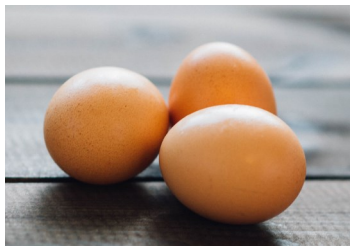


# Nutrition Research Volunteers / Interns Wanted



**Supplemental Protein Intervention (SPRI):** A joint study between the University of Texas at San Antonio and Texas State University aims to increase the protein intake in the elderly population in San Antonio to reduce age-related muscle loss and functionality. This study will provide older adults protein in the form of an egg supplement. Data collected will include dietary intake, muscle mass, food insecurity surveys, physical performance assessments, and risk for falls.



## Miranos!

Head Start preschool obesity prevention and treatment program. Potential tasks: plate-waste study administration and analysis, food tasting design and administration.

### Possible Volunteer/Intern tasks:

- Create nutrition educational materials
- Recipe Development
- Administer 24-hour recalls and other survey tools
- Conduct physical performance assessments
- Data entry

### **No Prior Experience Required!**

**If you are interested,  
contact Dr. Sarah Ullevig at  
[sarah.ullevig@utsa.edu](mailto:sarah.ullevig@utsa.edu)**

