.

Dr. Robyn Amos-Kroohs, Smith Lab MANTP Postdoctoral Fellow, for being awarded the American Society of Nutrition (ASN), Maternal, Perinatal and Pediatric RIS Emerging Leaders, Poster Award at this year’s Experimental Biology Conference. Robyn’s poster was titled “Mammary Gland Structure and Functional Changes in Mouse Model of Chronic Gestational Alcohol Exposure.”

Rachel Fenske, from the Dr. Michelle Kimple Lab, received the Society for Experimental Biology and Medicine -Young Investigator Award.

Stephanie Mondloch from the Sherry Tanumihardjo Lab was one of three winners of the CARIG (Carotenoids and Retinoids Interactive Group) poster session.

Kiersten Olsen, also from the Tanumihardjo Lab, was one of twelve finalists for the American Society for Nutrition’s (ASN) Nutritional Sciences Council (NSC) 2016 Graduate Student Research Awards Competition and received a travel award.

Sabrina Dumas from the James Ntambi Lab received the American Society of Biochemistry and Molecular Biology (ASBMB) Travel Award.

Undergraduate Awards

Naomi Boldon, a Nutritional Science student, who was selected as a 2016 adult student scholarship recipient presented by UW-Madison Continuing Studies.

Natalie Hogan, a dietetics student, and Katherine Piel who were awarded a 2016 Wisconsin Open Education Community Fellowship to support after-school sustainable food education in Milwaukee this summer.
Graduate Student Spotlight: Julie Patterson
The Road Less Traveled: A graduate student’s path towards a PhD.

The field of nutrition and dietetics has met me at every phase of my life and given me the opportunity to grow both personally and professionally in ways I never dreamed possible. I graduated from the University of Illinois Chicago with a bachelor’s degree in Human Nutrition and Dietetics with Honors. I became a Registered Dietitian and completed a Masters Degree in Business Administration with Distinction from DePaul University in Chicago.

Highlights of my career include working in both inpatient and outpatient clinical nutrition positions, working as the Child Nutrition Supervisor overseeing USDA funded programs for the California Department of Education and working as a Clinical Nutrition Manager. One of my greatest achievements was being asked by the Academy of Nutrition and Dietetics to conduct national webinars and to present at the Food and Nutrition Conference and Expo the outstanding work that my dietetic team had accomplished in my role as the Clinical Nutrition Manager.

Throughout my professional career I served on the board for the Illinois Academy of Nutrition and Dietetics working in elected positions such as the State Secretary and the Council on Professional Issues Chair as well as appointed positions such as the Public Policy Chair and State Regulatory Specialist. In addition to my full time responsibilities, I had the opportunity to teach in adjunct faculty positions at California State University Sacramento, National University of Health Sciences, and Benedictine University. My love for education, passion for teaching and research and aspiration to become a professor of nutrition is what lead me to the University of Wisconsin-Madison. I am currently a second year PhD student in Dr. Beth Olson’s lab working in the most rewarding area of research, breastfeeding. We are looking at the ways in which health care workers and health care systems influence mother’s decision to breastfeed. My ultimate goal is that our research will be able to inform health care policy and practice.

While I have much to learn and the process of going back to school has been humbling, the advice that I have to offer is to seek networking opportunities whenever possible. Every accomplishment I have achieved is the direct result of the people that I know. Believe in yourself, take risks and most importantly share your goals with others so that they can help you get where you want to go in life.

On a personal note one thing people may not know about me was that I used to water ski professionally at Sea World and Tommy Bartlett’s and worked as a stunt double for Angelina Jolie in the movie Wallace. It was through water skiing that I met my husband and now we have three beautiful children Gabe (7), Nate (5) and Kay (2). I am truly grateful for all of the opportunities that I have been granted and look forward to the exciting adventures to come.
New IGPNS Students

Spencer Haws is from Two Rivers, Wisconsin and received his BS in Nutritional Sciences from here at UW-Madison. He is interested in the interplay between nutrient metabolism and genetic regulation. Spencer is currently a part of Dr. John Denu’s lab group. His two current projects include teasing out the epigenetic mechanism behind a protective effect of folate against spinal cord injury in rats, as well as uncovering the cross-talk mechanism between antagonizing methylation states on lysines 27 and 36 of the histone subunit H3.

Mitchell Lavarias was born in California but moved to Mesa, Arizona at age 5. He received his B.S. in ACS-Biochemistry from Northern Arizona University. Mitchell is interested in the etiology of obesity and the biochemical changes that occur with respect to metabolism. He is currently working with Dr. Eric Yen researching intestinal fatty acid oxidation and its potential role mediating whole body lipid metabolism in response to high dietary fat.

Thomas Lawler is from Mount Prospect, Illinois and graduated from Kansas State University with a BS in Dietetics. He went on to receive his MS in Nutrition at Case Western Reserve University. Thomas is interested in diabetes, obesity, and the metabolic syndrome. Thomas is still rotating through labs and is currently in Dr. Dawn Davis’ lab at the VA hospital. The Davis lab studies transcription factor TCF19, which Dr. Davis believes helps control beta cell proliferation and apoptosis in response to obesity.

Tyler Titcomb is from Warroad, Minnesota. He received his BS in Nutrition and Dietetics at the University of North Dakota. Tyler is very interested in micronutrient toxicity form supplementation, specifically in nutrient-nutrient interactions. He is currently studying the bioavailability of beta-cryptoxanthin from biofortified high beta-cryptoxanthin maize in Dr. Sherry Tanumihardjo’s lab.

Dylan Souder is originally from Oxford, Pennsylvania and went to school at the University of Vermont, where he got his BS in Biochemistry. He is currently in Dr. Rozalyn Anderson’s lab studying the regulatory kinase, GSK3-beta, and its control over brain metabolism through the transcriptional co-activator PGC1-alpha.

Maggie Sowa is originally from Princeton, New Jersey. She received her B.A. in Biology with a minor in Art History from Vassar College in New York State. Maggie is currently in Sherry Tanumihardjo’s lab. She is interested in carotenoids as well as the interplay between nutrition and immune function. The Tan lab is preparing for a human feeding trial in which they will examine the bioavailability of beta-cryptoxanthin from biofortified maize. The lab plans to feed subjects corn muffins made from our orange beta-cryptoxanthin corn, milled in two different ways, as well as white corn as a negative control, and compare serum concentrations of beta-cryptoxanthin and other carotenoids between the different feeding treatments. They plan to conduct a similar experiment assessing the bioavailability of this maize in gerbils as well.
Seminar Speaker: Dr. Charles Stephensen

By Julia Molaski

The Department of Nutritional Sciences holds a weekly seminar every Thursday throughout the fall and spring semester where anyone is welcome to come and hear special guests as they talk about their research and work related to nutrition. On February 25th, 2016, Dr. Charles Stephensen from the United States Department of Agriculture, gave his seminar titled “Vitamin A is Essential for Immune Function: Does This Mean Vitamin A Supplementation Improves Vaccine Response?”

Dr. Stephenson attended the University of California- Davis where he received his undergraduate degree in Biochemistry. From there he worked in his first nutrition lab at UC- Davis which sparked his interest in the field of nutrition. This led him to Cornell University where he got his Masters in Nutrition. At Cornell his focus was more on immunology which then led to Dr. Stephensen getting his PhD in Immunology and Infectious Diseases at Johns Hopkins University where he focused on childhood infectious diseases.

Dr. Stephenson had a post doctoral fellowship for three years following Johns Hopkins at the Uniformed Service University of the Health Sciences in Bethesda, Maryland. He researched infectious disease and was involved in research with lipid types and the effect on virus maturation. He then took a faculty position at the University of Alabama- Birmingham. There he worked as an assistant professor in the School of Public Health in the International Health Department and began to research the effects of certain nutritional deficiencies on immune function and resistance to infectious diseases. Today he works at the United States Department of Agriculture in the Western Human Nutrition Research Center where he has many aspects of research.

A part of his research is looking at vitamin A supplementation on vaccine response. In places like Africa and South Asia where vitamin A deficiency is a public health problem, vitamin A supplements are often given to infants between the ages of six months and five years. This is given early in a child’s life to decrease childhood mortality rates from infectious diseases. His research focuses on if Vitamin A supplements should be given within 48 hours of birth instead of when the child is six months to five years old.

Another part of Dr. Stephenson’s research involves Vitamin D and HIV. Tenofovir is an antiretroviral drug that is recommended by the World Health Organization to treat HIV infection. Researchers found that a side effect of Tenofovir is that a year or two into taking the antiretroviral drug, bone mineral density can decrease by 2-3% because of calcium loss in the bone. Dr. Stephenson is currently working on a clinical trial to see if vitamin D supplementation will diminish the loss of bone mineral density. Dr. Stephenson stressed the importance of this study because there are thirty seven million people in the world with HIV and only a third of them are receiving antiretroviral therapy. Hopefully if more people in the future are taking antiretroviral drugs, like Tenofovir, it will be important to know if vitamin D supplements are beneficial.

He also researches vitamin D and the effects on pregnant women. His research is looking at if giving vitamin D supplements to pregnant women in the US can improve regulatory immunity. They found that “vitamin D supplements to pregnant women increased blood levels of one type of regulatory t cell that may help in preserving the pregnancy”. This is important because they found data that links vitamin D deficiency to preeclampsia. Vitamin D supplementation may dampen the inflammatory immune response and overall more vitamin D could improve at least one aspect of regulatory immunity.

Dr. Stephenson continues to do his research on immunology and infectious diseases at the United States Department of Agriculture where he has worked for 18 years in the Western Human Nutrition Research Center. He continues to research the effects of nutrition on immune function with focuses on vitamin A, vitamin D and omega-3 fatty acids.
Summary of the 2015-2020 Dietary Guidelines
By Beth Olson, PhD, Associate Professor & Extension Specialist and Robert Davis, Research Intern & Department Alumnus (2015)

Dietary Guidelines for Americans, 2015-2020
The Dietary Guidelines for Americans (DGAs) are a set of recommendations based on current scientific evidence to guide local, state, and federal policies and programs such as UW Extension that are focused on health promotion and disease prevention. Jointly released every five years by the US Departments of Agriculture (USDA) and Health and Human Services (HHS), the DGAs evolve to address pressing public health and nutrition concerns for the American public. The new 2015-2020 Dietary Guidelines for Americans was released earlier this spring and much of it remains very similar to previous editions, encouraging fruits, vegetables, whole-grains, and low-fat dairy foods. There are some new and interesting additions to the current DGAs, however, and this article will focus on a few of the most notable changes. The full document is available online: http://health.gov/dietaryguidelines/2015/guidelines/

New Recommendations
Differences in the guidelines which resulted in a lot of new coverage was the removal of a recommendation to limit dietary cholesterol, an emphasis on eating a variety of protein sources, and the addition of a recommendation to limit calories from added sugars. Removing a specific limit on dietary cholesterol has long been a discussion among nutritionists as many factors outside of just dietary cholesterol affect the risk of heart disease. All caution has not been thrown to the wind; however, as it is still recommended to limit the amount of saturated fat in the diet. Since saturated fat and cholesterol are often found in the same foods, avoiding too much saturated fat will result in Americans moderating their cholesterol intake. Hand-in-hand with this recommendation comes the emphasis on eating protein from a variety of sources. Historically, Americans have gotten much of their protein from beef and other meats. These foods tend to come along with more saturated fat and fewer vitamins, minerals, and other important nutrients than protein sources like seafood, beans, peas, nuts, seeds, and soy products. All of these sources have something different to offer and including a variety of them can help build an interesting and healthy eating pattern. At its root, a healthy eating pattern is one that includes enough vitamins, minerals, and other nutrients without eating too many calories. Added sugars contribute calories to foods without providing any vitamins, minerals, or other nutrients making it very difficult to have a healthy eating pattern if one has lots of added sugar. Research in this area is still evolving, however, and outside of dental cavities the DGAs did not give a specific link between added sugars and chronic disease.

New Focus
The new DGAs focus on dietary patterns to promote a healthy lifestyle. The recommended dietary patterns were developed to reflect a common US intake adjusted to better meet the guidelines (called a “Healthy US-Style Eating Pattern”) and patterns found from research to be connected with good health (“Mediterranean-Style” and “Vegetarian” Eating Patterns). The guidelines give examples of specific “shifts” that Americans can use to help move their current diets towards the recommended patterns, such as increasing vegetable intake by “shifting” a salty snack to a snack of baby carrots. The DGAs also emphasize that everyone has a role to play in making healthy eating and physical activity easier, but they also emphasize the need and ability to respect personal preferences, cultural traditions, and budgetary concerns. The need for nutrition education and programs in order to accomplish all of this reinforces the importance of programs provided by UW Extension and supported by researchers in the Nutritional Sciences department.

Conclusion
The Dietary Guidelines for Americans continues to evolve, but the science and research they are based on doesn't change as quickly as we are sometimes led to believe by the internet and popular press. Much of the basic content in the guidelines has not changed greatly and many of the long-standing recommendations like eating plenty of vegetables and fruits and balancing calories with physical activity still stand and remain a hallmark of their message. Nutritional Sciences and UW Extension's ongoing challenge as a leader in the state is to help people and their communities understand the guidelines and achieve healthy lifestyles by supporting what may be difficult changes through a commitment to quality research and education.
5 Things Everyone Should Know About...Nutmeg

By Johanna Oosterwyk

This article was obtained through the College of Agricultural and Life Sciences from the Fall 2015 issue of Grow, Wisconsin's Magazine for the Life Sciences.

1. **It's not a nut.** Nutmeg is the seed kernel inside a yellow fruit of the nutmeg tree, an evergreen native to the Molucca islands (sometimes called the Spice islands) of Indonesia. Whole nutmeg seeds are oval, brown and about an inch long, with a nutty aroma and taste—but they don't pose a risk to people with nut allergies.

2. **This beloved holiday spice can be dangerous.** But only in fairly large amounts. It takes two tablespoons or more to produce symptoms of nutmeg poisoning, toxicologists say. Those symptoms may include acute nausea, dry mouth, dizziness and a slowdown of brain function to the point where victims experience blackouts. Higher doses can cause shock and hallucinations.

3. **That’s due to the nutmeg’s essential oil.** Myristica, as the oil is called, contains myristicin, a narcotic that functions in the plant as a natural insecticide. Nutmeg also—as do its frequent recipe companions, cinnamon and clove—acts as an antibiotic.

4. **Nutmeg has other medicinal properties as well.** Consumed in small doses, nutmeg can serve as a digestive aid in reducing flatulence and indigestion, and can also help treat nausea and diarrhea as well as lower blood pressure. Applied topically, it can offer pain relief and has been used for rheumatism, mouth sores and toothache.

5. **Nutmeg was more valuable than Manhattan.** By the 16th century, nutmeg—coveted as a flavoring, hallucinogen, alleged aphrodisiac and deterrent to the plague—was being sold by European traders at a 6,000 percent markup. The Dutch soon wrested control of all the nutmeg-producing Moluccas except for a tiny island called Run, which was controlled by the British. At that time, Run seemed more valuable than Manhattan, then under Dutch control as New Amsterdam. In order to seal their nutmeg monopoly, the Dutch gave the British new Amsterdam in exchange for Run. It seemed like a good idea.
The Dietetics & Nutrition Club is composed of the Club, Campus, and Community Committees which work together to bring those interested in health and nutrition together. Along the way, strong networks are formed through volunteer opportunities, socials, and professional development events. We just had our biggest event of the year called “Dinner with Dietitians” where we invited various nutrition professionals to dinner where our members cooked the dinner, networked with everyone, and asked questions to the panel of professionals about careers, internships, and advice.

Slow Food UW, a registered student organization, 501(c)3 non-profit organization and licensed restaurant, is the University of Wisconsin-Madison chapter of Slow Food International. Our mission statement is “good, clean, fair food for all”, meaning that access to environmentally sustainable, good tasting and quality food should not reflect one’s socio-economic status and residence.

Currently, 42 volunteer interns run the seven projects, focusing on food systems and educating communities from different approaches. The Finance Team works with Associated Students of Madison and producers to ensure that we uphold the 501(c)3 nonprofit criteria; and the Communications Team diligently sends newsletters and creates marketing materials. Family Dinner Night interns partner with guest chefs and organizations to cook a $5, three-course meal every Monday for 120 people. Cafe chefs create seasonal menus for an affordable meal every Wednesday afternoon. South Madison interns partner with the UW Odyssey Project and Dane County Boys and Girls Club, leading various projects related to simple, affordable meal preparation, youth gardening and food justice.
Many of the stories featured in these articles feature activities and research funded through grants, scholarships, and other donations.

These opportunities are possible because of our alumni and donors. Thank you for contributing to our continued success!

Please consider making a tax-deductible gift to the University of Wisconsin Foundation put toward the Department of Nutritional Sciences.

To make a gift online, visit www.supportuw.org/giveto/nutrisci, under “Make a Gift” type in the Department of Nutritional Sciences. Or, make a check payable to the University of Wisconsin Foundation and mail it with this completed form to: University of Wisconsin Foundation; U.S. Bank Lockbox, Box 78807, Milwaukee, WI 53278-0807.

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