Spaghetti Dinner: Fueling SDA’s Future

By: Amanda Moder

The Spaghetti Dinner has become a tradition on Viterbo Campus as a pasta feed the Friday night before the Friar Frolic. The event offers alumni, family and friends the opportunity to join together for a meal in preparation of the 5K run. After serving 110 guests, this fundraiser brought in more than $900 for the Student Dietetics Association. This money will go towards the Coordinated Program students’ attendance at the Wisconsin Dietetics Association Conference over the next two years.

Students went above and beyond this year, making everything from scratch. The menu consisted of Italian sausage and beef meatballs, marinara sauce made from fresh garlic and tomatoes, garlic bread, seasoned croutons, Olive-Garden inspired dressing and, of course, delicious cookies for dessert.

Noodles on a fork were not the only twist in the 2013 Spaghetti dinner. This year marked the first time that the dinner was planned by a class. The Junior students in the Coordinated Program practiced their skills in Food Service Management by testing recipes, estimating costs, calculating portion sizes and, most importantly, addressing food safety.

SDA was honored to host Richard Ruskell in the Food Science Lab for a baking lesson and demonstration. Ruskell, now a nationally renowned pastry chef, graduated from Viterbo with a Theater degree in 1979. After going to New York to pursue his first passion in acting, his “big break” came through in the kitchen.

He was named winner of the Food Network’s Last Cake Standing and works in L.A. at “The Chocolate Lab.” Learn more about Richard at his website: http://richardruskell.com/

Pictured to the right are Viterbo students and friends with the cupcakes Ruskell helped them to prepare for the Honored Alumni Reception.
Congratulations, Dr. Carol Klitzke, PhD!

We are proud to announce the success of Dr. Carol Klitzke upon receiving her PhD in Hospitality Management from Iowa State University. Dr. Klitzke’s dissertation is on Food Defense in Schools in the Northern United States. Her passion for Food Safety and Defense are an asset to the Dietetics Department.

To the left, Dr. Klitzke is shown the day after earning her PhD at a reception held in her honor.

Apple Pies Coming Your Way!

It’s the time of year you have all been waiting for...the SDA annual Apple Pie Sale! The Student Dietetics Association will be selling traditional double crust apple pies for $12 each and caramel apple pies for $14. These are a great addition to holiday gatherings and will be distributed November 25 and 26 prior to the Thanksgiving break. To place an order, contact Bobbi Hundt by Friday November 15 at 608-796-3671 or bmhundt@viterbo.edu.

Advantages to Screen Time?

By: Amanda Moder

In a time when the word “apple” is more likely to trigger thoughts about a computer brand rather than fruit, it seems as though advancements in technology are steering our nation towards becoming increasingly more sedentary. But hold the phone! New innovations have also come through as effective options to optimize health.

This idea was creatively explored further by Dietetics Student Amy Du Charme-Gelhaus. As part of Nutrition 371, a supervised practice course in the Coordinated Dietetics Program, the junior class put together a series of motivational tips to be distributed to the La Crosse Community this spring and Du Charme-Gelhaus compiled examples of health promoting apps for hers. These tips will be incorporated into “The Biggest Health Challenge La Crosse,” sponsored by The La Crosse County Health Department, and a segment is shown on the right.

Want to Improve Your Health? There’s an App for that!

By Amy Du Charme-Gelhaus

With 40,000 health Apps on the market, which one is right for you? There is no single perfect App so take some time and explore the possibilities. Here are just a few suggestions.

Nutrition Focused Apps:
Mint Nutrition
The Carrot
Food PlannerLite
Lose It
Fooducate
ChooseMyPlate
Sparkpeople

Fitness and Exercise Apps to track physical activity:
MyFitnessPal
iFitness
C25K
Runtastic Pedometer
Zoombie Run
The summer of 2013 brought about the amazing opportunity to study abroad in South America for 6 weeks as part of my second major in Spanish. This trip took me to Argentina and Uruguay, 3 different cities within those countries, and a consequent wide variety of experiences between big-city life, the Andes Mountains, and rustic cowboy ranches. I was able to develop new language skills, gain a new self-awareness, and maybe most interesting to all of you, readers- experience a new cuisine!

Being a uniquely-European influenced part of South America, Argentina and Uruguay have very distinct customs compared to the rest of their neighboring countries, so the food actually isn't what would think of typically. The cuisine depends on what part of the country you are in and whether it is influenced by Spain, England, the native people, Italy, or a mix of every culture, but instead of rice, beans, and exotic fruit, most of the food I came across was very similar to what we're used to here in North America: pizza, pasta, French fries, potatoes, corn, and any variation of beef you can imagine. It’s not just what’s for dinner there, it’s what’s for any meal, any time of the day!

That doesn’t mean, however, that I didn’t get my fair share of traditional favorites. I was in a different continent after all, and whether it meant sinking my teeth into blood sausage (didn't make it past the first bite), sharing an incredibly hot cup of strong tea called mate with a large group as is the social custom, or devouring a delicious dulce de leche alfajor (a short-bread cookie sandwiched together with caramel and covered in chocolate), or flan (custard), I was going to try new dishes!

My favorites were the empanadas, tortas (large vegetables quiches), stuffed squash, lentil soups, and of course, any of the sweet desserts. It did take some time getting used to very small breakfasts, eating my largest meal at lunch, drinking carbonated water, and not eating dinner until 9 or 10pm, but it was all part of the cultural experience!

And what an experience it was! Though I traveled to Argentina and Uruguay primarily for my Spanish major, I definitely think it has benefited my future career as a dietitian. I’m very passionate about wanting to work with the underserved Hispanic population after graduation, and I already feel more confident to do so after drastically improving my Spanish-speaking abilities and learning more of the culture. I am more aware of who I am and of others, and I think that no matter where I end up working, that is something to make me a better dietitian. In general, I have a new perspective after experiencing a different culture and pushing myself outside of my comfort zone, and I am so thankful for the opportunity. I think it’s important for anyone within the profession to expand their horizons in such a way—whether it is studying in a different country or taking a cultural cooking class in your own neighborhood. Let’s help bridge the cultural gap!
I have been in my current role as Sanitarian/Registered Dietitian for La Crosse County Health Department, since June 2012. The major responsibility I have as a sanitarian is to ensure food service establishments (restaurants, taverns, hotels, schools) are complying with the Wisconsin Food Code in all their practices through annual inspections.

Although the annual inspection is a “snapshot in time” it is an opportunity to educate operators on the deficiencies found during the inspection and to help them implement the correct practices in moving forward with their operation. Often times, this may require a follow up inspection to the annual inspection to ensure correct implementation of safe food handling practices, sanitation and above all protection of the public’s health.

One of the facets I enjoy is educating the operators. Some people would view my position as a “food police.” Although regulation does play a role, it is essential to provide knowledge to the operators and to ensure they understand so the safe practices are implemented. In turn, it is a learning opportunity for me to understand their business when working alongside the operator. I’ve also had the opportunity to be a preceptor/mentor to area college students who are nursing, public health, dietetics and health education majors. They have the good fortune of accompanying me on annual inspections. The benefits are two-fold: they are able to see a glimpse of a local business and how it operates, and I can share some of my knowledge and expertise in food service, safety, sanitation and public health.

Since this profession has a great deal of public/community contact, I have learned the value that comes from respecting diversity and culture. I have welcomed the opportunity to be able to work with operators who come from varying cultures from all over the globe. No matter which aspect of dietetics future dietetics graduates choose, you will always encounter people from all walks of life and cultures, whether they are patients in a hospital, at a WIC clinic, in a grocery store, school or within a major food service contracting company. Diversity is everywhere. I encourage you all to embrace this chance to grow and learn about the different cultures that exist in the world of dietetics today; not only through your classroom and reading it from a textbook, but in your supervised practice sessions as well. Dietetics is a “people business”, no matter which career path you choose.

I wish the future Viterbo Dietetics graduates the very best in pursuit of their degree and their career goals. The possibilities are endless with a dietetics degree. The scope of practice goes far beyond the hospital and WIC clinics.