

# SJSU | DEPARTMENT OF NUTRITION, FOOD SCIENCE AND PACKAGING

## Greetings from Department Chair, Dr. Ashwini Wagle

Hello Alumni and Friends!

First and foremost, Dr. Lucy McProud, Professor and the Department Chair for 32 years retired after 39 years at San Jose State University. We would like to thank Lucy for her selfless commitment, service and dedication to the department, our students and faculty. Lucy leaves behind a huge footprint in the vision of the department as we move forward under new leadership at the University. Her generosity in forming an Endowment Scholarship for students will enhance professional development and learning and allow students the opportunity to attend professional meetings and conferences.

We have news for you! 2018 was a busy year full of excitement. Starting Fall 2018, we rolled out our new undergraduate programs. After more than 3 years of strategic planning and submission of new program proposals, the CSU Chancellor's Office approved the following new programs:

1. **Bachelor of Science in Nutritional Science with Concentration in Food Management:** The concentration in Food Management will provide students with the education and background needed to gain employment in foodservice administration.
2. **Bachelor of Science in Nutritional Science with Concentration in Applied Nutrition and Food Sciences:** The Concentration in Applied Nutrition and Food Sciences will provide students with the education and background needed to gain employment in settings as diverse as community organizations, educational institutions, hospitals, health and fitness, nutrition and research laboratories, corporations and government agencies.
3. **Bachelor of Science in Packaging:** The packaging degree is a regimented degree plan for students who wish to develop a focused set of skills in pre-selected areas of packaging so they can apply these skills in a technical setting. The degree plan emphasizes industry focused scientific and methodological training, as well as breadth in pre-selected areas of engineering, graphic design, project management, advertising, and material science.

We continue to have a strong **Concentration in Dietetics** and are committed to creating strong dietetic professionals serving the community. We are currently busy advising students as we transition students into the new degree programs.



### New Hires:

**Dr. Feng** graduated from Iowa State University in 2016 and had a post-doctoral training there for 18 months before coming on board as a full-time Assistant Professor at San Jose State University in 2018 Fall. Dr. Feng's research interests focus on Food Chemistry, particularly Functional Food, and Food Flavors. His

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current research includes characterization of flavor profiles formations in meat products; separation and utilization of value-added components from food, and development of functional components from foods. He has published 20+ peer-reviewed articles and one book chapter. He is involved with the Institute of Food Technologists (IFT), American Meat Science Association (AMSA) and Society of Chemical Industry (SCI). He is also serving as an Associate Editors in Approaches in Poultry, Dairy & Veterinary Sciences, and reviewing manuscripts in different high-quality journals including Food Chemistry, Food Research International, Poultry Science, Journal of the Science of Food and Agriculture, and Food Science & Nutrition.

**Teaching Philosophy:** I believe higher education gives us the opportunity to step away from what we've always thought to be true, in order to see the world through someone else's special eyes. Students, rather than trying to have the last say, respect one another and focus on what they can learn from each other. This leaves space for new ideas and perspectives, thus creates an inclusive and safe environment in which to speak.



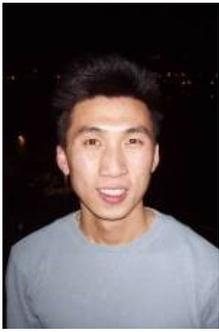
Wendee Augustiro, our new Instructional Support Technician started her new position in October 2018. We are looking forward to her joining the team in the department! Wendee grew up on the island of Oahu in Hawaii. Before SJSU, She was a geographic information systems technician and before that an on-site technician for VWR International managing stockrooms and chemical inventories. Wendee's hobbies are playing roller derby, cooking, and casually researching whatever food related things she's currently into such as Sichuan food and foraging.

**College Name Change:** The home of health and wellness, College of Applied Sciences and Arts (CASA), has changed its name to one that more clearly reflects the college's identity: **College of Health and Human Sciences (CHHS)**. Comprised of ten schools and departments, CASA was recognized for its excellence in preparing both undergraduate and graduate students for professional work in fields related to health and community wellness (Public Health; Kinesiology; Nursing; Nutrition, Food Science & Packaging, Occupational Therapy, Social Work) and applied sciences and human services (Hospitality Management, Journalism and Mass Communication, Justice Studies, and Information).

The College of Health and Human Sciences (CHHS) now has the opportunity to more strongly establish itself as a leader in the interdisciplinary fields of health, wellness and human services with the reconceptualization of its name and further articulation of its unique synergy. The interconnection of health professions and applied sciences is ideally suited to address the complex and emerging health care needs of the 21st century through the education of a new generation of health and human service providers, as well as the next generation of well-informed health and wellness consumers.

**Health Building Update:** The newly remodeled Heath Building now houses two Nutrition Laboratories including the Physical Assessment Lab, Simulation Lab, and the Metabolism Lab with state of the art equipment such as the DEXA, Bod Pod, and Metabolic Cart. The building also houses the Packaging Computer Lab where new design and drawing courses such as ArtiosCAD and SolidWorks are being offered. Some of our faculty are also housed in the Health Building in the exciting new space.

## Focus on Faculty



**Dr. John Gieng** is an Assistant Professor in the Department of Nutrition, Food Science & Packaging, College of Health and Human Sciences, at San José State University where he has been a faculty member since 2017. I completed my postdoctoral training in the Center for Nutrition and Metabolism at Children's Hospital Oakland Research Institute (CHORI); and, my Ph.D. in Nutritional Sciences (Minor: Physiology) at The Pennsylvania State University and my B.S. in Nutritional Sciences: Physiology & Metabolism at the University of California, Berkeley.

I have conducted research on nutrition ranging from basic laboratory science to applied community education. In this capacity, I utilized both in vitro and in vivo models for this work (human and animal cell culture, rodents, and humans). At San José State University, I bridge my knowledge of basic science and applied community work into my ongoing scholarship and teaching.

Teaching Philosophy: Not all students are the same and it ultimately is up to them to make informed decisions about what they will learn. My role as a teacher is to provide the students the tools to help them determine what the right questions are. The objective of teaching is to build the ability to not only focus on the details but to also think about the bigger picture. This encompasses critical thinking and basic skills that can be applied to situations inside and outside of the classroom. I am consistently learning how to be a better teacher from my students. Fine tuning those skills is something that drives me to want to do it more. Trying to figure out what works best for each individual is part of the challenge on my part. Teaching makes me a better student.



**Dr. Xiaojing (Kate) Liu** is an Assistant Professor of Packaging Program in San Jose State University; Former R&D Director of YUTO Packaging, USA. Former Associate Professor of Packaging Program in Wuhan University of Technology, China. Visiting Scholar in Packaging Program in University of Wisconsin- Stout, Wisconsin, USA. Dr. Liu has 16 years teaching and research in University and working for some companies at the same time. She has been instrumental in helping to develop new packaging designs and among her many awards is the WPO *WorldStar President Award* in 2015. Her research focuses on innovative packaging

materials in food, pharmaceutical packaging, and electronic packaging. Her engineering and fine arts creative background has propelled her to become respected expertise in the packaging industry.

Dr. Liu teaches PKG 141A (Packaging Materials I); PKG 156 (Packaging Machinery and System); PKG 120 (ArtiosCAD for Packaging); PKG 159 (Packaging Material Handling and Distribution); PKG 170 (Packaging Development and Management); PKG 107 (The principle of Packaging); and PKG 121 (SolidWorks for Packaging).

Dr. Liu's teaching philosophy is "Never make the class boring. Learning and study is an interesting process lasting for whole life."

# Faculty Led Program

## A Taste of Spain - January 9-18, 2019 Barcelona and Girona

**Faculty Led Program to** Fourteen SJSU students along with one faculty member (Deepa Singamsetti, MS RDN) from the NuFS department had the opportunity to discover the Food and Culture of Catalonia, Spain. The students not only earned 3 units of credit for NuFS 144-Food and Culture, they experienced a wonderful ten day program consisting of many hands on activities and tours designed to teach them all about the food and culture in Catalonia, Spain as well as explore the food system from an agriculture perspective. The first five days were spent in Barcelona and included activities such as enjoying a tapas tasting menu, exploring local markets including the famous Boqueria in Las Ramblas, sights near the Gothic Quarter as well as enjoying some chocolate tastings, some spanish ham and some xurros with hot chocolate! The group learned about Spain's culinary roots and of course its specialties. The students were also provided surprise visits to a Flamenco show as well as a tour of the world famous Sagrada Familia, a UNESCO World Heritage Site.

The second half of the trip was spent in Girona, a much more quiet and relaxed city about 1.5 hours away from Barcelona. From here a few of the visits included a cheese maker, an olive oil producer and a fun cooking class focused on sustainable fishing. The students also got to see first hand the fisherman bringing in their catch of the day and the process of the daily fish auction as well.

The program was a huge success and at the end of ten days, the students had a chance to learn about so many things: food, culture, art, agriculture, and even architecture. This program will be offered again in Summer 2019.



## Scholarships and Awards

### Circle of Friends Scholarships

Circle of Friends Scholarship	Holly Michaelsen - \$2000
Dietetic Internship Scholarship	Elizabeth Valencia - \$2000
Jean Downes Scholarship	Youngduck Lee - \$2000
Nancy C. Lu Scholarship	Jaime Tlaxcalteco - \$2000
Rose Y.L. Tseng Scholarship	Xavier Bara Robledo - \$2000
Lucy McProud Professional Development Scholarship	Hareem Siddiqi - \$2000
Elvida Smith Memorial Scholarship	Stephanie Palmerin - \$2000
James P. Burke Memorial Scholarship	Azam Mahzouf - \$1000
<b>Molly and Gene Rauen Research Assistance Award</b>	Alexandra Ulicki - \$1000

### Outstanding Student Awards -Spring 2018

#### Baccalaureate Awardees

Jaime Leigh Tlaxcalteco - for Nutrition - \$100      Cammie Kajioka - for Packaging - \$100  
 Kyle Goody - for Nutrition - \$100

#### Masters Awardee

Ashton Easterday - \$100

### Outstanding Student Awards –Fall 2018

#### Baccalaureate Awardees

Alysson Donata - for Applied Nutrition & Food Science - \$100      Alyssa Segarini - for Dietetics - \$100  
 \$100  
 Jansen Okamura - for Food Management - \$100      Bryan Wong - for Packaging - \$100

#### Masters Awardee

Fiona Young - \$100

Outstanding Service to the Department of Nutrition, Food  
 Science & Packaging  
 Travis Swiatlo - \$100

## Faculty Awards

### **CEED Faculty Award (Committee to Enhance Equity and Diversity) Fritz Yambrach, Department of Nutrition, Food Science and Packaging**

Fritz has campus and world-wide influence on cultural-inclusion, equity and service. As head of the Packaging Program at SJSU, Fritz is instrumental in creating a culture that embraces and celebrates the diverse cultures of all the students. The ethnicities of students in the program are as diverse as the multiple disciplines that make up the field of Packaging.

Every semester Fritz opens the Packaging Lab and hosts a “Foods of my People” potluck for all students in the program, providing an opportunity to make everyone feel valued and included. For many years, he has hosted 10-

20 students at his home for Thanksgiving and other holiday meals, knowing many students are far from home and family or may simply not have known a traditional American celebration.



In addition to Fritz’s work at SJSU, he was recently awarded the Dupont Diamond Award (2017) for the Fritz Water Vest which he designed. This water vest utilizes innovative packaging technology to solve a pressing world problem – transporting clean water in impoverished and disaster-ridden areas. Made from the same material that is used to make a fillable plastic bag to hold wine, the Fritz Water Vest, is worn

over the head resting on the shoulders to distribute the weight of the water ergonomically. Because it is a closed container, loss of water is avoided. This water vest is a life changing invention, improving quality of life for those lacking access to clean water. Not only are people able to transport water safely and more comfortably, young girls who may not have had the opportunity to go to school because they were needed to carry water, are able to carry the water vest with them to school and return home with a full vest of water.



After conceiving the concept of the Fritz Water Vest, Fritz recruited several former students and industry colleagues, founding a non-profit, Solutions Inc., in order to make the water vest available for use globally. It should be further noted that the Diamond Award is the very highest level award given in this long-running, globally-recognized, independently-judged competitive awards program.

## Staff and Student Awards



**Leah Olaivar, Analyst, Department of Nutrition, Food Science and Packaging is the 2018 recipient of the CHHS Administrative and Professional Service Award.**

Leah is directly responsible for all the operations in the department office which includes scheduling, processing of student paperwork for change of major forms, graduation, substitutions etc., faculty support, and managing the budget and fiscal responsibilities. In Ashwini Wagle's years of experience as faculty in the department and in the last three semesters as the Department Chair,

"Leah's knowledge of office operations is unparalleled. She has the knowledge and skills to trouble shoot any issue that comes up relating to student paperwork especially relating to change of major forms or graduation applications."

Leah also acts as an academic advisor to students when the need arises. In the last ten years, Leah has successfully managed to schedule over 100 sections of the general education classes efficiently and worked with faculty schedules every semester. According to Ashwini, her organizational skills border on "magic" and Leah makes sure that the departmental deadlines are met.

Despite the overwhelming amount of work that everyone has to do, Leah consistently finds ways to help her colleagues in the department. Her willingness to assist others and her commitment to the department is unequalled. Leah is thorough in her work and provides great detail about the subject matter. She consistently follows through to ensure understanding by not just the students, but by the others who might have to field questions about the subject. She is quick to respond to requests for information and is thorough in ensuring all loose ends are completed. Leah has always assisted and supported faculty by helping to proctor make-up exams, and receive student assignments even though these tasks are not part of her job responsibilities.

### **Flexible Packaging Association (FPA) announces 2019 Student Flexible Packaging Design Challenge Winners**

FPA's annual Achievement Awards competition recognizes innovative flexible packaging from across its membership. The Student Flexible Packaging Design Challenge has become a prestigious competition within the flexible packaging industry honoring flexible packaging solutions developed by students. Flexible packaging is used to package a wide variety of items. From retail food to medical and pharmaceutical products, the packaging possibilities are endless. The industry also believes it is important to encourage and recognize students who are working to become the next generation of packaging designers. For the 2019 competition, FPA received 42 concept outlines from some of the top packaging design programs across the United States. From the concept outlines submitted, 18 were selected to continue to the development phase.



Second place winner was a student from the Packaging Program at San José State University. Tanay Prabhu worked under the guidance of his professor Dr. Kate Liu on the design concept and prototype.

Car Wash Pods are a new and easy way to store car wash soap, replacing rigid bottles which are large and bulky, and consumers have to measure the required amount of soap needed for use. Each Car Wash Pod holds 1 oz. of soap encapsulated in a water-soluble Polyvinyl Acetate film. To use the pods, consumers place a pod in a 5-gallon bucket and fill the bucket with water to dissolve the film. Car Wash Pods are easy to use and provide consumer convenience.



**SAN JOSÉ STATE UNIVERSITY**

*San Jose State University Department of Nutrition and Food Science*

# CIRCLE OF FRIENDS

*One Washington Square, San Jose, CA 95192-0058 (408) 924-3100*

**What is it?** A coalition of Alumni, Students, Faculty, and Friends who have joined together to provide on-going private support to preserve the Department's dedication and commitment to excellence.

**Why the Need?** "Shrinking" state budget for higher education make this support crucial to continue to offer the highest quality education and training to our students. Private funding is now critical to safeguard course offerings, laboratory supplies, computer labs, equipment, and scholarships. SJSU can no longer be considered as state supported but state assisted.

**Circle of Friends Goals:**  
**To reestablish Alumni relationships with the Department**  
**To encourage Student participation**  
**To promote Alumni - Student - Faculty synergy**  
**To involve Community Partners**  
**To facilitate networking**  
**To celebrate SJSU Department of Nutrition and Food Science comradeship**  
**To invest in and build a LEGACY FOR THE FUTURE**

**Benefits of Membership:**  
**Networking with Alumni - Faculty - Students - Community Partners in cooperative ventures/ endeavors and in seeking and filling positions**  
**Membership Recognition: NuFS Newsletter/SJSU Contributors to Excellence**  
**Membership Directory**

Check here if you DO NOT wish your name to be included in the Directory

## 2018-2019 MEMBERSHIP / RENEWAL APPLICATION

Directory info: (please **only** enter changes since last directory edition)

**Name:**

(\*Alums: Name(s) while at SJSU):

**College/University(s):**

(circle degree)

BS/BA yr: Deg./Emphasis  
MS/MA yr: Deg./Emphasis  
Ph.D/Other yr: Deg./Emphasis

**Home Address:**

\_\_\_\_\_

**Phone:**

**Email:**

**Employer:**

Title/Position:

Address:

\_\_\_\_\_

Phone: ( )

Email:

**CIRCLE OF FRIENDS GIVING LEVELS**

(Please indicate the level of your gift)

- Current Students* \$10 - \$24
- Supporter Circle* \$25 - \$99
- Golden Circle* \$100 - \$499
- Dean's Circle* \$500 - \$999
- President's Circle* \$1000 -

All gifts go directly to the Department and are fully tax deductible.

Please make checks to:

**TOWER FOUNDATION, NUFS, CIRCLE OF FRIENDS**

**Area of Expertise:**

\_\_\_\_\_

PLEASE RETURN APPLICATION BY October 15 TO BE INCLUDED IN THE MEMBERSHIP DIRECTORY

We'd love to hear from you! Please attach a separate sheet with your news.