

COLLEGE OF HEALTH

FALL 2025

# MOORE FAMILY CENTER

FOR WHOLE GRAIN FOODS, NUTRITION AND PREVENTIVE HEALTH

*Creating a healthier future for all people through the power of nutrition.*

The Moore Family Center is excited to highlight the innovation, resilience, and compassion shown by our students, faculty, and community partners—each committed to bringing the power of nutrition to every person. As nutrition-related chronic illness rises and scientific discovery accelerates, our focus on Community Nutrition has never been more essential for turning knowledge into meaningful action. Read on to discover more about...



# Community nutrition



P. 2

At Oregon State University, students are turning hundreds of pounds of would-be food waste into community nourishment—proving that fighting hunger can be as simple as a bike ride downhill.



P. 3

A new OSU-led study reveals that college students—one of America's most food-insecure groups—may finally get a measurement tool that accurately captures the crisis hidden on campuses.



P. 4

Using innovative hands-on experiences, Dr. Neilann Horner is transforming nutrition education into community impact for the next generation of dietitians.



P. 5

From pumpkin recycling to global grain tastings, OSU Nutrition and Dietetics Club president Iggy Aldama-Shaw is steering the club into a hands-on, food-filled year of learning and community impact.





*“I have been riding the 40-50 pounds of food we pick up every week down the hill to the Corvallis Daytime Drop-in Center. It’s a fossil-fuel-free recovery!”*

## Students tackle food insecurity with a win-win approach

The World Food Programme defines food security as existing “when people have access to enough safe and nutritious food for normal growth and development, and an active and healthy life.” Food insecurity, in contrast, is when those conditions are not met. With food insecurity on the rise, the topic is relevant to every community: everyone has the right to nutritious, affordable, and culturally appropriate food.

One of several student-led organizations focused on food security is the OSU chapter of the Food Recovery Network (FRN). Established in 2021 by a group of undergraduate nutrition students, OSU FRN is part of a nationwide organization that supports university students in “food recoveries.” Food that would otherwise go to waste from a supplier, restaurant, farm or local business is repackaged and brought to a donation center, such as a food pantry, community kitchen, or meal distribution site. The FRN’s goal is two-fold: to reduce food-waste and address food insecurity in the local community. And with food recoveries averaging 100-200 pounds per week, this

organization is making a real impact in our community.

For several years, OSU FRN has engaged in a regular recovery of leftover prepared food from Marketplace West Dining Hall. This food is brought to the South

Corvallis Food Bank and the Corvallis Daytime Drop-in Center. And thanks to a donated bike trailer, Clara Honsinger, president of OSU FRN, adds “I have been riding the 40-50 pounds of food we pick up every week down the hill to the Corvallis Daytime Drop-in Center. It’s a fossil-fuel-free recovery!”

This fall OSU FRN partnered with Beaver Street Food Co. on game days at Reser Stadium. Their leftover food is redirected to student athletes, “but after football games, they often have more than the athletes can consume, so we have been bringing it to Stone Soup Corvallis,” says Honsinger. With mostly fresh produce, grains and proteins, this food donation is a perfect match for volunteers at Stone Soup who easily add the ingredients to their free hot meals, served every day of the year.

“Food insecurity is more prevalent in our communities than most people assume, and it is only going to become more challenging” says Honsinger, who was inspired after taking the Food Systems and Security course as a nutrition undergraduate at OSU. Now in her graduate studies in Food Science and Technology, Honsinger works with businesses that struggle to find alternative pathways for their food waste. It’s a win-win for the business and donation sites; and Honsinger adds “connecting industry to public services makes our communities more resilient and efficient.”



Clara Honsinger (right) recovers food with fellow OSU Food Recovery Network member Ruby Kinloch-Buehler.



# Research Update

## Jenny Jackson is building a better tool to measure food insecurity among college students

Did you know that college students rank among the most food insecure populations in America? Food insecurity is a term used to describe insufficient access to food due to a lack of economic resources. Not surprisingly, food insecurity is also associated with chronic health conditions like cardiovascular disease, diabetes and depression. In 2023, 13.5% of U.S. households were food insecure; yet when

**1 in 3**  
**college students**  
**lack resources for**  
**sufficient food.**

we look more closely at the college student population specifically, published research shows this population suffers from food insecurity at a higher rate compared to U.S. households (on average, one in three college student lacks

the resources for sufficient food). The exact numbers vary quite a bit, with reports suggesting anywhere from 10% to 75% of college students facing the burden of food insecurity. Part of the reason for this wide variation is the lack of a validated measure of food insecurity specific to the college student population.

If those numbers sound alarming to you, you're not alone. Clinical Associate Professor in nutrition and Moore Family Center affiliate faculty member Dr. Jenny Jackson and colleagues wanted to adapt the United States Department of Agriculture's (USDA) food security measure for college students to better support food security efforts for this population. So, Jenny and her colleagues, including a team of graduate students, developed a research

project to learn more about how college students think about food security. This work led to adaptations of the USDA's household food security survey to more accurately measure food insecurity among college-age students. Throughout this project, Jenny's graduate students were able to practice conducting individual interviews and focus groups as well as pilot testing a new adapted survey.

This work highlights the importance of using the "right tool for the right job." Thanks to the efforts of Jenny and her team, we've taken a big step forward in helping address food security for one of the surprisingly highest need populations – college students.

Read about the [full study in their article](#), published in the Journal of Nutrition this past summer. →



Dr. Jenny Jackson, Clinical Associate Professor in nutrition and Moore Family Center faculty affiliate.

Community nutrition is always on the forefront of Dr. Neilann Horner's mind, as she coordinates experiential and service-learning programs for nutrition and dietetics students in addition to her work as a clinical associate professor, director of the nutrition undergraduate program in the College of Health, and faculty advisor for the OSU Nutrition and Dietetics Club. Learn more about how she curates service-based student experiences to help train future dietitians.

## Faculty affiliate spotlight: Dr. Neilann Horner



### Building inclusive nutrition leaders through service-learning:

At the internship stage, dietetics students gain a transformative service-based learning experience through Dr. Horner's partnership with West Albany High School. In a low-resource, school-based kitchen, interns lead tailored nutrition education sessions for neurodiverse students ages 18-21. Before stepping into the classroom, interns study nutrition topics

related to independent living and adapt their teaching approaches to the strengths and needs of their audience. The result is a mutually enriching environment: interns build practical, compassionate skills while students gain social connection and confidence through cooking and eating together. This initiative advances a long-term vision—preparing future clinicians with the firsthand experience needed to serve the full neurodiverse spectrum throughout their careers. Next steps include developing a needs assessment and a web-based information hub of multimedia resources for the neurodiverse community.



OSU Dietetics intern, Kayla Wild, teaches a nutrition lesson to neurodiverse students at West Albany High School.

### Student-led grocery store tours turn everyday shopping into hands-on nutrition education for OSU peers:

At WinCo Foods, Corvallis—a local budget-friendly staple—students from HHS 231: Lifetime Fitness for Health classes receive evidence-based guidance from trained dietetics student educators, under the guidance of Dr. Horner. During each tour, participants learn how to spot nutritious choices, stretch their food budget, navigate store layouts with intention and how to consider health claims in their food choices. Every session ends on a delicious note with a healthy food tasting crafted by the student educators, reinforcing practical skills through real-life flavor.

### NDC connects students to community and careers:

Students broaden their communication skills and build meaningful professional networks—cornerstones of success in the nutrition field—as members in the Nutrition and Dietetics Club (NDC). As NDC faculty advisor, Dr. Horner weaves these goals into service-based learning opportunities that connect students with the wider community through partnerships with the Boys and Girls Club, local food banks, and horticultural programs. Explore more about NDC's work and upcoming activities in the Student Stories section on p.5!



## Pumpkin Recycling and Whole Grain Night: Iggy Aldama-Shaw leads OSU's Nutrition and Dietetics Club for the second year

A long-standing OSU student organization, the Nutrition and Dietetics Club (NDC) introduces students to careers and provides a platform to volunteer and engage with communities around health and nutrition. As a nutrition senior with the Nutrition Health Sciences option and on the pre-research track, Iggy Aldama-Shaw is embarking on his second year as NDC president.

**Q:** What activities are planned for the Nutrition & Dietetics club this year?

**A:** This fall term, the NDC had its Welcome Back Meeting in week 4 where new members met the officer team as well as NDC's faculty advisor, Dr. Neilann Horner. They joined returning members in reviewing and discussing major news headlines related to food and nutrition. In week 5 we are having a Pumpkin Recycling event where we'll learn what to do with each component of a usually ornamental squash. In week 8, we are planning a World Grain Night where a variety of grains representing the diets of various populations will

be available to sample. Looking forward to the rest of the academic year, collaborations with the Food Science & Fermentation Club and the Oak Creek Center for Urban Horticulture are in the works. Additionally, we'll be inviting registered dietitians as guest speakers for professional development, and designing more food-oriented events so that nutrition students can expand their scope of knowledge beyond coursework.

**Q:** What interests you about the field of nutrition and dietetics?

**A:** I actually became interested in nutrition from watching passionate online debate over dietary patterns while in high school. I'm a lot less driven by "debating" nutrition now, but I think it motivated me to be ferociously curious about nutrition topics so that I can teach others based on research and evidence.

**Q:** What would you like to tell other nutrition students about NDC, and how can others join?

**A:** NDC strives to expand the knowledge, professional opportunity, and social network of nutrition students as well as non-nutrition majors who may be minoring in nutrition or have a strong interest in the field. We provide a support system for all nutrition majors—whether they plan to be dietitians, food systems managers, researchers, physicians, etc.—that promotes community building and proudly represents the nutrition program. Every single nutrition undergraduate at Oregon State should join the Nutrition and Dietetics Club!



OSU Nutrition and Dietetics Club members (L to R) Caroline Namikas, Jenna Armstrong and Keira Howe display their pumpkin bread at the pumpkin recycling event in October.



# Food as Medicine pilot episode provides evidence-backed answers about dairy and health for pre-med students

With an expert panel spanning knowledge about dairy and nutrition from production to human consumption, the first Food as Medicine episode, titled “Dairy in Health Practice,” was

*“Our goal was to address the documented gap in nutrition education among medical training in the U.S.”*

met with a warm reception. Targeting pre-med students, but open to the general public, the Moore Family Center’s outreach coordinator, Adam Choate, moderated a question and answer session with Allison Unger (senior director of scientific affairs at the National Dairy Council),

Hadi Eshpari (senior R&D scientist at Tillamook County Creamery Association and courtesy faculty with the department of Food Science and

Technology at OSU), and Jenifer Cruickshank (Assistant Professor in the department of animal and rangeland sciences at OSU) for an audience of fifty.

Taking a food systems approach, the Food as Medicine series aims to shine light on local foods from production to consumption through a nutrition science lens.



Pictured L to R: Adam Choate, Allison Unger, Hadi Eshpari, and Jenifer Cruickshank.

“Our goal with this episode was to address the documented gap in nutrition education among medical training in the U.S.,” said Choate, who also aimed to bust some common myths about dairy for future health professionals. To further the impact, the episode was paired with a hands-on Culinary Medicine Workshop where smaller groups of pre-med students prepared common dairy-forward recipes tailored to address cardiovascular disease and diabetes.

**100%**  
of survey respondents would attend another Food as Medicine episode



Pictured L to R: Rafferty Holmes, Jenci Matsui, and Alexis Gaucin display their culinary creations at the Food as Medicine Culinary workshop focused on dairy.

**check out**  
the Food as Medicine resource page here (including recorded episodes!)





## Welcome Moore Family Center faculty affiliates!

The Moore Family Center extends a warm welcome to the following faculty affiliates in the Community Nutrition and Practice priority area. As a team, we are committed to translating evidence-based information to our communities and supporting community nutrition efforts through local and statewide partnerships.

## Faculty Affiliates: Community Nutrition



**Michelle Bump, MS, RD**  
Director, Didactic Program in Dietetics  
College of Health  
Oregon State University

- With the MFC: directs the undergraduate accredited dietetics program at OSU.



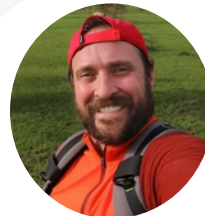
**Neilann Horner, PhD, MPH, RD**  
Clinical Associate Professor  
Director of the Nutrition Undergraduate Program  
College of Health  
Oregon State University

- With the MFC: organizes experiential and service-learning programs for nutrition and dietetics students, and serves as faculty advisor for the student Nutrition and Dietetics Club.



**Jenny Jackson, PhD, MS, RDN, CHWC**  
Clinical Associate Professor  
College of Health  
Oregon State University

- With the MFC: Director of OSU's Master's in Nutrition – Professional Dietetics (MS-PD) and Dietetic Internship Programs, and investigates food insecurity among U.S. college students.



**David Sharp, PhD**  
Nutrition Instructor  
College of Health  
Oregon State University

- With the MFC: teaches food and nutrition undergraduate courses in MFC-managed kitchen spaces.

### Learn more...

- Read more about faculty research at MFC →



### Join our team:

- Contact Dave Dallas, Director, at [dave.dallas@oregonstate.edu](mailto:dave.dallas@oregonstate.edu)



# Food as Medicine Series

## Special Episode: The State of Food Insecurity

11.24.2025 5:30pm

Corvallis Public Library meeting room

# Looking Ahead

Join the Moore Family Center for a conversation with local experts on food insecurity at large and in our community—plus learn how you can be part of the solution.

### Panelists:

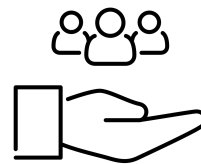
- Ryan McCambridge (Linn Benton Food Share)
- Diego Nieto (Linn County Health Department)
- Tina Dodge (OSU Extension)
- Jenny Jackson (OSU Nutrition faculty)
- Mark Edwards (OSU Policy Analysis Laboratory)



Join in-person or scan to join the live stream



[Vote for the next Food as Medicine topic!](#)  
(and enter to win a gift bag!)



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