# January 2016

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Abbreviations:**
- **CT** - Childcare Table
- **MNT** - Monarch Nutrition Table
- **Clinic** - Student Health Services Nutrition Clinic
- **SHST** - Student Health Services Table
- **MF** - Monarch Fuel
- **Drop It** - Drop It Like It’s Hott
- **F&FN** - Food & Fitness Night

For more information: Visit: SHS Health Promotion in room 1525 (North Webb), Call: 757-683-5927, Email tconder@odu.edu

*SHS supports ADA accessibility. Please contact us if you will require accommodations to participate.*
Nutrition Program Descriptions

Childcare Center Table

We haven’t forgotten that eating healthy is easier when you learn at an early age. That’s why the pre-school children get their very own table event! Based on the food groups and the “ChooseMyPlate” method of eating, parents and their children will learn fun nutrition games, activities and recipes.

Drop It Like It’s Hott… the Healthy Weigh!

Join our 6 week fast-track program to a slimmer, healthier you! Each 1 hour class includes interactive discussion on nutrition, behavior modification and exercise. Facilitated by our ODU Dietitian, Tracy Conder, RD, CSSD, this series is the best collaboration of Student Health Services, Recreation & Wellness and Counseling Services! Let our experts help you drop it like it’s hot... ODU style. After all you only get one body, with no refunds or returns. Learn how to treat it right today!

Food & Fitness Night

This is a fun and social program that will allow you to learn about physical activities and food culture from around the world. Come join the SRC and our ODU Dietitian in some food and fitness fun! Don’t forget to wear exercise clothes.

Healthy Bites Table events at each Dining Hall

Stop by the Healthy Bites table in Café 1201 (and other Webb Center locations) where our Dietitian brings nutrition “talk” to the table. Students will learn about healthier snack alternatives that they may not have tried before. All snack samples can be found on campus in Monarch Dining retail locations. Learn how easy it can be to eat healthy here at ODU!

Monarch Meals in the Microwave

Microwave meals in minutes: hot and healthy... quick and easy! Join our Campus Dietitian as she demonstrates microwave meals any Monarch can make for breakfast, lunch, dinner and/or snacks! Recipes and samples provided.

Monarch Nutrition Table

Stop by the Monarch Nutrition Table for great information and tips from our Campus Dietitian. Topics may include: hydration, smoothie taste test, tips for eating healthy in the dining hall, dorm refrigerator ideas, grocery shopping tips, and meal planning.

Monarch FAVE!

Monarch FAVE! is an ODU campaign encouraging students to eat more fruits and vegetables! You won’t want to miss being a part of this campus-wide event! Join us at weekly programs during National Nutrition Month (March) to earn prizes and incentives. There are plenty of programs to choose from at a variety of times. It’s easy, fun and healthy! So ODU, when someone asks you “What’s YOUR FAVE?” You can reply with your favorite fruit and veggie and know you are part of an amazing health movement on campus!

Nutrition Corner

Each week throughout the semester our campus dietician will be in the SRC lobby providing information on a specific nutrition topic. Topics may include: hydration, smoothie demos/taste test, tips for eating healthy in the dining hall, dorm refrigerator ideas, grocery shopping tips, meal planning and more!

Nutrition Clinic (SHS)

Students needing Medical Nutrition Therapy due to medical concerns such as: Diabetes, Cardiovascular Disease, High Blood Pressure, Celiac Disease and other digestive problems may see our dietician for an individual consult. Consults are by appointment only and are scheduled through Student Health Services by calling (757) 683-3132.

Monarch Fuel

Want to get the most out of your workout? Have you been working out and not getting the results you are looking for? If so, then it may be what you are eating. Studies show improvement to muscular strength in as little as three weeks when a few key eating strategies are put into place. Stop by our Monarch Fuel table at the SRC as our ODU campus dietician dishes out cutting edge sports nutrition; handouts provided. Come on out and give your plate a workout!