



Students from the Department of NFS represented UK at the American Dietetic Association annual meeting (FNCE) in September.

Department of Nutrition and Food Science Newsletter

December 2011

FIRST- DEPARTMENT UNVEILS NEW CORE VALUES

FOCUS ON THE CONTRIBUTIONS TO EXCELLENCE IN LEARNING, DISCOVERY AND ENGAGEMENT.

INNOVATION IN IDEAS WILL CONTRIBUTE TO EVIDENCE-BASED BEST PRACTICES IN THE PROFESSION OF NUTRITION AND DIETETICS.

RESPECT AND DIGNITY FOR OTHERS WILL ALLOW SERVICE TO OTHERS TO BE OUR HIGHEST PRIORITY.

SUCCESS IS REACHED BY EMPOWERING ALL INDIVIDUALS TO REACH THEIR FULL LEADERSHIP POTENTIAL.

TEAMWORK FOSTERS PARTNERSHIPS BETWEEN STUDENTS, FACULTY, ALUMNI, AND COMMUNITY ALLIES.

The Department of Nutrition and Food Science has unveiled new core values to help share the goals and direction of the department. Each letter in 'FIRST' stands for an attitude or behavior that the department will represent.

The acronym 'FIRST' is used to define several key characteristics that the faculty, staff, and students will strive to exemplify through their academic work and interactions with others. 'FIRST' embodies the department's commitment to student success and academic excellence.

The new core values will also provide a strong sense of identity that symbolizes unity and pride in the department that we represent. New signage will be created and placed around the department hallways- so keep an eye out for the new look!



IMPORTANT DATES

- **November 30** - Wednesday-Last day for filing an application for a May 2012 undergraduate degree online in myUK
- **November 30-December 19** - Wednesday through Monday - Add/Drop for registered students
- **December 5** - Monday - Deadline for applying for admission to the Graduate School for the 2012 Spring Semester
- **December 5-19** - Monday through Monday - Final grading window is open. The 19th is the final deadline for submission of grades online in the grading portal.
- **December 9** - Friday - Last day of classes
- **December 12-16** - Monday through Friday - Final Examinations
- **December 16** - Friday - Last day for candidates for a December degree to submit a thesis/dissertation to The Graduate School
- **December 16** - Friday - End of 2011 Fall Semester
- **December 16** - Friday - December Commencement
- **January 11** - Wednesday - First day of classes for Spring 2012 semester

Volunteer Opportunities during the Holidays



FAST FACTS

15%

of U.S. households (17.2 million) were food insecure at some time during 2010

46%

Increase in Central Kentucky families in need of food assistance provided by God's Pantry since 2006

**FOR MORE INFORMATION VISIT-
WWW.GODSPANTRY.ORG**

Advising Corner

Spring semester starts on January 11th. If you were not able to enroll in a class that you need, the winter break is a good time to check if spots have become available.

Pay attention to your Add/Drop dates and check the myUK schedule frequently for open seats in classes or waitlists. Students often shuffle their schedules over the winter break and spaces are likely to open.

If you are enrolled in a distance learning (online) course for the spring semester it is essential that you check Blackboard for that class January 9th. Course information will be posted. It is **your responsibility** to check Blackboard.

If the holidays put you in a giving mood, consider volunteering at a local homeless shelter, nursing home or hospital. You can help prepare meals or visit with the residents. If you don't know of a local volunteer organization that is planning holiday visits, start your own group. Ideas provided by www.givespot.com.

- Call your local United Way and ask for a list of homeless shelters and other agencies that serve food in your community, and then call each shelter to ask if you can volunteer during the holidays. Be ready to call numerous places in order to find a place to volunteer on a holiday, and have an alternative if you cannot find a place on your preferred day.
- Call the Salvation Army to see if they will be delivering meals or serving meals during the holidays and if you could volunteer to help with either activity. Call at least four months in advance.
- Contact your local office of Meals on Wheels. They will prefer that you volunteer several times before the holidays, to prove yourself as a reliable volunteer, before signing you up for any days during the holidays.
- Contact local hospice organizations to see if you could help with meal delivery or other services during the holidays, or on a specific day.
- Call your local USO, VFW, VA hospital and other veterans' organizations and ask them if they will be doing any activities during the holidays that you could volunteer for.
- Call your local hospital and ask to speak with the volunteering coordinator. Ask her if it would be okay for you to make get well cards for all the children in the pediatric unit that will be there during the holidays, or on Thanksgiving or Christmas in particular, how many cards you would need to make to ensure each child got such a card, and how you would deliver those to the hospital.
- Make a list of all of the various senior homes in your immediate area. Call each and find out how many people are living in each, and if it would be okay for you to make and drop off *Season's Greetings* cards you make.
- Make baked goods and, on the holiday of your choice, drop by places that might have someone working -- animal shelter staff, police, firefighters -- and distribute them with your best wishes.
- Practice singing 5 - 10 short songs with families or friends then call your local hospital or senior home and see if you could perform there during lunch or supper for patients or residents during the holidays.
- Clean up or decorate a room in a facility serving youth, seniors, patients, etc.
- Arrange to do a canned food drive to benefit your nearest food pantry at your workplace, community of faith, ethical society, civic group, sports facility, or central site in your neighborhood.
- Note that for certain activities, nonprofits may require that the names and home addresses of all volunteers be supplied to them. They may require volunteers to undergo criminal background checks. Don't be offended; respect the policies and procedures of nonprofit organizations regarding volunteer involvement, some of which may be required by law, just as you expect employees to adhere to policies and procedures at your workplace.

