“What I saw on this visit was way beyond what any of us imagined when we first started talking about the creation of the Medical Nutrition Therapy Lab,” shares Pat McKlem (’70), who toured the lab in October. It was McKlem’s transformational gift to the Department of Food Science and Human Nutrition that led to the creation of the Medical Nutrition Therapy Lab.

“I was especially excited about supporting this project, because I saw it as a way to build a foundation for nutrition students by giving them the space to practice clinical skills and innovative research, which all contributes to better clinical care in the future and helps to improve the field of medical nutrition therapy,” says McKlem.

“One of the many great amenities in the lab is a hospital room for student interaction with mock patients. They visit the patient after reviewing their medical chart to practice patient interaction,” explains Mary Harris, professor in FSHN and coordinator/instructor of undergraduate and graduate courses in medical nutrition therapy.

Tiffany Weir, assistant professor in FSHN, utilizes the Medical Nutrition Therapy Lab for innovative research.

Weir, along with graduate and undergraduate students, is attempting to identify biomarkers for fruit and vegetable consumption.

This year, the Medical Nutrition Therapy Lab took on a new name in honor of its primary benefactor and passionate supporter, Pat McKlem, as the Patricia A. McKlem Medical Nutrition Therapy Lab.

“It has been so great to see such innovative department heads and faculty take on the project of getting the lab up and running. They are focused on where we need to be going, not just where we want to go. This environment that encourages off-the-grid projects will make this lab home to truly ground-breaking research,” says McKlem.
From the Department Head

The Department of Food Science and Human Nutrition is dedicated to balance and excellence in life, education, research, and engagement. We strive to provide an inclusive environment and envision learning as not only a lifelong pursuit, but also a partnership with our students. I hope that this newsletter provides you with a snapshot of the depth and breadth of our activities, including new facilities and programs, and inspiring work from our faculty, staff, students, alumni, and donors.

As this is my first newsletter as department head, I would like to dedicate it to all of the FSHN family, we thank Chris for his outstanding leadership, tireless guidance, and stabilizing influence. We were lucky to have Chris as a department head for 10 years and continue to be lucky that he remains a valued faculty member and colleague.

Do you remember our kitchen in the Gifford Building, where many of you likely had classes? This well-used space is in dire need of renovation – new equipment and modern updates! The kitchen currently holds classes 4-5 days per week, 6-8 hours per day, providing food preparation, food safety, and culinary education to more than 500 students per year. Transforming the Gifford Kitchen into a modern facility will help us to provide our students with the education that will allow them to not only be competitive in today’s job market, but to also make an impact on the field.

Help transform our kitchen

Please let us know if you would like to be a part of the College of Health and Human Sciences Legacies Project.

Legacies Project

Visit www.chhs.colostate.edu/patkendall to view Pat Kendall’s video.

To make a gift in Pat’s honor, visit www.giveto.colostate.edu/patkendall.

To view a video of Jennifer Anderson, go to www.chhs.colostate.edu/jenniferanderson.

To make a gift in Jennifer’s honor, visit www.giveto.colostate.edu/jenniferanderson.

Interested in supporting the Transform our Kitchen Campaign?

www.fshn.chhs.colostate.edu/kitchen

Pat Kendall and Jennifer Anderson, faculty emeriti from FSHN, were recently honored as part of the College of Health and Sciences Legacies Project.

Kendall Anderson Nutrition Center

Growing with Alumni Support

From hosting gluten-free cooking classes to teaching local dancers how to improve performance through nutrition, the Kendall Anderson Nutrition Center has certainly grown since it first opened its doors in the Gifford Building in 2008. Through the continued generosity of FSHN alumnae, Pat Kendall (’83) and Danette (Anderson) Reagan (’87), the Nutrition Center has now tripled the number of individuals it serves and increased the number of courses offered.

“Danette and Pat’s new gifts allow us to continue to offer the services of three registered dietitians in the KANC,” shares Nutrition Center director, Melissa Wdowik, Ph.D., RD. “That means we can mentor as many as 21 practicing students each semester in addition to undergraduate and graduate volunteers.”

With more students able to utilize this experiential learning space, the Nutrition Center used their talents to help modify their weight management program. Healthy You. The program is now made up of six weekly meetings with a more comprehensive program manual and resources for participants to read on their own time.

Students also aided in updating the popular Dining with Diabetes program based on participant feedback. Both revitalized programs will debut spring semester 2015.

“I have been so impressed by the growth of the Nutrition Center over the last four years and have been pleased to see it continually seek to improve its courses and to develop new ones based on the latest research,” said Kendall, Food Science and Human Nutrition faculty emerita and co-founder of the Nutrition Center.

Fall 2014 also brought many new programs in an effort to increase outreach to underserved populations, medical groups, and worksites. The KANC presented a unique master class on nutrition to a local dance company to help its elite dancers enhance performance and decrease risk of injury or illness.

In order to reinforce healthy habits to a younger population, the KANC visited local Girl Scout troops to teach nutrition concepts and healthy behaviors through fun, interactive activities.

A continuing outreach program this fall was in collaboration with Vida Sana, a community coalition addressing health disparities among Hispanic/Latino and low-income community members in North Fort Collins. The KANC provided nutrition talks in both English and Spanish for members of the Fort Collins Hispanic community, focusing on topics such as eating on a budget, using fruits and vegetables in season, and making traditional meals healthier.

Sharing CSU’s emphasis on providing support and educational opportunities for veterans, the KANC teamed up with the Wounded Warrior Project, presenting a “class and cook” program, which included time in the classroom for nutrition education followed by a hands-on cooking session to practice the skills taught. The focus of the course was healthy holiday eating, in which participants learned healthy substitutions for traditional holiday recipes.

“Each year, the number of outreach programs held by the KANC grows, introducing new populations to the benefits of a healthy lifestyle,” said Kendall. “I couldn’t be more proud of the students and staff.”

Looking to the future, Wdowik is excited to see Reagan’s and Kendall’s individual gifts help make a greater impact on the CSU community. “Moving forward, their gifts give us the ability to expand our collaborations with worksites, as well as CSU student groups including the Recreation Center, CSU Health Network, and Athletics,” explains Wdowik.
The estate of Lillian Fountain Smith, a 1918 CSU graduate and her husband, J. Fish Smith, has funded the LFS conference since 1979. The intended goal of the yearly project is to provide participants with the most current, objective, and authoritative information available in selected areas of human nutrition. The conference is crafted for the benefit of those working in nutrition such as dieticians, public health professionals, food service managers, educators, and students. The 35th Lillian Fountain Smith Conference was held June 5-6, 2014 with topics that included “Understanding Consumer Food Choices,” “Improving Gut Health,” and “Fueling the Active Lifestyle.” An exciting program is planned for the 36th LFS Conference, June 4-5, 2015.

FSHN AWARDS AND RECOGNITION

### 2013

**August**
- Bill Franz was the runner-up for the National Idaho Potato Commission Teaching Award.
- Marisa Bunning and Leslie Cunningham-Sabo were promoted to associate professor with tenure.

**September**
- Leslie Cunningham-Sabo received the Women of Vision Award from the Colorado Women of Influence Organization.
- Susan Baker received the College of Health and Human Sciences Outstanding Engagement Award.

**October**
- Susan Baker received the Distinguished Service Award and the Administrative Leadership Award from the Western Region Division of Epilepsy Sigma Phi.
- Tiffany Weir received a grant from the National Institutes of Health titled “Metabolic benefits of subcutaneous fat accumulation.”
- Michelle Foster received a grant from the National Institutes of Health titled “Bridging behaviors and environments to prevent obesity in early childhood.”

**November**
- Chris Gentile received the Boettcher Investigator Early Career Award.
- Our Colorado Farm to Table Food Safety Team (Marisa Bunning, Elisa Shackleton, Mary Schmidt) received the First Place Western Region Award and Third Place National Award at the NEAFCS Conference in Kentucky.
- Melissa Widorik received the Outstanding Dietetics Educator Award from the Colorado Academy of Nutrition and Dietetics.

**December**
- Laura Beikows received the CHHS Tenure Track Faculty Scholarly Excellence Award.
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FSHN launched a new major, Fermentation Science and Technology, in the fall of 2013. The program has rapidly grown to a current enrollment of 76 students.

Private support has been important to the success of the program. The Anheuser-Busch Foundation donated $200,000 as part of its commitment to community involvement and support of the goals of this new undergraduate major. Anheuser-Busch has been a long-standing supporter of one of the courses within the FST program, Brewing Science and Technology, and views the new FST program as an opportunity to strengthen collaborations and opportunities between industry and Colorado State University.

Odell Brewing Co. in Fort Collins also has provided a generous donation of $100,000 to the FST program. The Odell family and staff are longtime supporters of CSU’s efforts in fermentation science. Doug Odell and several staff members from Odell Brewing Co. have provided guest lectures to students in FSHN and FST, and since 2006, students in the Brewing Science and Technology course have had the opportunity to brew on a commercial scale at the Odell Brewing Co. site. In 2008, Odell Brewing Co. also donated the brewing system currently used in FSHN to educate students about the science of brewing. The program has a strong and active advisory board made up of experts from the food and beverage fermentation industry. These partnerships will promote job opportunities for graduates of the FST program.

Alumni Awards

The College of Health and Human Sciences marked 2014 as the inaugural year for its new alumni awards program. Two graduates of FSHN, Laura Caulfield (’81) and Ann Diker (’98, ’10), were recognized for their outstanding achievements in their fields. Both were recognized at the college’s 2014 Homecoming and Donor Recognition Breakfast last October.

Caulfield was awarded the CHHS Outstanding Alumna Award for her many contributions to the field of nutritional epidemiology and her profound impact on global health initiatives. Caulfield is currently a professor in the Department of International Health at The Johns Hopkins University Bloomberg School of Public Health.

“What makes Dr. Caulfield so deserving of the Outstanding Alumna Award is that her work has not only guided best practices for populations in dire need of help, but also has been translated into active programs around the world,” shares Mike Pagliassotti, FSHN department head.

Ann Diker is the first recipient of the CHHS Emerging Leader Alumna Award. Diker received her M.S. in 1998 and Ph.D. in 2010 from FSHN. Now the department chair at Metropolitan State University in Denver, she led the effort to grow the nutrition program out of the Department of Health Professions into its own Department of Nutrition.

“Dr. Diker has risen to chair of a Department of Nutrition and associate professor status within four years of receiving her Ph.D. By definition she is not an emerging leader, but has already established herself as a leader and visionary,” says Pagliassotti. Congratulations to Laura Caulfield and Ann Diker!

Outstanding Alumna, Emerging Leader Alumna recognized

“Having a food safety network helped CSU assist the Colorado Department of Public Health and Environment in their investigation of the [listeriosis] outbreak.”

M aria Bunning is on a mission to promote food safety throughout the state and region. The FSHN associate professor and Extension specialist knows that the work of CSU’s Extension team can save lives. According to CDC estimates, each year roughly 1 in 6 Americans (or 48 million people) experience a food-related illness, 128,000 are hospitalized, and 3,000 die of foodborne diseases.

The goal of the Center for Food Safety and the Prevention of Foodborne Disease, which Bunning co-directs with Elaine Scallan from the Colorado School of Public Health, is to improve training, research, continuing education, and outreach related to food safety and the prevention of illnesses caused by food. As part of the Colorado Integrated Food Safety Center for Excellence, funded by a grant from the CDC, experts from academia, government and industry in Colorado can work collaboratively to provide up-to-date and accurate food safety information.

“It is truly collaborative in that the Center for Food Safety is anchored at CSU. A joint website is hosted by the Colorado School of Public Health and CSU students have been instrumental in building the website,” said Bunning.

One impetus for the development of these Centers was the 2011 Listeriosis outbreak. “In responding to the Listeriosis outbreak, we needed to own the problem, understand it, and come up with solutions. We now have a better way to do that,” Bunning said. “Having a food safety network helped CSU assist the Colorado Department of Public Health and Environment in their investigation of the outbreak. The center really fulfills the land-grant mission of our University in that we were able to step up and help when needed.”

Another joint collaboration of both Centers is Food Source Information, a website that targets public health professions nationally. FSI is coordinated by James Peth, a doctoral student in FSHN who recently won an award from the Colorado Public Health Association for technical innovation for his work on the site. FSI serves as a wiki (interactive website) which contains contributions from individuals or groups working in food production and food safety in the United States. Content is not only written by contributors in food production/ safety, but is intended as a tool for those in the field to have basic information on production practices within an arm’s reach.

Bunning was recently honored with the 2014 Colorado Agriculture Leaders of Tomorrow Alumni Award for her work on the site. “I think the accreditations show that our work is having an impact,” she said.

Food Safety Network

Promoting Partnerships

Fermentation Science & Technology

Alumni Awards

Outstanding Alumna, Emerging Leader Alumna recognized

Food Safety Network

Serves up Solutions

MORE INFORMATION ON FOOD SAFETY

Center for Food Safety and the Prevention of Foodborne Disease:
http://col.state.co.us/GDP

Colorado Integrated Food Safety Center for Excellence:
http://col.state.colostate.edu/GDP

Food Source Information Colorado:
fsi.colostate.edu

Farm to Table:
farmtotable.colostate.edu

The Farm to Table website is a venture in the Center for Food Safety curated by Bunning. Educating Colorado growers, food workers, and consumers, the website content aims to protect people from foodborne illnesses. Farm to Table was developed in response to a number of major foodborne illness outbreaks, which highlighted the pressing need for updated food safety information and education for fruit and vegetable growers.
We are so proud of our students. In 2014, FSHN reinstated a departmental graduation ceremony that was held at the Lincoln Center and attended by more than 170 graduating students and family. The department recognized undergraduate and graduate student accomplishments with several awards.

**Undergraduate academic excellence awards**

Undergraduate academic excellence awards were based on a grade point average in the top 20 percent of the graduating class. Awardees included:

- Andrea Bell
- Bailey Delaroy
- Sarah Ehrlicher
- Ian Iaby
- Laura Moore
- Jessica Salus
- Heidi Switzer
- Rae Brandenburg
- Michelle Dinges
- Kaycee Giroue
- Makenna Johnson
- Meredith Nimz
- Jian Shi
- Emily Tchen-Tomasino
- Mindy Campbell
- Nancy Eaton
- Erika Hickmott
- Shen Lu
- Kelsey Rairigh
- Alyssa Shrader

**Undergraduate overall excellence awards**

Undergraduate overall excellence awards were based on a combination of academic performance, employment during college, leadership, and extracurricular activities. Awardees included:

- Caitlyn Suelter
- Allison Johnson
- Makenna Johnson
- Wan Lim
- Mindy Campbell
- Kelsey Rairigh

**Outstanding Senior Award**

Alyssa Shrader earned the Outstanding Senior Award. Shrader graduated with a B.S. in FSHN and a minor in biomedical sciences. Her cumulative GPA was 3.99 and she was the recipient of numerous scholarships during her undergraduate tenure including the Green and Gold Scholarship, CSU Honors Scholarship, and the Florence R. Shepardson Memorial Scholarship. She served as an intern at the Kendall Anderson Nutrition Center and the Boulder Nutrition and Exercise Services, and was a Culinary Nutritionist at MenuTrinfo. Shrader’s volunteer activities included work at the Poudre Valley Hospital and Boulder Community Hospital. She also served as the vice-president and president of the Gamma Beta Phi Society.

**Graduate Student Award**

The Graduate Student Award recognizes outstanding graduate students who have excelled during their graduate training. The criteria for this award includes a letter of support from the student's adviser, a personal statement from the student, and evaluation of the student's resume. Awardees included:

- Rebecca Washa
- Chloe MacKinnon