WELCOME BACK HORNETS to the Fall 2012 Semester!

This is a monthly newsletter created by the FAN Club for our fellow peers. Each month we will include information about upcoming events, articles related to health and nutrition, as well as, healthy recipes, volunteer opportunities, and more.

The Food and Nutrition Club is a campus organization sponsored by the Family and Consumer Sciences Department at CSUS. We encourage students who are majoring in Dietetics, Food and Nutrition, Pre-Nursing, Biology, Chemistry, Social Work, or anyone interested in food and nutrition to join our club.

The goal of the FAN Club is to educate the student body on nutrition related issues by holding outreach events on campus such as the Nutrition Jamboree. We also provide many volunteer opportunities to our members in the Sacramento area through local hospitals, agencies, and other related personal contacts. We provide many networking opportunities for students interested in working in the nutrition field.

If you are interested in joining the FAN Club please stop by Mariposa 3000 to pick up and fill out a club form.

FAN CLUB HELPING TO “FEED MY STARVING CHILDREN”

by: Alexia Hall

Do you ever see news stories about famines in third world countries and the images just break your heart? Do you see the little children with emaciated arms and the swollen bellies, suffering from kwashiorkor, and wish there was something you could do?

This problem is very complex and the solution must deal with political, cultural and distributional challenges. Feed My Starving Children ™ (FMSC) is an organization that has managed to do just that.

With just a 7% overhead cost, FMSC has developed a meal that costs only .22 cents to produce. This meal consists of rice, protein powder, dehydrated vegetables, and vitamins and minerals. Cooking a bag of rice is simple and easily understood by just about any culture in the world. FMSC has also solved the distribution problem by creating partnerships with other aid organizations allowing for the use of established supply routes.

The Food and Nutrition Club will be joining this effort to pack 500,000 meals on Thursday, November 15th from 6-8pm and Saturday, November 17th from 12-2pm at a FMSC mobile pack event at William Jessup University in Rocklin.

(continued on next page)
**Slim Guacamole**

**Ingredients:**
- 2 Cups frozen thawed peas
- 1/2 cup green onion
- 1 tablespoon fresh cilantro
- 1 ripe avocado
- 1 clove garlic
- Dash hot pepper sauce
- Spice to taste

**Directions**
1. Place peas, onion, garlic, and cilantro in food processor.
2. Process on high speed until smooth.
3. Add avocado, hot pepper, and lime juice. Pulse on high until chunky.
4. Serve immediately with whole-wheat pita triangles or baked tortilla chips.

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**Vegetable Beef Barley Soup**

Sauté 12 ounces lean beef in 1 tablespoon vegetable oil; drain fat.

Add 4 cups low-sodium beef broth, 1 cup chopped onion, 1/2 cup chopped celery, 1 teaspoon oregano, 1/4 teaspoon pepper, and 2 minced garlic cloves. Cover; simmer 1 hour.

Add 1 cup frozen veggies, 1 can diced tomato, and 1/2 cup quick-cooking barley. Cover; simmer 15 minutes.

338 cal, 24g protein, 29g carbs, 14g fat (4g saturated), 6g fiber.