

2018 ASDA Wellness Grant Report University of Maryland School of Dentistry

Our Wellness Grant was used on a Meal Prep Class on Monday 9/24 at the campus student center, room 351 from 6-8pm. We had 16 attendees with representation from each year of dental school. Our marketing efforts included a Wellness Month Calendar as well as a specific Meal Prep Class flyer. We advertised in our weekly newsletter (the Cuspal Coverage) that is emailed out every Monday, on Facebook, and word of mouth.

September 2018							Wellness Month						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8							
9	10	11	12	13	14	15							
16	17	18	19	20	21	22							
23	24	25	26	27	28	29							
30													

Totally Toned/Abs Express: held at UReFit every Tuesday, led by D2 Liz Gentry TT is from 5:15-6pm and also from 6:10-8:40. Classes are free! You MUST sign up online before attending.

Succulent: held at 12pm in the 5th floor atrium. Fit 80 people to show up will get to take a succulent home with them. This event is free!

UMB Sk: starting point is outside the student center at 12pm. The theme is Patriotic/UMB pride. This event is free!

Soap Making: held at 12pm in Lab 8. Students who attend will make a bar of soap to take home. This event is free!

Popsicles in the Park: held on the lawn outside the dental school from 12-1. Everyone bring their lunch and mingle outside! Popsicles will be provided.

Self Defense Class: held at 6:15pm at UReFit studio 415. Cost to attend is \$10. This course will teach you some moves to keep you safe if ever in a threatening situation.

Meal Prep Class: held at the student center, room 351 from 6-8pm. Cost to attend is \$20. This includes how to meal prep, a Tupperware starter kit and 5 meals for the week. You MUST RSVP!

Light Shaping: held in G205 from 2:30-4:30. Students must sign up for a 15-minute slot. "Light" is a positive, relaxing, energy boost transmitted by touch. This event is free!

Ergonomic Stretch: held in G205 from 12-1pm. Dr. Mgrinsky will lead the stretch. This event is free!

ASDA PRESENTS
MEAL PREP
YOU'LL HAVE FIVE MEALS COVERED

09/24 MONDAY
6-8 PM
STUDENT CENTER
ROOM 351

\$20 TO ATTEND
TAKE HOME TUPPERWARE
MUST RSVP

EMAIL: MOD1@UMMARYLAND.EDU FOR QUESTIONS

ASDA
American Student Dental Association

MARYLAND
ASDA

CUSPAL COVERAGE
WEEK OF SEPTEMBER 9

D2,D3,D4 Events

- If you like free Starbucks coffee or life/disability insurance, be sure to register and review your account. As a student, this is no cost to you so take advantage!

D1 Events

- Making the Most of D1 by MSDA (see flyer)
- Mon Sept 10 at 6:30-8:30pm, Frank & Nic's
- Ask a panel of D2's for advice
- Make sure you RSVP at <https://go.ej/forms/1332pa/768792a3P82>

Conferences

- Mid-Atlantic Advocacy Academy, Oct 12-14, Washington, DC. This is an inaugural event covering topics on the opioid epidemic, licensure, midlevel providers healthcare, and student debt, higher education, and more. Please sign up by 9/14 at <https://www.maaadvocacy.com/>
- ADA/SPEA Annual Session, Oct 19-22, Honolulu, HI. Look out for the sign up later this week or please email mod1@umaryland.edu if interested.

Wellness Month

This week:

- Abs Express, Tues 6:10-6:40pm, UReFit
- Soap Making, Fri 12pm, Lab A (I know the flyer says Lab 8, but it's def Lab A)

Coming up:

- RSVP for the Meal Prep Class in two weeks; space is limited to 30 people!
- <https://go.ej/forms/036551tyqgAH5u2>

Cost to attend was \$20, which included a Tupperware starter kit (five Tupperware containers, utensils, and dressing container) and five meals for the week. Our event started with a talk from Michelle Peralta, our campus wellness manager. In her talk, she covered the basics of meal prep as well as ideas on making meals out of five ingredients. She had the following handouts.

USDA United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins Based on the Dietary Guidelines for Americans

Eating better on a budget

Get the most for your budget! There are ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

- Plan, plan, plan!** Before you head to the grocery store, plan your meals for the week. Include meals like soups, casseroles, or soups, which "stretch" expensive items in more portions. Check to see what foods you already have and make a list for what you need to buy.
- Get the best price** Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood--often the most expensive items on your list.
- Compare and contrast** Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.
- Buy in bulk** It is almost always cheaper to buy foods in bulk. Small choices are large containers of rice, oil, vinegar and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.
- Buy in season** Buying fresh and vegetables in season can lower the cost and add to the freshness if you are not going to use them all right away. Buy some that will need time to ripen.
- Convenience costs... go back to the basics** Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own--and save!
- Easy on your wallet** Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, green sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.
- Cook once... eat all week!** Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.
- Get creative with leftovers** Reuse as your leftovers--use them in new ways. For example, fry leftover chicken in a stir-fry, pour a garden salad, or in chili. Remember, throwing away food is throwing away your money!
- Eating out** Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for 2 for 1 deals. Ask for water instead of ordering other beverages, which add to the bill.

Center for Nutrition Policy and Promotion
ODD Technical No. 14
November 2011
Revised October 2016

Pantry Staples List

Pantry staples are foods frequently found in home kitchens. The amount listed after each item is the amount needed for a family of four, for both weeks of the menu. Items may be used in Week 1, Week 2, or both.

<p>Baking Supplies</p> <ul style="list-style-type: none"> Baking powder, 3.5 cup Baking soda, 1 tsp Brown sugar, 1 cup + 2 Tbsp (1-1/2 lb) Sugar, granulated, 2½ cups (7 lb) All purpose flour, 8½ cups (7 lb bag) Whole wheat flour, 1 cup (1-1/2 lb) Salt, 3/4 Tbsp (1 oz) Vanilla extract, 2 Tbsp (1-1/2 oz) Olive oil*, 2½ cups (2 qt) Canola oil*, 3/4 cups (2 qt) Vegetable oil Shortening*, ½ cup (4 oz) Butter*, 1 Tbsp (1/2 oz) Margarine, stick, 1.5 cups + 1 Tbsp (13 oz) 	<p>Dry/Canned</p> <ul style="list-style-type: none"> Jelly, 16 Tbsp (111 oz) Peanut butter, 2 cups (18 oz) Pappadum, 1 cup (3 oz) Coconut, dry, 1½ cups (7 oz) Dry milk, nonfat, 2½ cup (7-1/2 qt) Pasta like spaghetti, 4 qt Tea bags, 8 Coffee, ground, 1 1/2 Tbsp (1-1/2 oz) Mighty spray*, ½ cup (3 oz) Honey*, ½ cup (4 oz) Carrots, ½ cup (4 oz) <p>Spices*</p> <ul style="list-style-type: none"> Beef, dried, 1/8 tsp Black pepper, ground, 1/8 tsp Cayenne pepper, ground, 1/8 tsp Chili powder, ground, 4 tsp Curry, ground, 1/8 tsp Cumin, 1 tsp Garlic powder, ground, 2 Tbsp Mustard, yellow*, 5 oz Onion powder, dried, 4 tsp Oregano, dried, 4 tsp Parsley, dried, 1 tsp Rosemary, dried, 1/8 tsp Sage, ground, 1/8 tsp White pepper, ground, 1/8 tsp
<p>Condiments</p> <ul style="list-style-type: none"> Mayonnaise, 1.5/2 cups (111 oz) Mustard, yellow*, 5 oz Vinegar*, 6 oz Tabasco hot sauce*, 3/8 tsp (1-1/2 oz) Hot sauce/Mustard*, 1 Tbsp (1.5 oz) Soy sauce, 1 Tbsp (1/2 oz) 	

5-ingredient recipes

SOUPS

- Chili**
 - Ground beef, beans, tomato sauce, taco/chili seasoning
 - Optional: plain greek yogurt, shredded cheese, frozen veggies
 - Quick biscuits: 1 cup NF greek yogurt, 1 cup self rising flour
- Kale and white bean**
 - Kale, cannellini beans, bean turkey/chicken sausage, chicken broth
 - Sub any dark leafy green or white bean of your choice
 - Add pasta or whole grain
- Bacon, potato, corn chowder**
 - Bacon, onion, Yukon gold potatoes, canned or frozen corn, broth
 - Cook potatoes longer to create a creamy texture without the extra fat
 - Sub bacon for cheddar cheese, add shredded chicken for protein
- Chicken noodle**
 - Broth, chicken, carrots, onions, favorite whole grain starch
- Pumpkin Soup**
 - Butternut squash, onion, garlic, shitake mushrooms, Broth
 - <https://www.marthaandstuart.com/2016/06/roasted-pumpkin-soup>

SALADS

- Tabbouli**
 - Quinoa, red onion, cucumber, tomato, red wine vinaigrette
 - Add chicken, white beans or favorite protein
 - Feta cheese
- Tortellini salad**
 - Tortellini, Italian salad dressing, cucumber, tomato, broccoli
 - Serve with parmesan cheese
- Capprese tomato salad**
 - Cherry tomatoes, mozzarella, basil, balsamic vinaigrette
 - Great on toast points or baguette

the wellness hub

To follow, our event was catered by Nanik Oei, one of our dental student's family members who owns a catering business. The catering had basic ingredients that people were able to mix and match for five meals and take home in their new Tupperware.

- Bases: brown rice, rotini pasta, Asian noodles, quinoa, spring mix salad
- Proteins: chicken (baked and stir fry), ground beef
- Beans: white beans, garbanzo beans, black beans, kidney beans
- Vegetables: corn, sweet potatoes, broccoli, carrots, onion, red potatoes, mixed carrots and peas, spinach, grape tomatoes
- Sauces and toppings: cheddar cheese, mixed nuts, dried cranberries, teriyaki sauce, taco seasoning, Italian dressing, tomato sauce, salsa

Our chapter is very grateful to have received this grant. As a new event this year, we expect higher attendance and more success in the future. With so many other successful events in our Wellness Month, we realize that our Meal Prep Class was not as appealing to our student body because of the cost. In the future, we believe our pictures from this event will help with advertising and we will look for ways to subsidize costs more as many students wish they came after they realized costs cover food and reusable items. We have \$40.46 profit from this year's event and 14 Tupperware starter kits remaining, both of which can be contributed to next year's event.





Our monetary record is as follows:

Total money		\$820.00
Wellness Grant		\$500.00
UMD ASDA	\$20/student, 16 students	\$320.00
Total cost		\$779.54
Tupperware starter kits		\$279.57
	EZ prepa 32oz 3 compartment meal prep containers with lids	\$19.99/pack, 8 packs \$159.92
	Light my fire original BPA free tritan spork	\$1.99/unit, 30 units \$59.70
	Sistema to go collection 1.1oz dressing food storage containers	\$14.98/set, 4 sets \$59.92
Catered meals		\$500.00
	Bases	\$50.00
	Proteins (includes beans)	\$89.00
	Vegetables	\$82.00
	Sauces and toppings	\$79.00
	Tolls and delivery	\$100.00
	Prep and service	\$100.00
Total profit		\$40.46