Dear FNES Alumni and Friends,

It is my pleasure to share with you all the happenings in your department since our last newsletter. FNES faculty and our wonderful students have been busy working on research and service projects. I am grateful to all of you for your generous support that allows us to recognize student achievements in scholarship and service to the college and the community.

We will love to hear from you about your professional and personal achievements that we can share with everyone. I also look forward to hearing your ideas about engaging with our students so they may benefit from your professional expertise, experience, and network. Please check the FNES website for links and an invitation to join a social media group of your fellow alumni!

Best wishes,
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Best Wishes,
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New Faculty

We welcome two new faculty members to the FNES group.

Jihee Choi, PhD, earned her doctoral degree in hospitality management from the Ohio State University. Her major research interests include food safety training intervention development for employees in the commercial and non-commercial foodservice industry, food crisis management, and food safety for vulnerable populations.

Ray Fredrick, EdD, joined the FNES physical education pedagogy group in Spring 2019. Ray completed his doctoral work at Teachers College, Columbia University. His research focuses on teaching and learning in physical education, youth development, and outcomes in field settings, such as schools.

FNES Faculty News

Anoop Balachandran’s Healthy Aging and Exercise Laboratory is now fully functional. It completed its first research project which assessed the validity and reliability of a new test to measure lower body power in older adults.

Eve Bernstein received the Hellison Interdisciplinary Research Grant from the National Association for Kinesiology in Higher Education to explore female minority City University community college students’ personal responsibility actions during physical activities. She also was a reviewer for the United Nations Educational, Scientific and Cultural Organization’s (UNESCO) fourth worldwide survey for physical education activities.

Sungeun Choi is conducting a PSC-CUNY-funded research project titled “Effects of Miracle Fruit Supplement on Hedonic Responses and Food Intake in Diabetic Patients.” She also presented her work on consumer acceptances of miracle fruit product application at the Poster Theater Flash Session during the American Society for Nutrition’s (ASN) Nutrition 2019 Conference in Baltimore, Maryland. Sung’s paper, titled “Effects of Different Miracle Fruit Products on the Sensory Characteristics of Different Types of Sour Foods by Descriptive Analysis,” will be published in the Journal of Food Science.

Research assistants (Dan and Mark) measuring lower body power using a pneumatic leg press in the Healthy Aging and Exercise Science laboratory.

Choi at the Poster Theater Flash Session during ASN’s Nutrition 2019 in Baltimore, MD.
Student Club News

The Human Development and Family Science club was very active throughout 2018–2019. The club invited several guest speakers to present about the wide range of graduate school programs, resources, and careers available to students in our field. Of note, alumni Rebecca Heller and Shana John-Cortes spoke about their experiences in obtaining their Masters of Social Work (MSW). Dr. Riina also led a workshop about the graduate school application process.

If you are interested in coming to share your career path and experiences with the club, please contact elizabeth.riina@qc.cuny.edu.

Phi U and the Dietetics Club hosted the Welcome Back party in September to a great turnout. Dr. Jeff Beeler was the guest speaker. The clubs also worked together to participate in the Health Fair and are looking to participate in more campus-wide events later in the semester.

The Dietetics Club and the dietetic interns jointly worked on a mentoring program to assist undergraduates in the dietetic intern application process. This year, the club added an undergraduate committee to assist with pairing up the undergraduate mentees with the dietetic intern mentors. The two groups met for the first time and have been paired up for the remainder of the school year.

Program News

Food Management Studies Program

The Spring ’19 FNES 203 culminating experience was preparation of a quantity meal for donation. Under the guidance of Stacia Helfand (Spring ’19), the quantity meals were donated to City Harvest.
FNES Composting Initiative

Under George Giannopoulos’ leadership, the FNES composting system is now fully operational. We are using a two-bin system, which provides students with the opportunity to engage in “no-waste” behavior, with the aim to expand campus-wide. Collection of food scraps originates at several FNES food lab classes, extending to the dining hall of our college campus; we will also be accepting drop-offs from compost sensitive faculty and surrounding local community. Appropriate signage at the compost site helps to minimize accidental compost contamination. The finished compost material is used to nutritionally enrich the existing soil of the FNES garden, and extra compost is donated to campus facilities and community gardens.

FNES Garden News

Stacia Helfand, FNES Garden Coordinator, and alumnus Theron Cooley supervised several student volunteers for a bountiful growing season. The garden produced nearly 400 pounds of vegetables. The produce was distributed for free over eight farm stands in July and August in the Dining Hall, and the remainder was used in the FNES 105 sustainability class; excess was donated to the QC student-run food pantry. The produce grown and harvested included arugula, radishes, shiso, peppers, tomatoes, fennel, jalapenos, shishito peppers, eggplant, kholrabi, turnips, potatoes, broccoli, cabbage, squash, pumpkins, mustard greens, collard greens, beets, kale, various lettuces, cucumbers, green beans, pole beans, tomatillo, husk tomatoes, carrots, sunflowers, bok choy, asparagus, and herbs of all kinds.

FNES student volunteers at the FNES farm stand in August,

FNES composting site