

Nutty Nutrition

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EDUCATION

Registered Dietitian Eligible (June 2021)

University of Massachusetts Amherst: Dietetic Internship Program (August 2020 – August 2021)

Bachelor of Science in Health Science, Nutrition (May 2019)

Keene State College, Keene, NH

DIETETIC INTERNSHIPS

Hampden Wilbraham School District: Food Service Dietetic Intern, Wilbraham, MA (January – March 2020)

- Conducted proper health safety inspections in school kitchens
- Developed and presented in-service training on proper cooling of foods to kitchen staff
- Designed, marketed, and prepared themed meals to be served to over 300 students
- Calculated recipe expansions and budget costs of new meals
- Produced recipes and nutrition education materials for elementary students to stimulate exposure to new foods

Baystate Noble Hospital: Clinical Dietetic Intern, Westfield, MA (September – December 2019)

- Completed nutrition assessments, provided diet education, and implemented medical nutrition therapy
- Organized follow up evaluations for acute care patients and established and monitored patient centered goals
- Coordinated with variety of multidisciplinary teams to provide optimal care for patients
- Delivered motivational interviews to promote behavior change
- Documented nutrition diagnosis and treatment plan then scheduled follow up evaluations
- Performed Nutrition Care Process (NCP) using standardized language and ADIME format
- Carefully selected & accurately calculated enteral nutrition for patients to avoid malnutrition
- Created and implemented healthy eating educational program for seniors whom are home bound

RELATED NUTRITION EXPERIENCE

John Doe Senior Center: Nutrition Practicum, Keene, NH (January – May 2018)

- Cooked meals and created placemats based on health benefits of meal served
- Collaborated with dietitians to monitor and evaluate individualized treatment plans and enforce meal changes

Rockville Hospital: Dietary Technician, Inpatient Eating Disorder Unit, Vernon, CT (August 2017 – August 2019)

- Facilitated group sessions with patients to provide educational support during menu selection process
- Executed daily menu corrections to be consistent with individualized meal plan and special diet orders
- Provided support to patients to encourage healthy eating behaviors
- Communicated with food service operations to ensure meal trays met proper caloric exchanges

Pizza Makers: Food Service, Springfield, MA (December 2010 – October 2017)

- Maintained excellent customer service in fast-paced environment
- Applied ServSafe principles during preparation of food orders
- Trained employees to maintain consistency in order preparation and customer service skills
- Aided in set up and serving of food from counters and steam tables

Ridgewood Nursing Home: Dietary Aide, Bedford, NH (June 2014 – May 2016)

- Collaborated with dietary manager to prepare meals for elderly population
- Assisted in kitchen clean-up and maintenance, and helped set up and take down of dining areas