

**Name:** Helen Talmadge

**Year:** 04

**Major:** Nutrition, Dietetics

**Qualifications:**

Camp War Eagle Counselor

Student Recruiter

Alpha Delta Pi President

My platform, “At the Table with Talmadge,” focuses on leveraging nutrition education to benefit Auburn students. Whether it is addressing food insecurity, fostering fellowship through shared meals, or educating on proper nutrition, I aim to empower students to nourish both body and mind. During my senior year of high school, I was given the task of writing a thesis on the relationship between diet culture and eating disorders. Since being at Auburn, I have observed a lack of knowledge and emotional struggles surrounding food on our campus. Through my platform, I strive to provide education, create meaningful connections around the table, and highlight the profound impact of food on our lives. Some of my fondest memories at Auburn have been made around a table. I aim to help people see and experience the profound ways in which life unfolds around a table.

First, I want to emphasize the importance of community, a value deeply ingrained in Auburn's culture. Food serves as a tangible expression of this communal spirit. Through fostering opportunities to serve those facing food insecurity as well as working to center dining halls around community, we can enhance our sense of fellowship. Additionally, organizing meals that celebrate our diverse student body further strengthens this ideal. This can be done through collaborating with International Student Organization to elevate their dinner events and broaden options for those unable to go home during holidays. Food is a piece of home to people, and I desire for Auburn students to feel that they can have that piece of home through their shared experiences and culture.

Second, I aim to provide students with lifelong tools through Nutrition education and resources. Many people overlook their attitudes and behaviors surrounding food, yet this is a daily consideration for the entirety of our lives. Therefore, fostering a healthy relationship with food and our bodies is crucial. Fortunately, our campus offers numerous resources to support this endeavor. My goal is to educate students not only about their health, but also about nurturing positive relationships with it. I would love to partner with Health and Wellness, to promote accessible counseling services and dietary analysis for all students.

During my time at Auburn, my passion for this field has flourished. As a result, it feels natural to give back to Auburn in this way. Through my own journey and numerous discussions with fellow students, I have witnessed the challenges many face regarding nutrition. I desire to initiate dialogues to bridge this gap and equip students with tools that extend far beyond their time here.