

TC “Health Nuts” Bring Monthly Events to Students *By Tyffanie Ammeter*

The Nutrition program has a student-run committee that is dedicated to planning a variety of events for the students. The group began unofficially in the spring of 2014 as Jessica Laifer, Emily Braaten and me brainstormed ways in which we could get to know our nutrition classmates outside of the classroom. We hosted our first happy hour in April 2014 at Amigos, a Mexican restaurant within walking distance from campus. Over 30 students ranging from first semester students to those in the dietetic internship attended. We also ended the spring semester with a "Calm Before the Storm" yoga class taught by nutrition student Deborah Olarte as a way to distress right before finals.

Over the summer we hosted a naming contest as we began to formalize the group and plan for the fall. Thanks to the creative genius that is Morgan Bookheimer, we are now called the “TC Health Nuts Events Committee.” Our mission is to facilitate a greater sense of community in the Nutrition program and provide

opportunities for students to meet, network and socialize with each other outside of the classroom.

We have worked hard to host an event each month of the fall semester. We kicked things off with a Welcome Back Potluck in the Russell Courtyard in early September as a way to meet new students, catch up with old friends and enjoy the beautiful weather while we munched on the delicious food that everyone brought!

In October, we got our groove on in a Pon de FLO exercise dance class taught by our co-founder Jessica Laifer in Whittier Hall. The highlight of the semester was our jam-packed movie night at Dr. Randi Wolf’s home. With standing room only, we watched “Fed Up” and had a great discussion about the myriad of issues brought up in the film. Dr. Wolf cooked a delicious meal for all and several students contributed with amazing desserts to top off the evening!

We rounded out the last month of the semester with our first ever Holiday Party, held in the EarthFriends room in early December. We wanted to share

some holiday spirit before everyone got too far into preparation for finals. The evening included some delicious snacks—most notably the coffee toffee made by Jenna Kaufman-Ross—and a laughter-filled white elephant gift game. To end things on a high note, a social hour was held on the last day of classes at Dinosaur BBQ in West Harlem.

We will be starting the spring semester off with the Alumni Panel on Jan. 28th from 5-7pm. We also hope to have a happy hour in early February to welcome the new students and to catch up on everyone’s winter break. Keep a lookout on the TC Nutrition Program News Blast and on our Facebook page (search “TC Health Nuts Events”) for the announcements!

We are looking for some new members to join the Health Nuts Committee in the spring since two of our current members will be heading into the dietetic internship in the summer. If you are interested in being a member, email us at healthnutsevents@gmail.com for more information!



TC Health Nuts Co-founders (R-L): Tyffanie, Emily & Jessica



(Right) Fall 2014 Movie Night Group Picture