

Project La Cena

www.projectlacena.com

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CONGRATULATIONS to our **Spring 2010 \$750 ACCD Student Nutrition Scholarship Recipients: Lehi Arreaga, Julie Ann Carter, and Esau Sanchez** and **\$1,000 USDA-H.S.I Transfer Student Scholarship Recipient: Tabitha Schwarz.**

With questions or comments contact:

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Project La Cena is available on MySpace, Facebook, and Twitter.

What have we been up to?

On October 2nd, we traveled to the University of the Incarnate Word to tour their beautiful campus. Not only did we get to learn about the history of Incarnate Word, but we also got to hear about the wonderful opportunities available. If students were interested, they met also with a counselor at this time. On October 8th, Linda Farr presented at NLC and did a



wonderful job educating the students about why it's exciting to be in the field of Nutrition and how important it is to get your Registered Dietician's License.

On October 13th the students were invited to participate in a beautiful SADA luncheon featuring a Go Texan representative, speaking on the importance of eating

locally, and a lunch consisting of mostly local and organic entrees such as eggplant parmesan, cucumber and beet salad, arugula salad greens with walnuts and feta cheese, squash soup, and pumpkin gooey bars. Octo-

ber 14th, the students went to tour Texas State University and participated in a food lab experimenting with the properties of beets, garlic, and apples.

Events to look forward to

11/04/09

Wednesday at 2:15pm – 3:15pm

NLS Presenter: Dion Turner

RD,LD Director of Nutrition Services, Topic: The importance of eating green and food sustainability, insights on the vast field of Nutrition opportunities, and how she is involved.

NLC in the Wellness Building, Classroom #206

11/12/09

12—2:30pm

Field Trip to UIW: Participate in a Quick Breads Food Lab with other UIW Nutrition Students!!!

Meet at the Project Manager's office (address to the left) at 11:00am or at UIW at 12:00 (Bonilla Hall room #318)

Please note: The students will need to be wearing closed-toe shoes, pants or skirts or dresses that cover to their knees, and no jewelry