



University of Missouri

College of Veterinary Medicine

[Applying](#) | [Calendars](#) | [Contact](#) | [News & Events](#)

Search

INFORMATION FOR: [Admissions Guide](#) [Current Students](#) [Alumni & Friends](#) [Faculty & Staff](#) [Veterinarians](#)[About the College](#)[Departments](#)[Teaching & Research](#)[Giving to Vet Med](#)[Teaching Hospital](#)[Veterinary Medical
Diagnostic
Laboratory \(VMDL\)](#)[CVM Employment](#)[Zalk Veterinary
Medical Library](#)[CVM Course Materials](#)[MyZou](#)[Home](#)

NEWS & EVENTS

College Encourages Veterinary Students to Eat their Veggies

Three recipes. Ninety students. A really long shopping list.

When the MU College of Veterinary Medicine Office of Academic Affairs team, including Associate Dean Linda Berent, DVM, PhD, Student Services Coordinator Angela Tennison, DVM, and Executive Assistant Jennifer Hamilton organized a health and wellness event for veterinary students, the first stop was Google to find healthful slow cooker recipes. The second stop was the produce section.

Invitations went out to all students to attend the Friday afternoon event that was planned to help busy students eat more healthful meals. Participants were invited to fill grocery sacks with vegetables and freezer bags with herbs, spices and sauces to create meals that they could take home, add their choice of protein, and then freeze for use on those days when they are too busy to cook a balanced dinner.

Approximately 90 students signed up for the event.

What does it take to provide 90 students with the ingredients for three slow cooker meals each? The Academic Affairs team purchased and shared 200 pounds of carrots, 30 bunches of celery, 100 pounds of noodles, 198 bell peppers, 70 pounds of yellow onions, 130 pounds of potatoes, 100 yellow squash, 200 zucchini squash, 102 pounds of pasta sauce, four liters of olive oil, red wine vinegar, garlic and seasonings, including gluten-free and dairy-free options.

Tennison said the inspiration for the event came when she, Berent and a third member of the MU CVM faculty attended the Health and Wellness



First-year veterinary student Donna Clayton measures out seasoning mix for one of three recipes students were provided during the MU CVM's health and wellness event. The event focused on advanced preparation of healthful slow cooker meals that students can make on days when they are too busy to cook a nutritious dinner.



Emily

Summit 2.0 on Oct. 8 and 9, 2014, hosted by The Ohio State University College of Veterinary Medicine in Columbus. The Association of American Veterinary Medical Colleges convened the meeting, which Zoetis sponsored. Tension said information from the book "The New Science of Learning," by Terry Doyle and Todd Zakrajsek, was presented, which discussed the effects of hydration, sleep, nutrition and exercise on people's ability to learn.

From that meeting, she and Berent were prompted to offer the vegetable-heavy healthful meal planning and preparation event. With some hands-on assistance from Hamilton and volunteers Emi Meyer and Heather Hurst from the offices of Student and Alumni Affairs and Special Events, hundreds of pounds of vegetables were sorted and bagged and students given recipes to put together the accompanying seasoning kits.

Students also had the opportunity to enter a drawing for one of two slow cookers that were given away.

[Return to News and Events home](#)

Shearhart, a third-year veterinary student, and her friend put together an herb mix.



Caitlin Williams, a fourth-year CVM student, measures wine vinegar for her freezer bag slow cooker recipes.



The shopping list for the health and wellness event included 200 zucchini squash.



The Office of Academic Affairs provided samples of the three slow cooker meals for which they provided students with the necessary vegetables, sauces, herbs and spices.

W-203 Veterinary Medicine Building
Columbia, MO 65211
Phone: (573) 882-3554
E-mail: cvmwebmaster@missouri.edu



DMCA and other copyright information.
an [equal opportunity/ADA institution](#)

Last Update: October 14, 2014