



Project La Cena

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Project La Cena student and mentor pair up to teach low-income families how to eat healthier!

On May 19th, Julie Ann Carter, a La Cena student, paired up with Danielle Tworek, a La Cena mentor, to share healthy eating options with eighteen children at the Costa Mirada Apartments. Julie held an interactive presentation where she taught the children how to make home-made healthy pizza! Julie said "as this was a first time demonstration with mostly children for me and it being an interactive event, I think it went really well. The kids seemed to enjoy it and I was amazed by their enthusiastic desire to assist! They were all great helpers." Julie also wanted to add that she was able to use material previously obtained from our last MANRRS conference and was happy that the information at that conference was of great value to her.

On May 27th, Julie and Danielle will be teaming up to do another presentation to both children and adults at the same apartment complex, teaching them how to make home-made healthy tilapia tacos. In the next newsletter, I will be sure to include pictures and experts from that presentation as well.



Julie Carter and children from the Costa Miranda Apartments

Mentor applications for Fall 2010 coming soon!

Program Application for Associate of Science in Nutrition

"The Board authorized Dr. Bob Zeigler of San Antonio College to submit a program application for an Associate of Science in Nutrition to the Texas Higher Education Coordinating Board (THECB). The 66 semester credit hour program of studies for the Associate of Science in Nutrition will prepare students to pursue a Bachelor of Science in Nutrition, needed to obtain designation as a Registered Dietician (RD). " - Alamo Colleges Board Meeting

Scholarships to apply for in the Fall

Starting Fall 2010, students can begin submitting applications for the **Spring 2011 \$40,000 transfer scholarship**. In addition, Project La Cena is also offering **6 \$1,000 transfer scholarships**, and **16 \$750 scholarships**. Even better, you can apply for all of these scholarships using the same application! I highly encourage EVERYONE, who is interested in obtaining a degree in Nu-

trition, to apply for these scholarships as we have plenty to go around. Please e-mail me for complete descriptions of these scholarships. I also encourage students to start the application process now, so that there is time for me to go over the scholarship packet with you. Feel free to contact me if you have any questions regarding our scholarships or application process.

With questions or comments, contact:

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