

Family and Consumer Science students give back to Martin community

University of Tennessee at Martin Family and Consumer Science students have been taking an active role in helping those in need in the local community. Each month during the school year, the Beta Sigma chapter of Phi Upsilon Omicron, a national honor society, partners with Trinity Presbyterian Church to prepare food for those who might not have a meal otherwise. The students prepare entrees to serve 36 people while church members cover the remaining amount of entrees and other food items. The honor society students and their university faculty advisor, Amy Richards, participate in the assembling of the meal packets and their subsequent distribution.

The honor society members and their advisor are offering a cooking class on the evening of March 20 for We Care participants at Martin Housing Authority with childcare provided by the students. Participants will learn cooking skills for preparing a meal using ingredients in the monthly food packets they receive from We Care.

The students, under guidance by their advisor, are also developing small recipe books to provide to We



CHILI FUNDRAISER — Students of the Beta Sigma chapter of Phi Upsilon Omicron (from left) Kaitlyn Sanders, Katelyn Caldwell and Ashley Mendez, recently held a chili/soup fundraiser to raise money for a scholarship award for a Family and Consumer Sciences freshman or first-year transfer student.

Care participants when they pick up their monthly food packet.

The students of the Beta Sigma chapter of Phi Upsilon Omicron initiated a scholarship for a Family and Consumer Sciences freshman or first-year transfer student, with the first re-

cipient being awarded in the spring of 2019. The students held a chili soup fundraiser in February to raise money for the scholarship.

In September, seven honor society members traveled to Boston for the biannual Conclave — they worked hard all year to raise money



GIVING BACK — UTM students (from left) Lacey Adams and Kaitlynn Campbell joined Trinity Presbyterian Church members to help serve meals to those in need at We Care Ministries.

for the trip through bake sales and a pancake supper and paid part of their own way in addition to funds being donated to help them cover the costs.

Last year, in addition to partnering with Trinity Presbyterian Church to help serve meals to those in need at We Care, the honor

society students collected more than 200 stuffed animals that they delivered to Le Bonheur Children's hospital in Memphis, with some stuffed animals being delivered to the children in their rooms by the UTM students.

Towards the end of March, two UTM FCS fac-

ulty members, Lori Littleton and Amy Richards, will be providing nutrition education to children at the UTM Children's Center on behalf of West Tennessee Academy of Nutrition and Dietetics for which Richards is currently president with a \$200 grant from the Tennessee Academy of Nutrition and Dietetics to conduct National Nutrition Month activities.

The Department of Family and Consumer Sciences offers several educational pathways within the degree of Family and Consumer Sciences, including the pathway of becoming a registered dietitian. Several of the students within the honor society have dietetics as their concentration. Other students in the honor society are concentrating in child and family studies; gerontology; food and nutrition; hospitality and food service management; fashion merchandising; and family and consumer sciences education.

The department also has a Student Dietetics Association for which Littleton is the advisor. This group also helps out the community through work with school backpack programs and other projects.



A DAY ON THE HILL — UT Martin Dietetics faculty took Dietetic Interns and students to Nashville for the Tennessee Academy of Nutrition and Dietetics annual Day on the Hill and met with chairman, State Rep. Andy Holt and State Sen. John Stevens. On hand were (from left) UTM's Dr. Amy Richards; professors Brian Carroll and Lori Littleton; Kaitlyn Campbell; Stevens; Katelyn Caldwell; Chrystal Dickson, Clinical Nutrition Manager, Jackson Madison County General Hospital; Amanda Steele; Ashley Mendez; Kaylee Allen and Morgan Conder

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examination must be taken and passed to become a registered dietitian. Registration exam requirements are set by the Commission on Dietetic Registration (CDR). Additionally, in most states including Tennessee, state licensure must be applied for and maintained. Throughout one's career, continuing education is required to maintain registration and licensure.

If an individual is not able to obtain a dietetic internship or decides that he or she does not want to pursue that pathway, an alternative pathway is available. Upon completion of

a bachelor's degree in dietetics, students are eligible to sit for the registration examination for the Nutrition and Dietetic Technician Registered (NDTR). Upon passing the NDTR examination, the individual is able to practice in hospitals, medical clinics, and long-term care facilities under the supervision of a registered dietitian nutritionist when working directly with patients and independently when working in areas that do not require medical supervision such as school food service and community wellness programs.

At present, there is a national shortage of internship spots. Approximately one in every two applicants gets accepted to a Dietetic Internship, making

the application process very competitive.

The mission of the Dietetic Internship at UTM is to prepare graduates for the registration examination and the preparation of entry-level registered dietitian nutritionists who are competent to deliver nutrition therapy as Registered Dietitians Nutritionists in hospitals and community-based nutrition programs.

Currently, the program has 10 interns, five of whom are from the UTM undergrad program, with the others coming from Tennessee Tech, Lipscomb, Middle Tennessee State University and Chattanooga.

UTM offers 1,200 hours of supervised practice at sites in

Memphis, Jackson, Franklin, Columbia, Nashville, Knoxville and Chattanooga. It is the only Tennessee program of the seven Dietetic Internships to offer such a wide geographical area.

UTM interns are not only placed in hospitals, but also WIC and dialysis clinics, long term care, UT Extension and school nutrition. For more information on internships, contact Brian D. Carroll, Dietetic Internship Director. For Food and Nutrition Concentration, contact Lori Littleton, assistant professor. For more information on Dietetics, contact Amy Richards, assistant professor and director.

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harvest seasons a pleasant experience for both sellers and buyers. She frequently provides activities for the children on the grounds and has introduced many of the farmers to the use of the EBT card so that those utilizing SNAP benefits can now also take home fresh vegetables.

The Dresden market provides space for nearly 30 vendors who offer a variety of goods from honey, soaps, homemade baked goods, meats, farm fresh eggs, and milk. For more information call (731) 364-2270.

Amanda Steele is pursuing a B.S. Family and Consumer Science degree at UTM with a concentration in Nutrition and Dietetics. She is an AmeriCorps Vista Member and the treasurer of the campus Student Dietetics Association.

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