



Memorandum

#15-001

TO: WIC Local Agency Directors

FROM: Amanda Hovis, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: January 6, 2015

SUBJECT: Register for the 2015 Spring Semester at SFCC!

Santa Fe Community College will offer online nutrition courses this spring. These 14-week nutrition courses begin on February 2, 2015 and end on May 16, 2015. *Although most of the nutrition courses appear full, a few seats have been set aside for WIC students. Please register as early as possible due to limited space. Please see page 2 of this document for special and detailed instructions for WIC staff to enroll early.*

Nutrition courses offered this spring:

- **NUTR 121 Dietary Guidelines CRN 30757**

Presents and explains in detail “The Dietary Guidelines for Americans” developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

No text required for this course

- **NUTR 200 Nutrition (3 sections-register for one only) CRN 30758, 30759 or 31168**

Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health.

Required Text: *Nutrition & You, 3rd ed.* ISBN 9780321960917

- **NUTR 205 Nutrition in the Life Cycle CRN 30760**

Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.

Required Text: *Nutrition through the Life Cycle, 5th ed.* ISBN 9781133600497

- **NUTR 206 Community Nutrition CRN 30761**

Food and nutrition issues and public health programs related to individuals, families and groups living in a defined area.

Register for the 2015 Spring Semester at SFCC!

January 6, 2015

Page 2

No text required for this course

- **NUTR 209 Nutrition in Chronic Disease CRN 31169**

Review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer.

No text required for this course

- **NUTR 215 Culinary Nutrition CRN 30762** This course combines the science of nutrition and current dietary recommendations with the culinary arts. Strategies and techniques used to prepare healthful and appetizing food are explored and demonstrated.

Required Text: *Techniques of Healthy Cooking*, 4th ed. ISBN 9780470635438

- **NUTR 221 Diabetes Management CRN 30764**

Prevention and management of diabetes including blood glucose control, insulin and medication, nutrition and exercise recommendations, and the prevention of complications.

Required Texts: *Complete Guide to Diabetes* 5th ed, ISBN 9781580403306

Guide to Eating Right When You Have Diabetes ISBN 9780471442226

- **NUTR 230 Nutrition for Fitness and Sport CRN 30765**

Principles of nutrition in maintaining optimum health in the exercising adult. Effects of exercise on nutritional requirements and guidelines for their use are emphasized.

Required Text: *Practical Applications in Sports Nutrition*, 4th ed, ISBN 978-1284036695

The textbooks required may be ordered and shipped through the SFCC bookstore (505-428-1218) using a credit card OR through most major online booksellers. **Important:** Students *should have their text available the first day of class.*

Instructions for Registration:

1. All **new** SFCC students must first complete an online application before registering for courses.
2. To register for nutrition classes, email Gretchen Scott at gretchen.scott@sfcc.edu with the following information:

Name and A #

Register for the 2015 Spring Semester at SFCC!

January 6, 2015

Page 3

CRN # of nutrition course(s) you would like to register for (see course list)

3. Individual students enrolling and paying their own tuition may call the Cashier's Office at 505- 428-1211 to make a payment by phone with a Visa, Master Card or Discover credit card. Students can also set up a payment plan or pay online through their JACK account: under the *Registration* Tab click on *Pay Online* and follow the prompts; contact the Cashier's Office 505-428-1211 for assistance.
4. Third party payers must email the following information to Linda Pena at linda.pena@sfcc.edu or to thirdparty@sfcc.edu

Purchase order # or letter of intent to pay

Student name

Student A#

Student phone number

Course(s) student is enrolling in

**Payments for Third Party accounts must be made by January 14, 2015. If the student is enrolling between January 15 and 28, payment must be made by January 28. If the student is enrolling between January 29 and February 1, payment must be made by February 1, 2015. If payments are not made in a timely manner, it is likely that students will be dropped from their courses.

Students can access their courses the first day of class by following the CANVAS link on the SFCC homepage/public website: <https://jack.sfcc.edu/cp/home/displaylogin>.

Please go to the public site for Santa Fe Community College www.sfcc.edu for more detailed information about the college (enrollment of new students, college catalog, student handbook, phone numbers, online course access, etc.)

For specific information or questions contact the following individuals:

Technical problems with registration or online courses: Help Desk 505-428-1222

Tuition/registration payment 505-428-1211

Bookstore 505-428-1218

Nutrition course content information-Gretchen Scott gretchen.scott@sfcc.edu 505-428-1311

If you have any questions or require additional information, please contact Kelley Reed, Nutrition Education Consultant, at 512-341-4580 or kelly.reed@dshs.state.tx.us.