



USDA HSI \$40,000 Scholarship Recipient



Julie Ann Carter— USDA HSI \$40,000 Scholarship Recipient

I am pleased to announce Julie Ann Carter (above) as our USDA HSI \$40,000 Scholarship Recipient.

Julie has received most active Project La Cena member two semesters in a row and is currently serving as the Project La Cena Student Organization Vice Present and as our SADA (San Antonio Dietetic Association) student liaison. She currently is employed at HEB Cooking Connections, featuring cooking demos for HEB's products.

Julie has more than proven her self a worthy candidate through the time and dedication she has put into her school work and being involved in Project La Cena.

Julie will transfer to Texas State University for Spring 2011 to complete her Bachelor of Science in Nutrition and Foods and has a career goal of "becoming a Registered Dietitian and active member in the community to help promote health and wellness".

Julie has also stated that "My involvement with Project La Cena has given me the guidance I needed to begin my journey, the drive and support to continue to strive for excellence and the vision to imagine what I could do in my future."

There is no one else I feel that is more worthy to accept this scholarship, and am proud that we have Julie Ann Carter to represent a successful student that has benefitted from this program.

Changing your major to Nutrition!

Good News! If you are registered through SAC, this is the first semester that you can officially change your major to Nutrition. If you have not done so already, please make an appointment with the Project Manager (contact info. below) so that you can officially be a nutrition major.

Getting ready to Transfer? Please don't hesitate to let me know. I can help you with applications, deadlines, and any information you may need to transfer successfully to Texas State University or the University of the Incarnate Word to obtain a Bachelor of Science in Nutrition.

With questions or comments, contact:

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Chicken Tortilla Soup Cooking Demo:

Just in case you missed it! [CLICK HERE](#) to watch a short clip on how to cook an easy, hearty, and healthy chicken tortilla soup; hosted by the Wellness Committee, featuring Stephanie Burns.