

Dietetic Interns Cook up Mouth-Watering Food for Residents as Part of Final Project Before Graduation

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You've probably seen us wandering around, looking lost in the community. Or maybe you have attended theme meals events in the past, such as the Winter Olympics Meal or Bushels of Fun Apple Festival, hosted by our fellow classmates. We are Christina Kalafsky and Stacy Kim, dietetic interns from the University of Maryland, College Park. Our 44-week program is preparing us to become registered dietitians, and we are fortunate to be able to spend six of those weeks at Riderwood. During this time, we get to prepare meals with the awesome food service staff at Windsor and create our own theme meal for our final project. In doing so, we get to meet the wonderful residents who live here and learn how to make some great food!

Before our rotation at Riderwood Village, we spent several weeks in various hospital settings, a community food bank, and an information technology site writing nutrition blogs. Although we aren't sure yet what path we want to take with our careers, we hope to bring our passion for food and nutrition wherever we go.

We would also love for you to join us for our theme meal on Friday, March 7 from 11:00 am to 1:30 pm at Windsor Restaurant as we present our Korean BBQ menu, featuring delicious items such as marinated short ribs, shrimp kabobs, dumpling soup, green tea ice cream, and much more. We would like to thank the residents of Riderwood for their support of our program throughout the years and we look forward to meeting you!