

Warren J. Baker Endowment for Excellence in Project-Based Learning Robert D. Koob Endowment for Student Success

FINAL REPORT

I. **Project Title: Nem-O's "A Healthy Snack for Kids, a Success for Cal Poly"**

II. **Student(s), Department(s), and Major(s)**

Alison Shapira, Department of Food Science and Nutrition, Food Science Major

Katie Lanfranki, Department of Food Science and Nutrition, Food Science Major

Alexandra Carpenter, Department of Food Science and Nutrition, Food Science Major

Christina Neumayr, Department of Food Science and Nutrition, Food Science Major

Matthew Medlin, Department of Food Science and Nutrition, Food Science Major

III. **Faculty Advisor and Department**

Dr. Amanda Lathrop, Department of Food Science and Nutrition

IV. **Cooperating Industry, Agency, Non-Profit, or University Organization(s)**

California Polytechnic State University, San Luis Obispo

Cal Poly Food Science Club

Competition was sponsored by The Institute of Food Technologist and Disney

V. **Executive Summary**

Early in the year 2013, a small group of intrepid individuals at Cal Poly, San Luis Obispo, set out to create a healthy and nutritious snack for the Disney IFT competition. At the time, I was but a young freshman, still trying to find his way around the campus. I was brought on board around February as the fifth and final team member. As all the other team members have graduated, I write this executive summary from the point of view of the sole remainder of said team.

By the time I was enlisted, the team had already chosen what the product would be made of, what it was called, and what it would be based on. All this was done, in advance, in a Food Science class by the name of "Product Development". My job on the team was to research claims for

health, details on ingredients, as well as marketing tactics.

The others' jobs were many, many more than mine. Ranging from actual recipe development to product formulation and countless hours of research and writing, the four of them were relentless in their efforts to create the best product possible.

After many long weeks of writing, rewriting, editing, and countless hours in the library, our proposal for Nem-Os was accepted by the Institute of Food Technologists for the Competition in New Orleans the following summer. The product was a healthy "cookie" with just seven ingredients: oats, cinnamon, vanilla, quinoa, dates, sweet potato, and applesauce. Though we did get some funding for airfare from the Institute itself, it simply was not enough to cover the cost of five people.

At the competition itself, the team took honorable mention for Nem-Os. Though winning would have been more desirable, all team members would hopefully agree that it was a worthwhile and unforgettable experience. Everyone gained practice in public speaking, technical writing, and scientific, methodical tweaking and thinking.

VI. Major Accomplishments

The team was awarded honorable mention for their efforts in the Disney/ IFT competition, receiving an official certificate at the closing ceremony.

VII. Expenditure of Funds

The \$3,280 was used for airfare and hotel stays for the team members. The breakdown was as follows:

-Ashton Crowne Plaza hotel at \$195 per night, for four nights, for a total of \$780

-Remaining costs of air fare, \$500 per person, for a total of \$2,500

VIII. Impacts to Student's Learning

The funds received from the Warren J. Baker endowment did so much for the students on the team. It enabled them to travel halfway across the country, in order to fulfill the goal of competing in an IFT food competition. While in New Orleans, team members were able to network, communicate, and learn from students in other universities and programs. Not only did this help their professional career, but all team members are now better prepared for new and unfamiliar situations that they are bound to encounter in their journey through college and beyond.