

*January 2016*

**CNDH Serves up International Fare at UDC Student Center Opening**

*by Helen Naylor and Paige Zaitlin, CNDH*



*By Adrian Kidaman*

On Wednesday, January 20, and Thursday, January 21, 2016, the Center for Nutrition, Diet and Health (CNDH) joined the University and members of the surrounding community in celebrating the [grand opening of the University of the District of Columbia's brand new and highly anticipated Student Center](#). In true CNDH fashion, staff members showcased their culinary talents by serving up delicious and nutritious dishes with a side of nutrition education.



*By Adrian Kidaman*

Inspired by the University's multi-national campus, Chef Herbert Holden with the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and Chef Tyrome Henson with the Expanded Food and Nutrition Education Program (EFNEP) prepared diverse dishes to reflect the University's diversity.



*By Adrian Kidaman*



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The eclectic menu included tastes from South Africa, Morocco and Asia such as Couscous Chicken Salad with Tomatoes and Beans, Curry Chicken with Rice, Chicken Agusi Stew with Rice, and Thai Curry Stir-fry Vegetables with Rice.



*Egusi Stew, also served with rice. By Marshelle Hailstock*



*Curried Chicken, which was served over rice. By Marshelle Hailstock*

On January 21, CNDH was again represented by SNAP-Ed and EFNEP staff. CNDH gave out healthy recipes and calendars to students who stopped by the table. Paul Brown (SNAP-Ed Program Coordinator) and Sandra Contreras (SNAP-Ed Program Assistant) provided nutrition education and tips on healthy eating while serving our campus community.



*Chicken and Couscous with tomato and basil. By Marshelle Hailstock*

Staff also spent time recruiting for student volunteers who are passionate about nutrition, healthy eating, and physical activity. If any students are interested in getting involved or teaching nutrition to their community, please contact Paige Zaitlin, Project Specialist for EFNEP, at [paige.zaitlin@udc.edu](mailto:paige.zaitlin@udc.edu).

Special thanks to Marshelle Hailstock and Adrian Kidaman for the photos.

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