

FIND YOUR NICHE IN NUTRITION!



The Department of Nutrition offers several opportunities for students to gain hands-on experience in their areas of interest. These groups can help you get to know fellow nutrition majors with similar interests, collect volunteer hours, and network within and outside of WCU.

Student Dietetic Association



The Student Dietetic Association (SDA) is a pre-professional organization for all department of Nutrition majors and minors. It is the mission of the SDA to further the individual welfare of its members; service the West Chester community; broaden knowledge in the field of nutrition & dietetics; and facilitate the exchange of information and experience by promoting camaraderie among students, educators, and professionals throughout the community. The club meets every Monday night at 7:30 PM. Weekly meetings often host professional guest speakers representing all areas of the profession.

ADVISORS: Drs. Chrissy Riccardo and Sandy Sarcona

Food System Club

Love to cook and mingle? Join the Food Systems club to get hands-on menu planning, purchasing, and food prep experience. This club works together to showcase the culinary talents of the department of Nutrition. Sample events include cultural cooking demonstrations, CHS Affinity Day, Homecoming, Alumni Weekend, graduation and CHS Nourish days.



ADVISOR: Dr. Jeanie Subach rsubach@wcupa.edu

Ram Chefs



The Ram Chefs is a culinary education program for young adults with developmental disabilities that meets every Wednesday 4:00-6:00 in the food lab. Student coaches guide the Ram Chefs in lab set-up, recipe execution and clean-up. This is a great opportunity to build cultural humility while serving the community.

ADVISOR: Dr. Jeanie Subach rsubach@wcupa.edu



College Diabetes Network and Awareness Club

Get involved with other students to educate peers and raise awareness of diabetes in the community and on campus! Become part of our vibrant community.

What can CDNAC do for you?

- Meeting and networking with your peers
- Career opportunities
- Network with professionals and Volunteer opportunities
- Participate in research projects
- Diabetes Prevention Program

ADVISOR: Dr. Tricia Davidson pdavidson@wcupa.edu

WCU Sports Nutrition Education and Fueling Program

The Sports Nutrition Education and Fueling Program is for students who are interested in working with athletes. The purpose of this group is to provide nutrition education and fueling for the WCU athletes and conducts research in this area. The WCU Sports Nutrition Education and Fueling Program promotes a food first, evidence-based approach that helps guide student-athletes towards making healthier food choices that will properly fuel them for their specific sport.



The Fueling Program involves distributing healthy snacks to the athletes either at practice or for games and “Go Bags” for healthy snacking on the bus for away games – or for athletes who are running from practice straight to class for the evening.

The Nutrition Education Program includes: Q & A sessions, team talks, individualize counseling, cafeteria tours, grocery store tours, cooking demos, diet analysis, calculation energy/ macronutrient needs, dietary supplement reviews, and Bod Pod testing/interpretation.

ADVISOR: Dr. Christine Karpinski ckarpinski@wcupa.edu