

September 25, 2025



**METROPOLITAN  
STATE UNIVERSITY<sup>SM</sup>  
OF DENVER**

**Department of Nutrition**

## Alumni Newsletter

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### Important Dates

#### Admission Dates

**October 1, 2025** — FREE to Apply Deadline - Master of Science in Nutrition Program

**November 1, 2025** — Final Application Deadline - Master of Science in Nutrition Program

**December 1, 2025** — Application Opens - Lactation Consultant Training Cert Program

**January 2, 2026** — Early Admission Deadline - Coordinated Program

**January 16, 2026** — Decision Notification Date - Coordinated Program

**February 15, 2026** — Early Application Deadline - Lactation Consultant Training Cert Program

## Event Dates

October 11, 2025 — 2025 Annual Roadrunners 5k

October 22, 2025 — Graduate School Fair at MSU Denver

October 28, 2025 — Nutrition Career Panel

December 5, 2025 — Nutrition Research Day

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## Upcoming Events



Get ready to lace up and show your Roadrunner pride at the *Annual Roadrunners 5k*—our favorite Homecoming tradition! Whether you're a speedster, a stroller, or somewhere in between, everyone's welcome to join this fun run, jog, or walk weaving through the beautiful Auraria Campus.

**SPECIAL PRICE** for **Alumni** and The Department of Nutrition staff and faculty will be in attendance!

Oct. 11, 2025, 9 a.m.

[View more information on the website here!](#)

# COLORADO GRADUATE SCHOOL FAIR AT MSU DENVER

WEDNESDAY, OCTOBER 22, 2025  
10 A.M. - 2 P.M.  
TIVOLI TURNHALLE  
AURARIA CAMPUS



**Register for free!**

Registered attendees will  
receive a code for **free parking**.

Whether you are an interested  
undergraduate, alum, or returning  
graduate student, discover the diverse  
graduate programs offered around  
Colorado and here at MSU Denver.

[tinyurl.com/2025MSUGradSchoolFair](https://tinyurl.com/2025MSUGradSchoolFair)



For more information or special accommodations, please  
reach out to [graduatestudies@msudenver.edu](mailto:graduatestudies@msudenver.edu)



Graduate Studies



Classroom to Career Hub  
Student Affairs

# Save the date!

For the Department of  
Nutrition's Career Panel



Join to earn  
the chance to win  
**\$20 GIFT  
CARDS!!**

- Learn from nutrition professionals
- Network with panelists, faculty, and alumni

October 28, 2025 | 4PM-5PM | Teams Link Provided



If you would like to be a panelist, please email us at: [gradnutrition@msudenver.edu](mailto:gradnutrition@msudenver.edu)

by Friday, October 17th, 2025

[\*Join the Nutrition Career Panel Here!\*](#)

Meeting ID: 296 983 162 634 9

Passcode: Ys9qS2v6

# NUTRITION RESEARCH DAY

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## END OF SEMESTER CELEBRATION



JOIN THE DEPARTMENT OF  
NUTRITION IN CELEBRATING  
UNDERGRADUATE AND  
GRADUATE STUDENT RESEARCH  
& FALL 2025 GRADUATES!

**9AM-12PM  
DECEMBER 5TH  
TIVOLI 440/540**

**ALUMNI, MENTORS,  
FRIENDS, FAMILY ARE  
WELCOME AT 10:30AM**

**FOOD, MUSIC, AND  
BEVERAGES WILL BE  
PROVIDED!**



Job Opportunities

## Dietary Technician PRN

Do you have the PRN career opportunities as a(an) Dietary Technician PRN you want with your current employer? We have an exciting opportunity for you to join HCA Health ONE Rose which is part of the nation's leading provider of healthcare services, HCA Healthcare.

[\*View the application here!\*](#)

For more Career Opportunities, Visit [here!](#)

### **Career Preparation and Opportunities - MSU Denver**

Where do you want to go in the field of nutrition and dietetics? Learn about possible career opportunities here.

[www.msudenver.edu/nutrition/career-opportunities/#job-board](http://www.msudenver.edu/nutrition/career-opportunities/#job-board)



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## Spotlights





## **Faculty Spotlight**

# **Prabhdeep Sandha**

### **PhD, RDN**

**Prabhdeep Sandha, PhD, RDN, is an Associate Professor of Nutrition who joined the Department of Nutrition at Metropolitan State University of Denver in August 2020. Since then, she has taught more than nine distinct undergraduate and graduate courses within the department. Her academic passions include community nutrition, maternal and child nutrition, nutrition policy, and research and statistics.**

**From Summer 2023 to 2025, Dr. Sandha served as the Graduate Program Director. In this role, she contributed significantly to the development and evolution of the Master of Science in Nutrition curriculum, as well as student recruitment, retention, and various other aspects of program administration. Beginning in Fall 2025, she will transition into the role of Department Chair.**

**Dr. Sandha feels fortunate that her passion for making education accessible and promoting preventive nutrition for all community members is reflected and reinforced in her daily work.**

**She earned her PhD in Nutrition Policy with an Interdisciplinary Graduate Minor in Applied Statistics from the University of Mississippi. She completed her ISPP (Individualized Supervised Practice Pathway) at The Ohio State University and holds a bachelor's degree in Nutrition and Dietetics from Punjab Agricultural University, India. Since 2016, she has held several professional positions related to her field.**

**Fun fact: Dr. Sandha is a big foodie—she loves cooking and exploring new restaurants with her husband, son, family, and friends. She also enjoys dancing, painting, and listening to Punjabi music. She proudly identifies as a tea connoisseur.**



## **Faculty Spotlight**

# **Jesse Lunsford**

**PhD, RDN**

**Jesse pursued his second bachelor's degree at MSU Denver in 2012 and has worked on campus in various capacities since then. He received his MS in Dietetics and PhD in Health Sciences and was fortunate enough to have several members of the department serve on his dissertation committee. His previous roles at MSU Denver have included academic advisor, senior advising coordinator, affiliate faculty, and lecturer.**

**This Fall, he will be going up for tenure and promotion as the Assistant Chair and Graduate Program Director. Jesse is excited to bring his administrative experience to help advocate for the department. He experienced exceptional growth working on the POHA grant and now approaches his classes from an anti-racist and equity standpoint. His courses explore public health, systemic inequity, injustices, and disparities.**





## **Alumni Spotlight**

# **Emily Thorngren**

### **MS, RDN**

**M.S. in Nutrition**  
**Fall 2023**

**Emily received both her bachelor's and master's degrees in Nutrition and Dietetics from MSU Denver and was also a member of the 2024-2025 MSU Denver Dietetic Intern cohort. After completing her internship in May, she passed the CDR board exam in July, officially receiving her RD credentials after 7 long years of hard work. After welcoming her first baby this coming October, she hopes to begin building a private practice so she can achieve both dreams of treating patients and being a stay at home mom. Until then, she will continue working with dietetic students to help them achieve their academic and career goals by doing thorough reviews of personal statements and resumes.**

**In her free time Emily loves reading books of all genres, cooking fun new recipes, and spending time with her husband and their dog Cleopatra (Cleo).**

**If you are applying for a job, internship, or graduate program in the near future, contact Emily here!**

**[emilythorngrennutrition@gmail.com](mailto:emilythorngrennutrition@gmail.com)**

## Nutrition Programs

Early Admission into Supervised Practice Year of the Coordinated Program  
NOW OPEN



Applications for early admission into supervised practice year of the Coordinated Program are now open. **Applications are due January 2nd, 2026, at 11:59 pm MST.** Application links, required materials and all dates can be found on our Coordinated Program website.

Please contact Jon Padia: [jpadia2@msudenver.edu](mailto:jpadia2@msudenver.edu) with any questions.

[\*View our Coordinated Program site here!\*](#)

Lactation Training Certificate Program

# Lactation Training Certificate Program

The Pathway 2 Lactation Consultant Training Certificate Program is housed in the Department of Nutrition and allows students to meet the eligibility requirements to complete the International Board Certified Lactation Consultant (IBCLC) Exam and, once students pass the exam, work as a credentialed IBCLC with scholarship and funding opportunities available to help support participants.

Application Opens - **DECEMBER 1<sup>ST</sup>, 2025**

Early Application Deadline - **FEBRUARY 15<sup>TH</sup>, 2026**

Priority Application Deadline - **APRIL 15<sup>TH</sup>, 2026**



Check out our website!

View the MSU Denver Lactation Consultant Training website for more information [HERE!](#)

Contact: Jennifer Bolton: [jbolton3@msudenver.edu](mailto:jbolton3@msudenver.edu)

for more information

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## Resources

# MSN Alumni Conference Funding Opportunity



METROPOLITAN STATE UNIVERSITY™  
OF DENVER  
Department of Nutrition

- Must have graduated from the MSN program within the last 2 years
- Must be attending a professional conference to present research conducted during the MSN program
- Funds can help cover registration, travel, and other expenses related to the conference

Applications due  
at least 21 days  
before the  
conference  
begins

**For more information and to apply check out  
the link below.**

<https://www.msudenver.edu/wp-content/uploads/2024/06/MSN-Alumni-Conference-Funds-Application.pdf>

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Involvement

# WE WANT TO FEATURE YOU!

SHARE  
YOUR  
STORY  
WITH  
US



SHARE  
YOUR  
STORY  
WITH  
US

**As an alumni of the Department of Nutrition at MSU Denver, we want to hear from you and share your story!**  
**Have you done something notable recently?**  
**Volunteered somewhere? Received a job offer?**  
**Accepted an award? Started a business? Let us know!**

*Email [gradnutrition@msudenver.edu](mailto:gradnutrition@msudenver.edu) to be featured in our next Alumni Newsletter or on our social media accounts!*



# LOOKING FOR MORE UPDATES?

**FOLLOW US ON SOCIAL MEDIA!**



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linkedin.com/company/msudenvernnutrition/



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## Roadrunner Alumni

Check out our MSU Denver Alumni opportunities here:

### MSU Denver Alumni and Friends - MSU Denver

MSU Denver's Office of Alumni Relations connects over 105,000 alumni to each other, the University and the greater MSU Denver community. MSU Denver Alumni can reach MSU Denver Career Services and volunteer with MSU Denver through the office of Alumni Relations.

[www.msudenver.edu/alumni](http://www.msudenver.edu/alumni)



**Did you miss our last Alumni Newsletter?**

**Check out our Archive Here:**

### Alumni and Friends - MSU Denver

Connect with fellow alumni for updates on department events, networking and opportunities to contribute to your alma mater!

[www.msudenver.edu/nutrition/alumni-and-friends/#alumni-newsletter-archive](http://www.msudenver.edu/nutrition/alumni-and-friends/#alumni-newsletter-archive)



***Give to the Department of Nutrition***

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