It’s Thyme to Talk about Tomatoes

We asked Julio Santamaria (BS, 2008) to share with us his experiences as the Food Safety Manager for Tomato Thyme Corporation. This is his story.

“Since the early 1920s, growers in Florida have cultivated tomatoes. The farming of tomatoes is an expensive, risky business because companies are forced to offer flexible pricing based on the market. Money can therefore be lost just as easily as it can be made. But it can also be quite lucrative, considering that the tomato is a staple for many dishes, soups, sauces, and beverages and is the main ingredient in ketchup. It is a multi-billion dollar industry. May, June, October, and November are the most profitable months; depending, of course, upon harvests and the market.

Tomato Thyme Corporation was founded by Javier Torres and Don Bither in 1998. Mr. Torres entered the tomato business in 1989 at the age of fifteen, when his older brother sent him off to sell tomatoes at the Farmer’s Market in Atlanta. In 1994, he became partners with Mr. Bither, who owned a company called Red Diamond. They sold fruits and vegetables to food service stores, restaurants, and the grocery chain Save-A-Lot. Red Diamond’s original location was in the Gulf Gate area of Sarasota, with only 1,200 square feet. But business was prosperous, and in just four years they moved twice in search of a larger location. An 8,500 square foot store was where they finally settled in Sarasota. Red Diamond originally dealt with different types of fruits and vegetables, but they later made the decision to specialize in tomatoes. To this end, they sold Red Diamond in 1999 and formed Tomato Thyme Corporation.

Since their focus was now just tomatoes, they were able to closely monitor the quality and consistency of their product. Publix Supermarkets started buying in small bulk. And with their continued commitment to quality and customer service, Publix eventually made Tomato Thyme their main supplier.

In 2001, Mr. Bither was bought out by Mr. Torres, who then became President and sole owner of Tomato Thyme. The company moved to a 12,500 square foot facility in Riverview, Florida but in 2008 built a 28,000 square foot building in Wimauma, Florida where they are located today. The plant is open year-round, selling to growers, shippers, and wholesalers. Tomato Thyme also owns many farms throughout…

FDA Awards

At the Florida Dietetic Association meeting in July of this year, FSHN really cleaned up with awards. UF students Jamie Stolarz (BS, 2009; MS-DI Student) and Stephanie Cupples (MS, 2009) received the FDA/American Dietetic Association Outstanding Dietetics Student Award for both the DPD (undergraduate) and Dietetic Internship (DI) programs, respectively. The Gainesville District Dietetic Association (GDDA) was chosen as the top district out of 15 in Florida for National Nutrition Month and Year Round Excellence, and two of our current MS-DI students, Lindsey…

In this issue:

- Alumni Updates ................................................................... 2
- Congratulations! .................................................................. 2
- Welcome New Faculty ......................................................... 3
- FDA Awards, cont............................................................... 3
- Caught in the Act ............................................................... 4
- Tomatoes, continued .......................................................... 5
- Our FSHN Family Grows .................................................. 5
- Dr. Ron Schmidt Retires .................................................... 6
- Healthier High Schools ...................................................... 7
- FSHN Alumni at IFT .......................................................... 7
- FSHN Achievements .......................................................... 8

L-R: Jamie Stolarz (BS, 2009; MS-DI Student), Stephanie Cupples (MS-DI Student), Crystal Jackson (BS, 2003; MS, 2005), Amy Aponick, Elizabeth Bobo (MS, 2003).

Plum tomatoes are washed, dried, and then given a light coating of wax.

Clockwise from top left: Plum tomatoes are washed, dried, and then given a light coating of wax.
Alumni Updates

Philip Pierce (BS, 2004) retired this fall after 20 years as a Chief Warrant Food Safety Officer in the US Army Veterinary Corps. He was just hired as the Operations Manager for the Retail Audit Services for NSF International, supervising auditors all over the country.

Stephanie Bassett (BS, 2008) spent this past summer working at a weight loss camp in Arizona and is now a Nutrition Care Manager for a small long term care facility in Hutchinson, Kansas.

Regina Stephen (BS, 2009) is a science teacher at a magnet middle school in Broward County, FL.

Sean Tomalty (BS, 2009) was accepted to the UF College of Dentistry. Julie Benjamin (BS, 2009) is attending dental school at Howard University.

Jessica Lee (BS, 2006) just took a position with the Centers for Disease Control and Prevention.

Linda Rocafort (BS, 2001) is now at the VA Hospital in Gainesville working as a wellness dietitian with responsibilities in clinical nutrition and public relations. She says she’s very excited about the position and the move back to Gainesville.

Dr. Annie Aigster (BS, 1996; MS, 1998) just completed her doctorate through the Department of Human Nutrition, Foods, and Exercise at Virginia Tech., and is now working as program manager for the Macromolecular Interfaces with Life Sciences Integrative Graduate Education and Research Traineeship of the National Science Foundation (NSF) grant at Virginia Tech.

The following 2009 BS graduates were accepted to pharmacy schools: Brian Fung, UF; Edwin James, Touro College of Pharmacy; Cortney Jones, Auburn Univ.; Lynette Perna, Nova Southeastern Univ.; Daniel Stirling, Nova Southeastern Univ; and Katie Wysock, UF.

Jasmine Bautista (BS, 2008) is working for Sodexo at North Shore Medical Center in Miami.

The following 2009 BS graduates were accepted into graduate programs: Charlie Burnes, MS in Food Science, UF; Nicole Hill, MS in Health and Human Performance, UF; Andrew Mikhail, MS in Medical Sciences, Univ. of South Florida; Brina Patel, MS in Biomedical Sciences, Barry Univ.; and Amy Quiñones, MS Health Services Administration, Univ. of Central Florida.

Katie Faber (BS, 2009) was accepted into the Southern Regional Medical Center’s Dietetic Internship.

Paul Cofnas (BS, 2007) is attending medical school at the Univ. of Miami.

Jessica McIntire (BS, 2005; MS 2007) is attending PA school at Northeastern University in Boston.

Jaclyn Kalva (BS, 2007; MS, 2009) accepted a position in product development with Kraft General Foods in New Jersey.

Renee Applebaum (BS, 2007; MS Student) was just hired by Kerry Foods in Beloit, Wisconsin.

Congratulations!

Baby boy Aaron Robert Teira was born May 9th to proud parents Meghan (Meller) Teira (BS, 2003) and Albert Teira. The new family is pictured at left.

Dr. J. Bernadette Moore (PhD, 2002), Lecturer in Molecular Nutrition at the University of Surrey, UK, and husband Nick Percebois welcomed Claire Martine into their lives on June 23rd.

Nicole (Reines) Canelas (BS, 2009) married Gabe Canelas on August 8th.

Andrew Schlosser was born January 8 (the day the Gators became National Champs!) to happy parents Angelique (Almeida) Schlosser (BS, 2003) and Drew Schlosser.

Claire Edgemon (BS, 2003; MS 2005) and her husband Daryl just had their second baby girl: Abbey Linn. Abbey’s big sister, Emma is now 2 ½. Claire is working as a research dietitian in Texas.
Please Help Welcome Our Newest Faculty Member!

Dr. Weihua (“Wade”) Yang joined FSHN in July 2009, bringing with him a wealth of academic and industrial experience in food processing and engineering. Dr. Yang received his PhD in Bioresource Engineering from Canada in 1998. He worked as a project engineer in drying technology for the International Business & Engineering Corporation from 1996-1999, and as a research assistant professor in food engineering at the University of Arkansas from 1999-2003. He next moved to the Department of Food and Animal Sciences at Alabama A&M University as an associate professor in food processing and engineering.

So far, Dr. Yang has published 52 refereed journal articles, 6 book chapters, and 109 conference abstracts/papers. He also owns one patent. He is an active member of the Institute of Food Technologists and American Society of Agricultural and Biological Engineers, has been on the editorial board of Resource magazine from 2006-2008, and served as Associate Editor for both Transactions of the ASABE and the International Journal of Agricultural and Biological Engineering.

Dr. Yang directs his research efforts towards developing innovative food processing and preservation technologies, including pulsed UV lights and power ultrasound, to improve and ensure both the safety and quality of seafood, fruits, vegetables and other perishables. One of Dr. Yang’s current research focuses is to inactivate food allergens with novel processing technologies such as pulsed UV light. Experimental results obtained so far by Dr. Yang have shown that pulsed UV light technology is effective in reducing the allergenicity of peanut extracts and peanut butter, soybean extracts, and milk protein extracts and therefore provides an approach to develop hypoallergenic peanut, soy, or milk products. Research is currently underway in Dr. Yang’s lab to examine the effect of pulsed UV light on the allergenicity of seafood, egg, wheat gluten, and tree nuts.

In addition to research, Dr. Yang will teach FOS4427C Principles of Food Processing and develop a graduate course, “Advanced Food Processing,” that focuses on all major thermal and non-thermal novel food processing and preservation technologies such as pulsed UV light, pulsed electric fields, power ultrasound, ultrahigh pressure, oscillating magnetic fields, dense phase carbon dioxide, irradiation, microwaves, infrared, ohmic heat, and extrusion.

FDA Awards, cont.

…Pipkin and Jennifer Marquez, were co-chairs of that GDDA Committee. Crystal Jackson (BS, 2003; MS, 2005) was selected as the Recognized Young Dietitian for the state of Florida, while Elizabeth (Beasley) Bobo (MS, 2003) received the FDA President’s Award. And Amy Aponick, one of our MS-DI preceptors, received the FDA Emerging Leader Award. Please help us congratulate all of these outstanding professionals! [And please also see page 7 for another story about our talented dietetics students.]

Give a gift to the Department of Food Science and Human Nutrition!

Your donation to FSHN can support student travel to conferences, scholarships, and assistantships; facilitate the purchase of new equipment to keep us up-to-date; and provide important resources for other facilities within FSHN, including our Pilot Plant and clinical nutrition facilities.

You can give online at: https://www.ufl.edu/OnlineGiving/Campaign/FundDetail.asp?FundCode=001075

Or if you prefer, you can send a check (made out to “U of FL-SHARE”) to: Neil Shay, FSHN Chair
PO Box 110370
Gainesville, FL 32611-0370
Caught in the Act

Send us your photos of FSHN alumni and friends at work or at play! Contact information is located on page 2.

L-R: Dr. Neil Shay (Chair & Professor) and Jaelyn Kalva (BS, 2007; MS, 2009) thumb wrestled at the Florida Party social at the IFT Annual Meeting in Anaheim this summer.

L-R: Dr. Bob Cousins (Professor), Dr. J. Bernadette Moore (PhD, 2002), and Mrs. Beth Cousins holding Dr. Moore’s baby Claire during the Cousins’ visit to the UK.

Dr. Ron Schmidt (Professor Emeritus, far right) got to sing live with recording artist Jay Sims (middle) and a local musician (far left) in Luckenbach, Texas on August 6th.

Dr. Gillian Folkes Dagan (BS, 2000; PhD, 2004) was seen hugging a baby pig at the CALS TailGator event in the O’Connell Center on Saturday November 7th.

L-R: James Woolcombe-Clarke and Albert Matheny, both Dietetics students, volunteered to put together the new FSHN charcoal grill for use at alumni tailgates.

Past and present FSHN Club Presidents were spotted mingling at a FSHN tailgate. L-R: Morvarid Fallahzadeh (Senior), Neha Patel (BS, 2006), and Raina Bhindi (BS, 2008).

L-R: MS students Lilibeth Dagulo, Yael Spektor, and Renee Applebaum (all BS, 2007) shamelessly attended a Britney Spears concert in Orlando.

L-R: Retired staff member Walter Jones and current MS student David Guderian (BS, 2008) arranged for Hannibal Lecter to meet the Bacardi pirate on Halloween this year.

Daryl Grimm (BS, 2004) ran off to Bimini in October, and was later spotted rummaging through the hull of an old shipwreck in search of something interesting.

We have our suspicions, but Professor Emeritus Dr. Bob Bates says he was only at the Wines of the South Competition in Knoxville, TN in October to judge the wines.

A very sharply dressed Huy Huynh (BS, 2007; MS, 2009) hammered it up in the simulation lab on his first day of dental school this fall here at UF.

Adee Rasabi (BS, 2004) was caught… pun intended… swinging on a trapeze high above New York City. She’s the one in the red shirt, demonstrating her total lack of acrophobia.

We have our suspicions, but Professor Emeritus Dr. Bob Bates says he was only at the Wines of the South Competition in Knoxville, TN in October to judge the wines.

A very sharply dressed Huy Huynh (BS, 2007; MS, 2009) hammered it up in the simulation lab on his first day of dental school this fall here at UF.
…Florida and a good number of the trucks used to transport their product.

I asked Mr. Torres, ‘Is it expensive to run your own company?’ He replied, ‘Yes, it is very expensive because we have many factors to worry about. For example, we could have a bad crop, but we are also dealing with building, employee and trucking expenses. I am always trying to stay two-to-five steps ahead of the game. I have to stay on top of my business because it is a competitive market and a lot of money can be lost if I do not make the right decisions.’ Mr. Torres is a hard working and driven businessman who is attentive to every detail and makes himself available 24/7 in case anything were to go wrong.

Mr. Torres acknowledges, ‘I could not make all of this happen by myself. I am very fortunate to have a great team. My team is composed of an outstanding Food Safety Manager, Production Manager, General Manager, Warehouse staff, Administrative staff, Dispatch, Truck Drivers, and Mechanics. Without their support and great efforts, we would not be an outstanding company. I am thankful to have a great crew.’

Here at Tomato Thyme, we provide ongoing food safety, personal hygiene, food security, and good sanitation programs for our employees. Tomato Thyme also regularly implements Good Agricultural Practices and Good Manufacturer Practices (GMPs). Managers and supervisors work as a team with employees to execute superior quality and productivity. We encourage employees to utilize their talents to the best of their ability to help maintain and improve product quality. It is everyone’s responsibility to follow and practice GMPs, as well as to observe personal hygiene and sanitation rules.

As Food Safety Manager, it is my responsibility to establish and enforce work rules, provide and maintain a clean and safe work environment, and develop and conduct an ongoing food safety education program to promote safe and sanitary work habits. I manage over 75 people, enforcing all food safety rules and GMPs. I track and maintain in-house inventory and keep records of incoming and outgoing tomatoes. I also handle FDA, USDA, state, and local inspections; advise the company on compliance requirements; keep inventory of all the chemicals used in our facility; oversee our hazardous materials program; deal with product quality and customer concerns; manage and update the log books; and handle workers’ compensation safety audits as well as Primus Lab audits in the packing house.

Under my management, our packing house scored a 97 on an independent, third-party audit: a superior score for food safety. This score makes our product a high-end commodity!

Tomato Thyme’s philosophy is simple, ‘We Put Food Safety First.’ Food safety is the most important of all our operations, and it is discussed at each and every meeting. Every management action ensures that food safety not only fits into the overall objective of Tomato Thyme Corporation, but also that every employee is educated about it and fully understands it.

As the Food Safety Manager for Tomato Thyme Corporation and a recent graduate of the University of Florida Food Science program, I am proud to say that we have an excellent food safety program and our operations run smoothly and safely. Go Gators!”

New FSHN Family Member

Please join us in congratulating Daniel Solano (IT Practitioner) and his wife Ericka on the birth of their baby girl Samantha, born June 23rd this year. A baby shower hosted by Laura Garrido (Senior Biological Scientist), Julie Barber (Administrative Assistant), and Rhonda Herring (Senior Fiscal Assistant) was thrown for Daniel and Ericka on May 8th. (Shown in picture at right, L-R: Daniel Solano, Laura Garrido, and Ericka Solano.)
Dr. Ronald H. Schmidt Retires

Dr. Ron Schmidt retired this past summer after more than 35 years of dedicated service to UF/IFAS and FSHN, and was subsequently awarded Professor Emeritus status in recognition of his many contributions to research, extension, and teaching.

During his tenure here at UF, Dr. Schmidt conducted pioneer work on the gelation characteristics of whey and other proteins, clearly established the threonine aldolase pathway for acetaldehyde synthesis in mixed yogurt cultures; demonstrated the significant role of *S. thermophilus* in enhanced flavor synthesis in mixed culture yogurt; developed the head space-gas chromatographic enzyme assay for threonine aldolase; and was the first to observe increased activity of yogurt microorganisms with the addition of threonine, and decreased activity of yogurt microorganisms with the addition of glycine, to milk and broth cultures. His lab was the first to demonstrate a stimulation of growth and activity of *Listeria monocytogenes* in milk pre-incubated with spoilage microorganisms, *Pseudomonas*, and to show the significance of proteolysis as a mechanism of this growth and activity. Dr. Schmidt also used mathematical modeling to demonstrate an uncoupling of flavor synthesis from growth.

Dr. Schmidt developed a highly-successful extension program in dairy foods and food safety. As the FSHN Department’s extension program leader for 10 years, he developed and helped run both the Successful Ice Cream Retailing Seminar and the Florida Dairy Products Association (FDPA)/UF Benefit Golf Tournament each year as well as many other short courses for industry and regulatory committees. For many years he also served as an active board member for the FDPA, a cheese judge for the American Cheese Society, an active member and a national ice cream judge for the National Ice Cream and Yogurt Retailers Association (NICRA), and an active member and a cultured product judge for the American Cultured Dairy Products Institute.

During his tenure at UF, Dr. Schmidt taught a large number of courses. He developed the first-ever Introduction to Food Science course, and taught it for 15 years. He also developed Current Issues in Food Regulations and Current Issues in Food Safety and Sanitation. With Dr. Gary Rodrick (Professor), he co-developed Food Safety and Sanitation; he was also co-developer of the Hazard Analysis Critical Control Point (HACCP) course with Dr. Steve Otwell (Professor) and Dr. Fred Leak (Animal Science Professor, now deceased). Dr. Schmidt taught Advanced Food Chemistry, Food Chemistry, Food Analysis, and Food Regulations, the latter of which he taught for 18 years, and co-taught Food Fermentations. He also coached the FSHN Dairy Judging and College Bowl Teams for many years.

As a leader in his field, Dr. Schmidt held many professional offices over the years. An active member of the Institute of Food Technologists (IFT), he was a member of their executive committee and chaired several different committees. He also served as chair for the Florida Section of IFT. Many years ago, it was Dr. Schmidt and Dr. Marty Marshall (Professor) who organized the first-ever Florida Section IFT Supplier’s Night, which provides scholarships to our students as well as ongoing financial support for the FSHN Club. In fact, Dr. Schmidt has been recognized by IFT at all levels: national IFT named him an IFT Fellow, FL Section IFT has given him both their Sparkle Award and their Bob Olson Award, and FL Section has also just named a new scholarship after him: The Ronald H. Schmidt Professional Service Graduate Scholarship.

Very active in the International Association for Food Protection (IAFP) and the Florida Association for Food Protection (FAFP), Dr. Schmidt served as an executive board member and chair of several committees for IAFP (winning the Certificate of Merit and the Educator Award), and as president and executive board member for FAFP (who just recognized him with the Bronson Lane Lifetime Achievement Award). Since the inception of the 3A Sanitary Standards executive board in 1992, Dr. Schmidt has served on it; he was also their academic representative for 17 years. And Dr. Schmidt was just elected to serve on the board of directors for the National Conference on Interstate Milk Shipments. Dr. Schmidt has another scholarship in his name, sponsored by the SE Food Processor’s Association, and has won both a Professorial Excellence Program Award and a Davis Productivity Award from UF.

In order to commemorate his retirement, FSHN threw him a party at the new Keene Faculty Center on campus. Faculty, staff, students, alumni, and industry colleagues came to honor Dr. Schmidt and celebrate all of his success. That same evening, Dr. Schmidt hosted an “after-party” potluck at his own house with live music.

When he isn’t working, Dr. Schmidt can usually be found playing guitar and singing in The People’s Band. However, fortunately for us he has agreed to continue teaching and providing his expertise to the FSHN Department as Professor Emeritus.
MS-DI Students Make Schools Healthier

FSHN’s Master of Science-Dietetic Internship (MS-DI) students formed a partnership with Gainesville High School (GHS) this year to develop an approach to improving the health and wellness of the GHS community. Using the framework of the Alliance for a Healthier Generation’s Healthy Schools Program, they conducted a needs assessment and formulated ideas for how to improve school health. Projects they implemented included a week-long health and wellness fair, afterschool Zumba and yoga classes, a nutrition education presentation and healthy cooking demonstration for employees, a handbook on healthy fundraising ideas, and a Morning Mile Walk program.

The partnership was a huge success, with GHS being recognized by the Alliance for a Healthier Generation as one of only nine Bronze Level Healthy Schools in the state of Florida. Their success has also created the momentum to get other schools involved. Great work, MS-DI class of 2008-2010!

Did You Miss Us at the Annual IFT Meeting in Anaheim?

The 5th annual FSHN Alumni Social was held during the Institute of Food Technologists Annual Meeting this June, bringing together faculty, students, alumni, and friends to enjoy free food, drinks, and networking. A special thank you to our 2009 sponsors: the FSHN Taste Panel, FL Section IFT, Checkers, Cypress Systems Inc., Darifair, Sea Best, ABC Research Corporation, and FoodWise.
This year, Dr. Charlie Sims (Professor) was chosen to be an Institute of Food Technologists (IFT) Fellow. Each year, IFT selects several Fellows in recognition of their contributions to the fields of food science and technology. Dr. Sims was singled out for his outstanding teaching and research programs throughout the years. Other current FSHN faculty and IFAS Deans who have been elected as IFT Fellows include: Dr. Doug Archer (Associate Dean for Research and Professor), Dr. Bob Bates (Professor Emeritus), Dr. Mark McElhan (Dean for Research), and Dr. Ron Schmidt (Professor Emeritus).

Dr. Anita Wright (Associate Professor) has helped DuPont Qualicon develop a new food safety test for oysters. The test tracks the genetic material found in three harmful species of the bacteria *Vibrio*, which can cause serious health problems when consumed. Oysters are a $14 million industry in Florida, and this breakthrough will make testing for the *Vibrio* pathogen both faster and less expensive. Dr. Wright presented her research at the Interstate Shellfish Sanitation Conference in October, and she will also be published in the next issue of the American Organization of Analytical Chemists.

Gail Rampersaud (BS, 1997; MS, 1999; Assistant In Faculty) was recognized with the Abbott Award in Women’s Health at the American Dietetic Association Food & Nutrition Conference & Expo on October 19th. One $1000 award is given each year to recognize significant contributions to women’s health through research, education, or service.

Dr. Sue Percival (Professor) was invited to attend the 6th Annual Nestlé International Nutrition Symposium in Lausanne, Switzerland this October. This photo shows her outside of the United Nations as she toured Geneva prior to the meeting.

Cindy Montero (BS, 2008; MS Student) is the first graduate student from the FSHN Department to be chosen to participate in a National Science Foundation funded program called Science Partners in Inquiry-based Collaborative Education. The program is designed to help students improve their communication skills.

Yael Spektor (BS, 2007; MS Student) was selected as the recipient of the D. Glynn Davies National Juice Products Scholarship, the Lydia P. Cole Memorial Scholarship, and the Florida Association for Food Protection Scholarship. She also just completed a research and development internship with Coca-Cola.

In their ongoing fight against Citrus Greening, citrus growers recently asked UF/FSHN’s Southern Region IR-4 program for assistance in registering products to combat this deadly disease. They wanted to try low volume application rates, which require a new registration. Dr. Marty Marshall (Professor) and his entire team (including all the Southern Region personnel; personnel at IR-4 Headquarters in Rutgers, NJ; and Mr. Bob Johnson, a private citrus consultant) were able to apply chemicals, collect and analyze samples, prepare petitions, and procure three US Environmental Protection Agency petitions in less than six months. This is the fastest registration in the 43 year history of the program, and will save citrus growers more than $40 million!

Dr. Linda Bobroff (Affiliate Professor) received the 2009 Christine Taylor Waddill Extension Professional and Enhancement Award for her work in diabetes education. The Take Charge of Your Diabetes program helps adults with type 2 diabetes better manage their disease, which improves their glycemic control and decreases their risk for the devastating (and costly) complications of diabetes. The program is a collaborative effort between Extension and health professionals at the local level and is funded by the Florida Department of Health.

Mike Eisenmenger (PhD Candidate) was invited to present his research at the International Commission of Agricultural and Biosystems Engineering International Technical Symposium in Potsdam, Germany this summer, where he earned the 3rd Place Poster Award for Young Scientists.

David Guderian (BS, 2008; MS student) earned a 15th place finish overall in the national Collegiate Dairy Product Judging Competition, held at the Kraft Foods Technical Center in Glenview, IL in October this year. His ranking included a 9th place finish in milk judging; a 9th place finish in cheddar cheese judging; and a 10th place finish in ice cream judging.

Daniel Solano (IT Practitioner) was nominated for the first annual Information Technology Award for “Serving the Client: Providing Consistent and Exceptional Service.” The nomination was in recognition of his high quality and consistent service to the faculty and staff of the FSHN Department.

Jamie Stolarz (BS, 2009; MS student) partnered with her sister Kathryn to create two blogs related to food and nutrition. One focuses on the recipes that they cook together at home (and includes color photos), and the other describes their dining-out experiences. To find great recipes and fun anecdotes, visit:

http://twosistersonekitchen.wordpress.com/ and http://twosistersdineout.wordpress.com/