



DIETETICS & HUMAN NUTRITION UNIVERSITY OF KENTUCKY

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Department of Dietetics and Human Nutrition Newsletter

September 2013

Study Abroad Opportunities

The University of Kentucky has many opportunities to study abroad, so take advantage of these wonderful experiences!



UK Education Abroad is hosting their annual Education Abroad Fair on Wednesday, September 11, from 10am to 3pm in the Grand Ballroom of the UK Student Center.

This major event is designed to encourage students to explore opportunities for studying abroad. It's also a perfect chance to learn about our many UK faculty-directed and exchange programs, get comprehensive information on scholarships, explore the array of international internship and research opportunities, and chat with students who've already studied abroad. There will be free t-shirts, popcorn and door prizes, too!

For more information about the [Education Abroad Fair](http://www.uky.edu/international/node/782), visit <http://www.uky.edu/international/node/782>

Hope to see you there!

IMPORTANT DATES

September 2013

- **September 10 - Tuesday** - HES Welcome Picnic, Erikson Hall Front Patio, 4:00-5:30 p.m.
- **September 18 - Wednesday** - Last day to drop a course without it appearing on the student's transcript
- **September 25 - Wednesday** - Last day to officially withdraw from the University or reduce course load and receive a 50 percent refund

October 2013

- **October 21 - Monday** - Midterm of 2013 Fall Semester

November 2013

- **November 4-26** - Monday through Tuesday - Priority registration for the 2014 Spring Semester
- **November 8 - Friday** - Last day to withdraw from the University or reduce course load. Students can withdraw or reduce course load after this date only for urgent non-academic reasons.
- **November 27-30** - Wednesday through Saturday - Thanksgiving - Academic Holidays
- **November 30 - Saturday** - Last day for filing an application for a May 2014 undergraduate degree online in myUK

AMAZING Study Abroad Opportunity Just for DHN Students!



Dr. Sandra Bastin and daughter Victoria

The Italian Table: An Exploration of the Heritage of Sustainable Food and Cultural Diversity

May 12 to May 31, 2014

(Save the date! More information in the
October DHN Newsletter)



This three-week education and discovery program, which will be led by [Dr. Sandra Bastin](#), focuses on understanding the relationship between food and community health by following the Italian food chain from farm to table, while experiencing the diversity of old world history and culture in both rural (Tuscany and Emilia-Romagna) and urban (Florence, Rome and Venice) areas of Italy.

We'll spend time at Spannocchia, a sustainable working farm and estate, complete with the basics to produce olive oil, Pecorino cheese, honey, salt-cured meats, heirloom vegetables, and more. Food related tours and workshops will emphasize the social, cultural and environmental factors that have shaped dietary practices and nutrition patterns of the Mediterranean diet, making comparisons to our own American diets. We'll also observe innovative systems of local food production and marketing that continue to contribute to the Italian sustainable food chain. As we journey through the Renaissance city of Florence, the epic metropolis of Rome and the island city of Venice, we'll rediscover the classics of literature, history and moral philosophy that continue to shape our future. The Duomo in Florence, Venice's Doge Palace and the Coliseum in Rome set the stage for a debate in historic, social and economic diversity.

Dietetics Administration Graduate Students Experience Summer Research Abroad

Beth Bronner and Whitney Asher - Dietetics Administration Graduate Students

Beth Bronner and Whitney Asher, graduate students in dietetics, traveled to Ecuador as part of collecting data for their research theses. This summer Beth and Whitney went to Santo Domingo to explore the culture of the families they were researching to determine the nutritional issues that influence the growth and development of young children. Beth studied the children in an urban community while Whitney learned about the Tsachila, an indigenous group in a rural community.

Volunteer Opportunities

VOLUNTEER OPPORTUNITIES

Be Competitive and Get Involved By Volunteering in Your Community

Consider getting involved in one or more of the organizations listed below. For more ideas on where to volunteer in the community visit the website <http://www.volunteermatch.org/>. Tell the supervisor that you are a Dietetics or Human Nutrition student to make them aware of your unique skill set! You can also visit the UK Center for Community Involvement in Room 106 Student Center or visit <http://getinvolved.uky.edu/cco/> for additional ideas.

Join student organizations: Student Dietetic and Nutrition Association; Phi Upsilon Omicron; Bluegrass Academy of Nutrition and Dietetics; Academy of Nutrition and Dietetics; UK Association of Family and Consumer Sciences

UK affiliated clubs and opportunities: UK Extension; College of Agriculture, Food, and Environment Ambassador; Kentucky 4-H Youth Development; Office of Undergraduate Research FUSION; K-Week Volunteer

Community Organizations:

Kentucky Commission on Community Volunteerism and Service
 Church organizations (Catholic Action Center, etc.)
 Diabetes Summer Camps
 Local Hospitals (UK Hospital, Good Samaritan, etc.)
 Kidney Health Alliance of KY
 Cardinal Hill Rehabilitation Hospital
 Kentucky Children's Hospital
 Planned Parenthood
 Hospice of the Bluegrass
 Federal Medical Center in Lexington (prison facility)
 Senior Centers
 Assisted Living Facilities
 The Breckinridge
 Lexington Rescue Mission
 Legal Aide of the Bluegrass
 Nursing Home Ombudsman Agency of the Bluegrass
 American Cancer Society Hope Lodge
 HOPE Center
 Ronald McDonald House Charities of the Bluegrass
 Florence Crittenton Home
 Lighthouse Ministries
 Center for Women, Children and Families
 Lexington Leadership Foundation
 YMCA/YWCA
 Salvation Army

Faith Feeds of Kentucky, Inc
 God's Pantry Food Bank
 God's Hands Food Pantry
 Moveable Feast
 Meals on Wheels
 Good Food Co-op
 Kentucky Horse Park Events/Festivals
 Central Kentucky Riding for Hope
 East 7th Street Center
 Carnegie Center for Literacy and Learning
 Bluegrass Domestic Violence Program
 Specialized Alternatives for Families and Youth
 Down Syndrome Association of Central Kentucky
 Girls on the Run
 March of Dimes – Bluegrass Division
 AIDS Volunteers, Inc
 Community Action Council
 Child Development Center of the Bluegrass
 Lexington-Fayette Medical Reserve Corp
 Kentucky Refugee Ministries
 Visually Impaired Preschool Services
 Habitat for Humanity
 Big Brothers Big Sisters of America
 Central Kentucky Blood Center