

Sports Nutrition Club

The Sports Nutrition Club (SNC) for students who are interested in sports nutrition. The purpose of this group is to create opportunities for students to provide nutrition services to athletes. Most of the work we've been doing is with WCU athletes, but we also work with other programs and the community. We hold meetings once or twice per month.



These are the types of services we provide to athletes:

Q & A session, PPT presentations, Cafeteria tours, Grocery store tours, Restaurant/convenience store lists, Cooking demos/smoothies, Kitchen Makeovers, Pre and post-game meals (recs, arrangements, provision of), Diet analysis, Bod Pod testing/interpretation, Dietary supplement review, Calculation energy/macronutrient needs, "Nutrition coaching"

If interested in joining, contact the President of the Club: Katya Wolf at: KW808172@wcupa.edu

ADVISOR: Dr. Chris Karpinski ckarpinski@wcupa.edu

Lifestyle Nutrition Special Interest Group



The Lifestyle Nutrition Special Interest Group is for students who are interested in helping people achieve health and wellness through good nutrition and a healthy lifestyle. The purpose of this group is to create opportunities for students to provide nutrition services to individuals and groups on campus including but not limited to: eating healthier, weight control, managing campus dining, eating out, special dietary needs, and individual and group nutrition concerns. We will be working together with the Sports Nutrition Club since they also share an interest in general nutrition. We hold meetings once or twice per month. If you are interested in joining, contact Alexa Topakas at: AT807057@wcupa.edu or the President of the Sports Nutrition Club (since we have combined meetings), Katya Wolf at: KW808172@wcupa.edu

ADVISOR: Dr. Sandy Sarcona asarcona@wcupa.edu



The Slow Food WCU Club

The Slow Food WCU Club supports the ideals of the Slow Food Movement of “Good, Clean and Fair”. We strive to bring Slow Food’s mission to life here at WCU and the local community. We value food accessibility to all, encourage conscientious consumption and sustainable innovation in our food system.

Opportunities include educational meetings, trips to local vendors, volunteer opportunities at either the 12-bed raised garden on south campus, or demonstration garden on north campus. The gardens have been designated as ‘outdoor classrooms’ and this volunteer opportunity is part of WCU’s sustainability initiatives. The Slow Food WCU Club participates in Earth Day events, the Community Supported Agriculture (CSA) on campus, attends the Sustainability Advisory Committee meetings and participates in other sustainability-focused activities.

If interested in joining, contact the President of the Club: Melanie Hartman at: MH824568@wcupa.edu

ADVISOR: Dr. Lynn Monahan lmonahan@wcupa.edu

***Don't forget the
Student Dietetic Association!***