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 fshnnews@hawaii.edu

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SEPTEMBER 2020

FSHN COUNCIL NEWSLETTER

GENERAL MEETING: 9/30 @ 11-12 PM

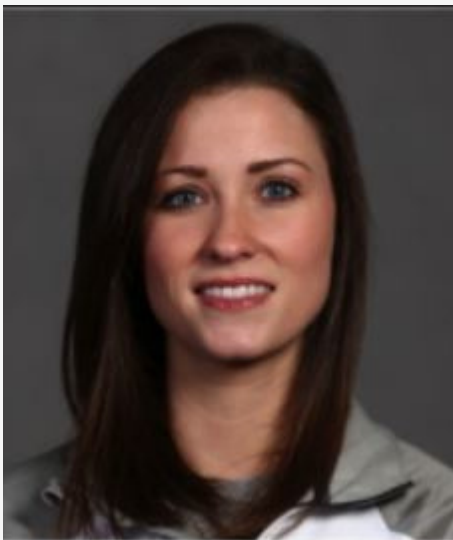
ALOHA! 

I hope you're all off to a great start this semester! We hope you are adjusting well to the "new normal" of Zoom classes. The council itself is making adjustments for the safety of our members. All our general meetings for this semester will be held online, along with any socials that we may hold at the end of the semester.

We will still be sending out any opportunities, volunteer opportunities, and events that come our way via email. Despite the limitations that this pandemic has imposed on how we conduct our activities our goal is to support you, our members, and make this semester fun!

Note: We will not be collecting membership dues this semester.

GUEST SPEAKER: JESSICA CARDIN, MS, RD, CSSD, LD/N



Topic: **Performance Nutrition: Career Information and Opportunities**

Jessica Cardin is a Registered Dietitian (RD) who is a Certified Specialist in Sports Dietetics (CSSD). She has been a dietitian within the Naval and Air Force Special Operations communities for the past 5 years. Tactical Performance Dietitians specialize in optimizing performance, decreasing the risk of injury and increasing the rate of recovery with nutrition best practices.

Prior to working with the military, Jessica was the director of Sports Nutrition at Michigan State University. She has also worked with USA Youth Hockey and is an adjunct lecturer at the University of Hawai'i at Manōa.

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RSVP:

[HTTPS://FORMS.GLE/IA6P5XAMMBQDCXS87](https://forms.gle/IA6P5XAMMBQDCXS87)



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VIRTUAL EVENTS

10/1 Hawaii Academy of Nutrition and Dietetics: Journal Club

The paper "Effects of Probiotics in Conditions or Infections Similar to COVID-19 on Health Outcomes: An Evidence Analysis Center Scoping Review" will be discussed. Register: <https://bit.ly/3kojxYt>

10/4 Children and Youth Day

Free event for families and their keiki. Must register to attend and receive goodie bags. Visit hawaiicyd.org for details

10/17-10/20 Food and Nutrition Expo (FNCE)

The largest gathering of food and nutrition experts around the country! This annual event will be held online this year. Registration fees vary. Visit eatrightfnce.org for details

NUTRIENT MYSTERY

Test your nutrition knowledge and see if you can find out what nutrient is described below!

This nutrient is found in many colorful fruits and vegetables. If you don't eat enough of it you may experience bleeding gums, unhealed wounds, tooth loss and eventually death. It was scarce in the 16th century, plaguing sailors in the sea. We now know this essential nutrient is important in collagen formation and has antioxidant properties.



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VOLUNTEERING DURING COVID-19: DO OR DON'T?

Volunteering during the pandemic may be tricky, but not impossible. Gaining volunteer experience is not only important for building your resume, it can also provide you a unique insight on the industry, field, organization or company that you are volunteering with. It is also a good way to build your network and can serve as a way to meet like-minded peers.

However, volunteer opportunities may not be as easy to come by due to the pandemic. So, what can you do and should you even be volunteering?



Photo from @makekefarmers (IG); August community food distribution event in Waianae

Know your comfort level and don't be afraid to ask questions about what's expected of you in the event. It helps to have prior experience volunteering at the event/organization.

If it's your first time volunteering, it may be best to learn as much as you can about your role and the event itself so that you can prepare accordingly. Most in-person volunteer events should have a set of protocols to help keep their volunteers safe.

Check out **virtual volunteering opportunities** relevant to your field of study/interest. It may also be helpful to **reach out to your contacts** such as people you've volunteered with before for opportunities.

Consider **other options besides volunteering** where you can gain valuable experience this semester. Some examples are: engagement in student organizations/clubs or other organizations relevant to your field, attend virtual workshops, conferences or socials, and conduct a research project.