Implementing Sustainable Food Systems in Dietetics

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COURSES

NDFS 4490 and 4500 are Community Nutrition Supervised Practice experiences and NDFS 4570 provides Clinical Nutrition experiences for junior students in the Coordinated Dietetics program at Utah State University. Rotations include experiences at the Dolores Dore Eccles Early Child Education, Soup Connection, the USU Student Athlete Fueling Station, Cache High School, Sunshine Terrace and Logan Regional Hospital.

These courses provide hands on Service Learning opportunities for students to work in various assessment, teaching and training environments in community and clinical nutrition.

INSTRUCTOR

Sheryl S. Aguilar has a BS degree in Nutrition and a Masters in Health and Human Movement from Utah State University. She has worked as a Professional Practice Assistant Professor in NDFS since 2014. Prior to that, she worked in the Center for Human Nutrition Studies at USU 2008-present. For more than two decades, she has worked as a clinical dietitian and diabetes educator in hospitals, clinics, doctors offices, long term care and assisted living.

ACTIONS

The following have been added to their assignments:

Soup Connection:
- Determine the % by weight and by number of the ingredients in soup that are local (within 100 miles).
- Give 2 suggestions that could 1) save money and 2) make the soup more sustainable. What would the barriers be to implementing these changes?
- Tour the USU Permaculture Garden, Student Organic Farm, and composting site. Take a quiz on basic knowledge you would learn. Be able to answer the following questions:
  - What two plants would you recommend that we grow in the Permaculture Garden and how could they be used in Soup Connection? What consideration would you take to promote sustainability with these new crops?
  - Discuss 3 things that you learned during the tours of the Cache High gardens, Student Organic Farm and composting site and expound on how they influenced your attitudes toward sustainability.
- Write a paragraph about your experience at Cache High. How did you incorporate sustainability into your meal?
- Determine the plate waste for the center. After collecting and analyzing results, write a short proposal for changes that should be made to increase intake.

Preschool:
- Determine if this would impact cost and specify how much.
- Present your final plan.
- If possible, help them implement the plan.

Clinical Seminar:
- Assess Dietary Intake Records for the following:
  - Pesticide load of fruits and veggies
  - Sustainable seafood
  - Food preparation techniques
  - Food waste
  - Distance food traveled

STUDENT OUTCOMES

Students will understand and be able to apply sustainability concepts in the workplace in both community and clinical settings as measured in their assignments and reflection papers.

Students will be able to apply sustainable food concepts into their personal habits.

IMPACTS

Our student will become the leaders of the profession. If they understand the concepts of sustainability and how to implement them, it will become second nature to them. They will pass it on to those in their sphere of influence. The question will change from ‘can we afford to be sustainable’ to ‘how can we not afford to be sustainable?’

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ACTIONS

Sustainability will be our overarching theme in rotations this year. In our initial meeting, I introduced the concepts, had students brainstorm how they have incorporated these into their lives to this point and what they may be able to do more. We focused on affecting their sphere of influence at home and in the workplace.