The Undergraduate Nutrition Club at UNCG is a place for those passionate about health and wellness to gather, grow, and learn! We focus our passions on bettering the community and learning from nutrition professionals around us! Our club has been very active throughout the past school year, and we would like to share some of our experiences and accomplishments! We appreciate all of our members and their involvement in the club, and we hope to continue growing in the future!

Follow us on Instagram: @uncg_nutrition
View our linktree: linktr.ee/uncg.nutrition.club
Sarah Ortiz, President

This year has been a blast! I have enjoyed making new friends on the board and within our club. I have learned so much from this experience, which I am so grateful for. Thank you for being such a wonderful part of my senior year!!

Briley Kaminski, Vice President & Secretary

Being part of the NTR Club board was a great experience! I have enjoyed working with various community organizations throughout the year and am looking forward to being President next school year!

Chloe Mattern, Treasurer

I am so glad I decided to join the NTR Club and have felt so welcomed and supported by everyone. I am thankful for the opportunities this club and the board members have given me!

Sidnee Everhardt, Public Relations

The NTR Club at UNCG has provided me with so many new friendships! I have found my own little community of people who love nutrition as much as I do!

Regina Curry, Volunteer Coordinator

It has been an honor to be a part of the NTR Club. I've been exposed to amazing community programs and met fun and exciting people. Super excited to continue next year!!
Volunteering

We have volunteered a total of 74 hours as a club with organizations such as Out of the Garden Project and Backpack Beginnings. We appreciate all the members who participated and hope to increase our community outreach in the future!

Donations

This year, the NTR Club donated food and toiletry items to local non-profits such as Backpack Beginnings, Kitchenology, the Children's Hospital, Green Team Helping Hands, and Greensboro Urban Ministry. Thanks to our wonderful club members, we were able to donate $360 worth of food and supplies for these non-profits. Our dues and club member efforts allow us to serve our community.

Learning Opportunities

Multiple guest speakers shared their experiences and information about their programs with the NTR Club. We had the privilege to hear from two UNCG Nutrition Department professors, the Founder and RD of Kitchenology, and the Director of Graduate Nutrition from Meredith College.
Volunteering

out of the garden project

During the 2022-23 school year, the Nutrition Club has organized eight volunteer events with Out of the Garden Project. Members have volunteered at their warehouse to pack bags of reclaimed bread and pastries. Members have also helped at the teaching farm as OOTGP is working to grow the farm after moving locations last summer. We were able to help plant onions, garlic, and strawberries, all of which will be harvested soon!

backpack beginnings

The NTR Club also volunteered with Backpack Beginnings in March. They serve over 21,000 children every year and are still growing. Our members enjoyed sorting children's clothes to be distributed in their Family Market. Volunteers also stocked the shelves in the Family Market with donated food and packed backpacks for the children to take home over the weekend. We look forward to growing our involvement with this amazing organization!

individual volunteering

Nutrition Club members have also spent their free time volunteering this past school year! Overall, a few of our members have contributed 27 volunteer hours working with the UNCG Fueling Station.
SUMMER VOLUNTEERING

If you are planning to stay in Greensboro this summer and have free time, consider volunteering! There are so many organizations in the area that rely on volunteers to achieve their missions!

To help you get involved, we have created a list of organizations that would love your help this summer...

Out of the Garden Project
There are many opportunities to volunteer in their warehouse, at Fresh Mobile Markets throughout the community, and at their teaching farm. Visit their website to view the opportunities throughout the week and to sign up!

Backpack Beginnings
They are in need of volunteers to help in their warehouse on weekdays! When volunteering, you may be packing bags of food, sorting through inventory, or helping with other needs. Visit their website to sign up if you are interested!

Greensboro Urban Ministry
They have many one-time volunteer opportunities but are also in need of long-term volunteers. Visit their website to learn more about the different opportunities and to fill out a volunteer application!

Greensboro Farmers' Market
They are in need of Community Advocates, administrative help, and Saturday Ambassadors. They also have internships available with different areas of focus. Visit their website to learn more about these opportunities!
This year the NTR club donated 100+ items to local non-profits, such as Kitchenology and Greensboro Urban Ministry. These donations go directly to aiding our community with pantry essentials.

We donated bags of supplies to The Green Team Helping Hands, which helps unhoused individuals, as well as blankets and stuffed animals to comfort children receiving treatments in the hospital.

During our pack-a-thon event in April, we were able to pack bags of food to donate to Backpack Beginnings. Our club was able to provide 18 food insecure children with bags of food for the weekend.
Learning Opportunities

**OUR GUEST SPEAKERS**
Throughout the year, the NTR Club was able to hear from multiple guest speakers. We were able to learn more about their experiences in the field as well as the programs they are involved in. These were amazing opportunities that allowed our members to learn more about different areas in the nutrition field and to network with others.

*some images from unsplash*

**uncg professors**
During the spring semester, we had two lovely professors from the Nutrition Department speak to us about potential career paths and opportunities. It was an amazing chance for students to get first hand insight into their future careers, as well having the chance to ask for advice. We are incredibly grateful for professors who provide so much support and wisdom to the students!

**Thank you Dr. Allred & Prof. Shriver!**

**kitchenology**
Kitchenology is an amazing program in High Point that supports the local community suffering from food insecurity. They teach critical skills like cooking and nutrition education to individuals of varying abilities. There are lots of opportunities to teach and assist with cooking classes and meal preparation. It is a great place to gain experience about combatting food insecurity.

**Thank you Jonathan Seelig!**

**meredith college**
The Director of Graduate Nutrition at Meredith College graciously met with our club in the fall. It was an excellent opportunity to explore our graduate school options so early, especially with the requirement changes taking place soon. Students were able to learn all about their MS/DI program and the amazing study abroad opportunity that is part of the DI program.

**Thank you Tracy Smith!**