



ON-CAMPUS

RESIDENTIAL LIFE NEWSLETTER

November 2009

RESIDENTIAL LIFE OFFICE

<http://fitnyc.edu/residentallife>

**27th Street
(212) 217-3900**

Ann Marie Grappo, Director
ann_grappo@fitnyc.edu

Joe Gaschen, Assistant Director
joseph_gaschen@fitnyc.edu

**Gabrielle Arthurton-Crumb,
Assistant Director**
gabrielle_arthurton@fitnyc.edu

**Alumni Hall
Kyle Zack**
kyle_zack@fitnyc.edu

**Coed Hall
Joshua Wilkin**
joshua_wilkin@fitnyc.edu

**Nagler Hall
Vivian Chen**
vivian_chen@fitnyc.edu

**Kaufman Hall
(212) 217-3930**

**Resident Counselor
Danielle Wyck—1W and 2-8**
danielle_wyck@fitnyc.edu

**Resident Counselor
Melissa Vidam—1E and 9-15**
melissa_vidam@fitnyc.edu

IN THIS ISSUE

RA Selection	1
Housing Information	1
Equipment Update	1
Healthy Eating Tips	2
Cheap Eats in NYC	2
Nutritious Foods Under \$2	3
FIT Gives Back	4
Thanksgiving in NYC	4
Safety and Security	4
RHCC Update	4

RA SELECTION

Interested in becoming an integral part of the Residential Life Staff? Then come find out more about the Resident Assistant position! The RA is the paraprofessional staff member with the most direct and constant student contact. The primary responsibilities of an RA are to act as a facilitator in the development of the residence hall community; to enhance the development of the residents; and to serve as a role model at all times.

UPCOMING INFORMATION SESSIONS

Thursday, November 5th @12PM AND 3PM, COED BASEMENT

Monday, November 9th @ 1PM, KAUFMAN WORKROOM

Wednesday, November 11th @1PM AND 5PM, COED WORKROOM

Tuesday, December 1st @ 12PM and 3PM, ALUMNI WORKROOM

Remember You Must Attend an Info Session in order to receive an application form!

If you have any questions contact Melissa Vidam, Resident Counselor at (212) 217-3930 or melissa_vidam@fitnyc.edu

HOUSING INFORMATION

Spring Acceptance Information:

November is when all current residents will be billed for their Spring 2010 space. Charges will be posted to student accounts and residents will receive an email with important billing information.

No other bills will be sent. Residents are financially obligated to the college for these charges.

This information should be shared with parent/guardians or anyone responsible for payment.

Not returning to the halls for Spring 2010? Notify Residential Life immediately by completing the online with-

drawal form. To access the online withdrawal form, go to:

<http://www3.fitnyc.edu/residentallife/WithdrawalFromHousingOnline-FORM.htm>

Withdrawal charges will apply. **This includes graduating students, exchange students, and students withdrawing from the college.**

Travel planning:

For Fall 2009 Check-Out and Spring 2010 Check-in information visit the Residential Life web page – Click on Calendar. **Make your travel plans now!**

EQUIPMENT UPDATE

Sewing Machines: Residential Life will no longer be providing needles or the foot. Please make sure to bring your own when using the machines.

Piano in Coed Basement: The piano has been tuned.

Pool Table: It is in the process of getting fixed.

Air Hockey: It is in the process of getting fixed and should be working again in November.

Foosball: New foosballs have been bought.

10 EATING TIPS FOR BUSY COLLEGE STUDENTS

College students are generally not known for their healthy eating. Take steps to overcome the challenges that students face in eating healthy.

1. Stock your room with healthy items like fruit (fresh, dried and canned without added sugar), vegetables (fresh, frozen and canned), nuts and peanut butter, canned tuna and Alaskan pink salmon, high fiber cereals, yogurt, hummus, crackers made without hydrogenated fats and green tea.
2. Don't even think about skipping breakfast! Even if you are the kind of person who rolls out of bed at the last possible moment, you still have time to grab a piece of fruit to eat while walking to class. If you have a bit more time, spread a slice of whole grain toast with natural peanut butter. Studies consistently show that people who eat breakfast have a significantly higher metabolism than those who skip out on this tasty meal.
3. Skipping out on lunch is also not an option. Plan ahead for those busy days when your classes go back to back, by throwing some simple protein / carbohydrate combinations into your book bag. A handful of nuts with an apple, or a string cheese stick with several healthy crackers (made without hydrogenated fats) can fill in for lunch until you have a break.
4. When you do have time for lunch, steer clear of the cheeseburger and fries and opt instead for a lean protein source and veggies, such as a tuna wrap with spinach and tomatoes, or a chicken sub with all the veggies. Bean burritos with a side salad are another good option.
5. Instead of downing glasses of regular soda, fruit flavored drinks or heavily sweetened tea with your meals, consider drinking water, skim or soy milk, or unsweetened (or lightly sweetened) tea.
6. Become a "mindful" eater. Take at least 20 minutes to eat your meals. In this way, you will allow sufficient time for your brain to register you had food. You will be able to better identify the point of comfortable fullness.....and will be able to stop eating at that point, instead of overeating. Also, pay attention to when your body is trying to signal that it needs food. Don't ignore your hunger!
7. Find ways to get in at least 5 servings of fruits and vegetables per day. One serving is considered ½ cup of cooked or raw vegetables or fruit, a medium piece of fruit or one cup for raw leafy vegetables such as spinach or lettuce.
8. Why are you about to eat that third slice of pizza at 11:00 p.m.? Eating a healthy snack when you are truly hungry is appropriate, but if you are not hungry, you are clearly eating in response to another cue (boredom, studying, eating because others around you are eating, etc.).
9. Look for ways to have your favorite foods, but in a more healthy way. For example, order a thin crust pizza and top with several veggies instead of the meats. Load Mexican food with salsa, instead of sour cream. Instead of eating the entire plate of pasta, take some home for lunch tomorrow.
10. So many desserts to choose from in the dining hall or restaurant! Consider sharing one dessert with a friend. Better yet, enjoy a generous portion of fresh fruit as an alternative to heavy desserts.

http://campushealth.unc.edu/index.php?option=com_content&task=view&id=277&Itemid=78

HEALTHY CHEAP EATS

WHERE TO FIND GOOD-FOR-YOU (AND MOSTLY LOCALLY SOURCED) FOOD ON THE CHEAP IN NYC.

Pick a Pita

By far the best falafel sandwich (\$5.50) in the area, the pitas here are warm, pillowy and stuffed to the brim with the usual suspects (lettuce, tomato, cucumber). What makes these particularly good, and worth a lengthy lunchtime wait, is the garlicky tahini within. 601 Eighth Ave between 39th and 40th Sts (212-730-7482)

Raw Soul

Try the \$10 lunch special at this local-raw-food joint: a personal pizza on sprouted buckwheat dough with Brazil-nut-and-walnut "cheese," sun-dried tomatoes and vegetable toppings, plus soup. 348 W 145th St between Edgecombe and St. Nicholas Aves (212-491-5859, rawsoul.com)

Urban Rustic

Make your own sandwich at this café and grocery, which looks to farms like Satur and Blooming Hill for its ingredients. Order spelt bread, choose a protein and stack on the veggies (\$5-\$8). 236 North 12th St at Driggs Ave, Williamsburg, Brooklyn (718-388-9444, urbanrusticnyc.com)

Bklyn Larder

After grazing on cheese samples, tuck into tender Greenmarket zuc-

chini in tomato sauce and sugar snaps with oil and lemon (\$9/lb). 228 Flatbush Ave between Bergen St and Sixth Ave, Park Slope, Brooklyn (718-783-1250, bklynlarder.com).

'SNice

This chilled-out flesh-free chainlet is so good, even carnivores like it. Get a bit of vegan chipotle mayo in every bite of the smoked-tempeh-and-avocado wrap (Manhattan \$8.75, Brooklyn \$7.50), then find room for a vegan date bar (Manhattan \$2.75, Brooklyn \$2.50). 45 Eighth Ave at W 4th St (212-645-0310) • 315 Fifth Ave at 3rd St Park Slope, Brooklyn (718-788-2121)

Souen Noodles

Finding pork-free ramen is normally no easy task, but at this new outpost of 38-year-old macrobiotic chainlet Souen, vegetarian slurpers are in luck. Go for a simple shoyu ramen (\$9.50) with wakame, cabbage, scallion sprouts and organic wheat noodles, or branch out with the steaklike goma tofu (\$5.50) and a heap of garlic greens (\$6.50) for good measure. 326 E 6th St between First and Second Aves (212-388-1733, souen.net)

<http://newyork.timeout.com/articles/restaurants-bars/76367/healthy-cheap-eats>

CHEAP AND HEALTHY

15 NUTRITIOUS FOODS FOR ABOUT \$2

How do you eat a nutritious diet while keeping your grocery budget low? The good news is that cheap food isn't necessarily unhealthy food. You can cut food costs by eating more meals at home, and by making sure they feature some of the healthiest foods from your supermarket - foods like whole grains, vegetables, and beans. Luckily, many of these foods cost less than \$2 per package. Check out the list below for examples.

Prices may vary based on the store, location, and time of year.

1. Brown Rice

Great for: Side dishes, rice salads, fried rice, casseroles, soups, and stews.

What's a serving? 1/4 cup dry rice.

Price per serving: 10 cents. A 2-pound bag costs about \$1.99 (on sale) and contains 20 servings.

Nutrition info per serving: 170 calories, 2 grams fiber, and 4 grams protein.

2. Whole-Wheat or Multigrain Pasta

Great for: Hot and cold pasta dishes.

What's a serving? 2 ounces of dried pasta. A serving for most people translates into about 2 ounces of dried pasta, which means you get about 7 servings in one of these boxes or bags.

Price per serving? About 28 cents. You can get a 13-16 ounce box or bag of dried pasta for about \$1.79 to \$1.99 (on sale).

Nutrition info per serving: About 190 calories, 9 grams protein, and 4 grams fiber.

3. 100% Whole-Wheat Bread

Great for: Hot and cold sandwiches, bread stuffing, bread pudding, and breakfast.

What's a serving? 2 slices. Labels usually list a serving as 1 slice of bread (about 40 grams per slice) but for our purposes, we'll use the amount you'd use to make a sandwich: 2 slices.

Price per serving: About 31 cents. You can get a 24-ounce loaf of whole-wheat bread for about \$1.99 (on sale). Each loaf has about 17 slices, or 8 servings of 2 slices each.

Nutrition info per serving (2 slices): About 180 calories, 8 grams protein, and 6 grams fiber.

4. Whole-Wheat Flour (stone-ground)

Great for: Breakfast recipes like pancakes and waffles, plus all baking recipes (use half whole wheat flour and half white flour), including breads, muffins, cakes, and cookies.

What's a serving? 1/2 cup.

Price per serving: About 6 cents. A 5-pound bag of whole-wheat flour, which sells for \$1.99 to \$2.50, contains about 37 servings (1/2 cup each) of flour.

Nutrition info per serving: 180 calories, 8 grams protein, and 7 grams fiber

5. Oats (Old-Fashioned or Quick)

Great for: Hot or cold cereal, granola, crumb toppings for desserts, and muffins.

What's a serving? 1/2 cup dry oats.

Price per serving: 19 cents. An 18-ounce container of oats costs around \$2.29 (on sale) and each container contains about 13 servings (if 1/2-cup of dry oats is a serving).

Nutrition info per serving: 140 calories, 4 grams fiber, and 5 grams protein.

6. Frozen Vegetables

Great for: Side dishes, casseroles, and stews.

What's a serving? 1 cup

Price per serving: Around 25 cents. Fro-

zen vegetables come in 12-ounce to 24-ounce bags that cost anywhere from \$1.75 to \$2.25 and contain 6-8 cups, depending on the vegetable and the size of the bag. You can buy a bag of frozen organic green beans at Trader Joe's for \$1.79. A bag of petite peas will cost you \$1.19, and a 16-ounce bag of frozen chopped spinach costs \$1.29.

Nutrition info per serving: A 1-cup serving of frozen mixed vegetables (classic mix) has 82 calories, 6 grams fiber, 4 grams protein, 115% of the Daily Value for Vitamin A, 8% Daily Value for Vitamin C, and 7% Daily Value for potassium.

7. Potato (Russet)

Great for: Baked potatoes, breakfast potatoes, salads, casseroles, and stews.

What's a serving? 1 medium/large baked potato.

Price per serving: About 23 cents per potato. You can buy a 5-pound bag of Russet potatoes for around \$2.39 (on sale), and a bag contains 11-13 potatoes.

Nutrition info per serving (one medium size potato): 168 calories, 3 grams fiber, 5 grams protein, 20% of the Daily Value for vitamin C, 10% Daily Value for Iron, and 25% Daily Value for potassium.

8. Fresh Bagged Spinach

Great for: Quick salads, egg dishes, casseroles, soups, and stews.

What's a serving? If you use it for a main-dish salad, about 4 cups makes a serving. If you sauté it and add to an omelet, or use it for a side salad, about 2 cups is a serving.

Price per serving: 66 cents for a 4-cup serving; 33 cents for a 2-cup serving. A bag (9 ounces) of washed and ready spinach leaves sells for \$1.99.

Nutrition info per serving: 4-cup serving contains 20 calories, 2 grams of fiber, 160% Daily Value for vitamin A, 40% Daily Value for vitamin C, 8% Daily Value for calcium, and 40% Daily Value for folic acid

9. Canned Refried Beans

Great for: Burritos, nachos, dips, enchiladas, or a quick side dish.

What's a serving? Each can has about 3.5 (1/2-cup) servings.

Price per serving: About 36 cents. You can buy a 15-ounce can for about \$1.25 on sale. Options range from No-Fat Zesty Salsa to Vegetarian.

Nutrition info per serving: About 120 calories (for the vegetarian type), 7 grams protein, 7 grams fiber, 4% Daily Value for calcium and 15% Daily Value for Iron.

10. Canned Tuna (solid white albacore or chunk light in water)

Great for: Sandwiches, casseroles, several types of salads, and to serve with crackers.

What's a serving? A 6-ounce can contains around 2 servings

Price per serving: About 62 cents. You can buy a 6-ounce can for about \$1.25, or a 12-ounce can for about \$2.57.

Nutrition info per serving: About 500 milligrams of omega-3 fatty acids (0.5 gram), 70 calories, and 13 grams of protein.

11. Canned or Jarred Marinara Sauce

Great for: Pasta, pizza, casseroles, appetizers, Italian sandwiches, and stews.

What's a serving? 1/2 cup.

Price per serving: About 30 cents. You can buy a 28-ounce can of Tuscano Marinara sauce at Trader Joe's for \$1.79.

Nutrition info per serving: A serving of Tuscano Marinara has 80 calories, 3 grams fiber, 10% Daily Value for vitamin A, and 20% for vitamin C.

12. Whole Wheat Pita Bread

Great for: Making pizzas, flatbread appetizers, and hot or cold sandwiches.

What's a serving? 1 pita pocket.

Price per serving: 25 cents. You can buy a 12-ounce package of 6 pita breads for \$1.49 at Trader Joe's.

Nutrition info per serving: One of these pitas contains 130 calories, 4 grams fiber, and 5 grams of protein.

13. Nulaid Reddi Eggs (egg substitute)

Great for: Making quick omelets, or as an ingredient in fried rice. You can also blend halfegg substitute and half eggs to make quiches, frittatas, egg casseroles, and stratas.

What's a serving? 1/4 cup.

Price per serving: 25 cents. You can buy a 16-ounce carton for \$1.99 at Trader Joe's and similar markets.

Nutrition info per serving: 30 calories, 6 grams protein, 10% Daily Value for vitamin B12, 6% for vitamin A, and 4% vitamins D and E.

14. Frozen Edamame (Soybeans)

Great for: Snacks and appetizers or as a side dish with your meal. If the edamame are shelled (without pods), you can easily add them to fried rice, stews, casseroles, and more.

What's a serving? 1/2 cup shelled edamame.

Price per serving: 56 cents. You can buy a 16-ounce bag of edamame in pods for \$1.69 at Trader Joe's and similar markets.

Nutrition info per serving: 120 calories, 10 grams protein, 5 grams fiber, 15% Daily Value for Iron and 6% for calcium.

15. Canned Crabmeat (with 15% leg meat)

Great for: Casseroles, sandwiches, salads and as filling for omelets, quiche, enchiladas, and more.

What's a serving? 3 ounces

Price per serving: 99 cents. You can buy a 6-ounce can for \$1.99.

<http://www.webmd.com/food-recipes/features/cheap-healthy-15-nutritious-foods-about-2-dollars>

THANKSGIVING DINNER DRIVE

It's the holiday season and what better way to kick-it off than by giving back? Join the FIT community in the Thanksgiving Dinner Drive, sponsored by the Residential Life Department, that will benefit Saint Peter's Church in Chelsea

Kick-off Event: Monday, Nov. 16th at 11am in front of A-Building.

Stop by the table to learn what canned goods will most benefit Saint Peter's Church as well as find out the drop-off locations for your canned goods. Hot chocolate and cookies will also be served.

Canned Food Drive: Monday, Nov. 16th—Friday, Nov. 20th. There will be drop off locations set-up all week at both Kaufman and 27th Street for you to drop off your canned goods.

Look out for flyers with more information soon!

This is a Resident Counselor programming event

Jiggle Your Lock.

Did we find your door unlocked? Hope it reminded you of the importance of on-campus and city safety! Keep in mind that you can refer back to the October newsletter for useful tips in staying safe in the city.

Look for posters about upcoming programs

THANKSGIVING BREAK

Going to be around for the Thanksgiving Break, November 26-29? Looking for things to do and places to eat in NYC during this time? Look no further!

Things to do:

1. Macy's Thanksgiving Day Parade
2. Central Park Zoo
3. Ellis Island
4. Empire State Building
5. Madame Tussauds' Wax Museum
6. Rock and Roll Hall of Fame Annex NYC
7. Statue of Liberty
8. Top of the Rock Observation Deck
9. Black Friday Shopping
10. Volunteer at a local organization

Places to Eat:

1. Bistro Les Amis
2. Cornelia Street Café
3. Sylvia's
4. Metrazur
5. Counter

Meals to Go:

1. FreshDirect
2. Whole Foods

3. Zabar's
4. Ready To Eat
5. Brother Jimmy's
6. Butterfield Market

http://gonyc.about.com/od/thanksgivingdinner/New_York_City_Restaurants_Serving_Thanksgiving_Dinner.htm

Schedule of FIT Services:

Cafeteria:

November 26-28: closed
November 29: open from noon-9pm

Library:

November 26-28: closed
November 29: open from noon-9pm

Computer Lab:

November 26-29: closed

Health Services:

November 26-29: closed

RESIDENCE HALL COMMUNITY COUNCIL

RHCC hopes that you enjoyed their September Social Bingo as well as their October Monster Mash. Have an idea for a program? RHCC is open to all students. Meetings are once a month, **Wednesdays at 10pm**. Come voice your questions, comments and concerns about your campus.

Feel free to Email RHCC's Executive Board at: **RHCC_club@fitnyc.edu** or friend us on Facebook: **Residence-Hall Community-Council** to learn how to get involved and ask any questions.

Upcoming Meetings for Fall Semester: November 4th, December 2nd

November Event: INTERNATIONAL FOOD NIGHT