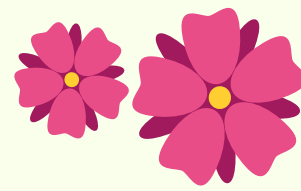


MEMBER ACTIVITIES



FOOD RECOVERY NETWORK

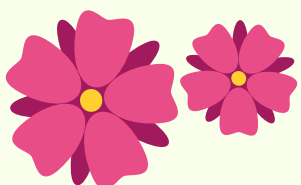
The Food Recovery Network at the University of Delaware is an RSO that aims to combat food waste and food insecurity that members of NTD T Club became involved with.



"This semester we have participated in successful food recoveries from Russell dining hall, having collected 145 pounds of food in two weeks. We also advertised for and worked with Residence Life at the end of the semester on a campus-wide food drive, "Move out for Hunger," which focused on collecting unused, non-perishable food items from students that they would have otherwise thrown away when moving out of their dorms or apartments, and then donated the food to local pantries."



-NICOLE BOYLAN, NTD T CLUB MEMBER



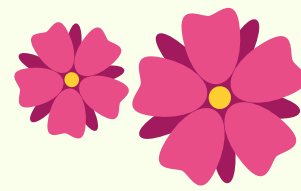
ALTERNATIVE BREAK TRIPS

Some NTD T club members went on a Residence Life and Housing Alternative Break to Asheville, NC in which they partnered with the YMCA of Beaverdam to work with a mobile food market that are largely sourced from farmers.

"The great part of helping at the market was seeing how it allows for a free, highly interactive, shopping experience to low income areas around Asheville with limits on how much to take as well as no questions asked about income."

MITCHELL REMONDI, NTD T CLUB
MEMBER & INCOMING NEWSLETTER
CHAIR





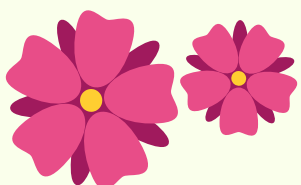
HEALTHY H.E.N.S.

HEALTHY HENS provides preventative student health screenings, wellness promotion services and a variety of campus-wide-activities and educational outreach efforts that encourage Healthy Exercise Nutrition and Sleep.



Senior NTDT Club members Lauren Burkett and Rachel Cohen presented the 1-2-3 minute breakfast ideas UDish workshop to Lauren's North Central RA staff. They promoted Healthy Hens through their cooking demo and encouraged the RAs to both practice nutrition themselves, and promote it to their upper division residents.

Lauren and Rachel prepared an apple/banana and peanut butter whole-wheat tortilla wrap (in 1 minute), a Greek yogurt parfait with warm cinnamon and apples (in 2 minutes), and eggs with red pepper, onion, cheese, and salsa to top (in 3 minutes).



RECIPES

healthier pasta primavera

SUBMITTED BY CAROLYN PRIETO

ingredients

- 75g young broad beans
- 2 x 100g pack asparagus tips
- 170g peas
- 350g spaghetti or tagliatelle
- 175g pack baby leeks, trimmed and sliced
- 1 tbsp olive oil, plus extra to serve
- 1 tbsp butter
- 200ml tub fromage frais or creme fraiche
- handful fresh chopped herbs (we used mint, parsley and chives)
- parmesan, shaved, to serve

instructions

1. Bring a pan of salted water to the boil and put a steamer (or colander) over the water. Steam the beans, asparagus and peas until just tender, then set aside. Boil the pasta following pack instructions.
2. Meanwhile, fry the leeks gently in the oil and butter for 5 mins or until soft. Add the fromage frais to the leeks and very gently warm through, stirring constantly to ensure it doesn't split. Add the herbs and steamed vegetables with a splash of pasta water to loosen.
3. Drain the pasta and stir into the sauce. Adjust the seasoning, then serve scattered with the cheese and drizzled with a little extra olive oil.



peanut butter energy bites

SUBMITTED BY MITCHELL REMONDI

ingredients

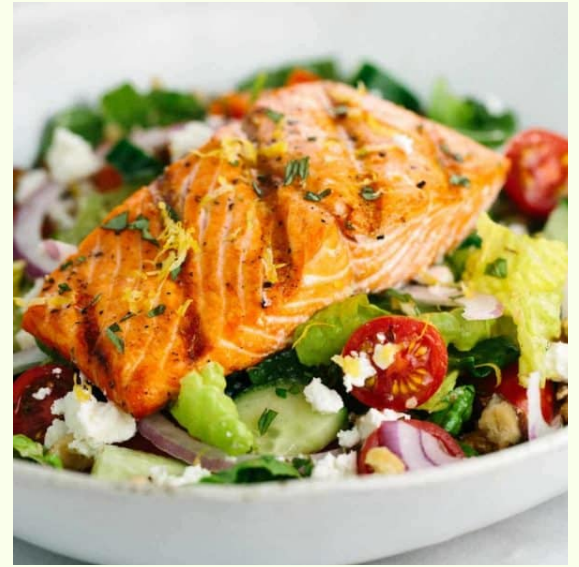
- 2/3 cup creamy pb
- 1/2 cup chocolate chips
- 1 cup oats
- 1/2 cup flaxseed2 tablespoons honey

instructions

1. Mix all ingredients in a bowl
2. Form into balls
3. Enjoy as a snack at any time!

salmon greek salad with lemon basil dressing

SUBMITTED BY EMMA FATER



ingredients

salmon salad

16 ounces salmon fillets, (four 4-ounce pieces)
olive oil, as needed
kosher salt, as needed
black pepper, freshly cracked, as needed
8 cups lettuce, (romaine, spinach or kale)
1 cup tomatoes, chopped
1 cup cucumber, diced, ¼-inch thick
½ cup red onion, thinly sliced
½ cup red bell pepper, diced, ¼-inch thick
4 ounces feta cheese, crumbled
½ cup walnuts, roughly chopped

dressing

¼ cup lemon juice, plus zest of one lemon
½ cup olive oil
1 tablespoon dijon mustard
1 teaspoon honey
2 cloves garlic, minced
8 basil leaves, fresh
½ teaspoon dried oregano, or 1 teaspoon fresh
¼ teaspoon kosher salt
⅛ teaspoon black pepper, freshly cracked

instructions

salmon salad

1. Lightly season both sides of the salmon fillet with salt and pepper.
2. Drizzle a small amount of olive oil on both sides to coat.
3. Heat grill to medium-high. Add a small amount of vegetable oil on a folded piece of paper towel, and then carefully grease the grill grates with the oil.
4. Once the grill is nice and hot, add the seasoned salmon fillets. Cook salmon uncovered about 4 to 5 minutes on each side until flaky (about 130-140°F).
5. Remove the salmon from the grill and transfer to a clean plate, cover to keep warm. Remove skin if still attached.
6. In a large bowl add salad ingredients; lettuce, tomatoes, cucumber, red onion, bell pepper, cheese, and walnuts. Set aside.

dressing

Add lemon juice, zest, olive oil, mustard, honey, garlic, basil, oregano, salt, and pepper in a blender. Blend until well combined and a slightly thick and opaque dressing is achieved, about 30 seconds. Add more salt and pepper as desired.

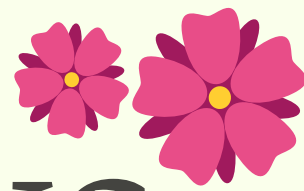
NUTRITION
ARTICLES

KIDS IN THE KITCHEN

*An original article written by NTD
Club member Desiree Howard on
getting children involved in the kitchen.*

<https://blog.nemours.org/2018/12/kids-in-the-kitchen/>

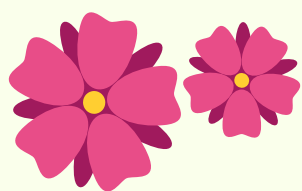




TIPS FOR STAYING HEALTHY IN COLLEGE

*7 ways to stay healthy within a
college lifestyle and beyond. Submitted
by Abigail Malle.*

<https://www.nshss.org/blog/7-tips-for-staying-healthy-in-college/>





THANK YOU FOR READING!

Check out our website:

<https://sites.udel.edu/ntdtclub/>

