

SUMMARY OF QUALIFICATIONS

- Skilled and thorough in analyzing problem situations and finding creative solutions
- Organized and efficient in completing various tasks
- Provides nutritional education by employing creative and personalized patient care
- Utilizes professional and effective communication with patients and medical personal

EDUCATION

Fontbonne University, St. Louis, MO

December 2017

Masters of Arts in Family and Consumer Science

Concentration: Multidisciplinary Health Communication Studies & Dietetic Internship

Indiana University, School of Public Health, Bloomington, IN

May 2016

Bachelor of Applied Health Science

Concentration: Nutrition and Dietetics

NUTRITION RELATED EXPERIENCE

Aramark Correctional Division – Regional Manager

March 2021 – Present

Nutrition and Operations Support Services- Regional Manager

- Creates male, female, NSLP compliant juvenile, bid and diet menus for the central region
- Works with Supply Chain Management to oversee and ensure product procurement for current central region accounts and all opening municipalities and departments of corrections
- Trains front line managers on food safety, menu, and diet compliance for current central region accounts and all opening municipalities and departments of corrections

Aramark Correctional Division – Indiana

September 2019 – March 2021

Nutrition and Operations Support Services- Indiana Dietitian

- Creates all male, female, NSLP compliant juvenile, and diet menus for the State of Indiana Department of Corrections
- Works with Supply Chain Management to oversee and ensure product procurement
- Trains front line managers on food safety, menu, and diet compliance

Chartwells K-12 School Foodservice – St. Louis, MO

April 2017 – September 2019

Director of Dining Services for Clayton School District

- Collaborated with students, faculty, staff, principals, administrators, and Chartwells Senior Leaders to provide the most nutritious meals in a financially responsible manner that appeal to all ages
- Oversaw vendors, various orders, and all financials
- Managed five schools, all programs, and staff

Chartwells K-12 School Foodservice – St. Louis, MO

January 2017 – April 2017

DIT – Director in Training

- Worked alongside directors of Pattonville, Webster Groves, East Saint Louis, and Lindbergh School Districts to learn daily, weekly, and monthly director tasks
- Utilized critical thinking and problem-solving skills to manage staff and multiple schools in each district
- Coordinated catering events, placed orders, and managed inventory and finances, while completing program requirements

Indiana University - Bloomington, IN

August 2015 - December 2015

Teaching Assistant

- Assisted in N220 Nutrition for Health, a non-major nutrition course
- Guided students with in-class problems and activities
- Graded homework and prepared materials for activities

DIETETIC INTERNSHIP

Community Rotations

The Center for Mind, Body, & Spirit – St. Louis, MO

July 2017

Veterans Affairs – St. Louis, MO

June 2017 – July 2017

Cardinal Glennon

January 2017 – February 2017

- Utilized motivational interviewing techniques to discuss lifestyle, and diet goals with patients one-on-one or in group classes
- Corresponded with staff regarding patients and office protocol to complete various tasks

- Minimized nutritional risk by providing various interventions when necessary

Clinical Rotations

Fresenius Medical Care – O’Fallon, IL
Barnes Jewish Hospital – St. Peters, MO
Nazareth Living Center – St. Louis, MO

September 2017
July 2017 – August 2017
May 2017 – June 2017

- Participated in interdisciplinary rounds and care team meetings
- Observed procedures, shadowed various medical professionals, and collaborated for the betterment of patient care
- Counseled patients, calculated dietary needs and nutrition support requirements when necessary

Foodservice Rotations

Pattonville School District – St. Louis, MO

September 2017 – November 2017

- Assists in the management of six elementary schools, two middle schools, and one high schools
- Completes reports, plans menus, and carries out catering events
- Streamlining the processes and new menu for the high school concession upgrade

CLINICAL EXPERIENCE

Washington University - St. Louis, MO

October 2016 – June 2017

Research Dietetic Assistant

- Utilized kitchen safety techniques and prepares weekly metabolic meals for use in multiple medical studies
- Assisted in the formulation of meal plans for multiple metabolic studies
- Delivered meals to in hospital study patients and observes some patient procedures

St. Anthony’s Hospital - St. Louis, MO

July 2016 - October 2016

Dietary Aid

- Communicated dietary restrictions and matched food preferences for patients
- Transported meals to patients in every area of the hospital
- Utilized problem solving skills to resolve patient complaints

Mayo Clinic - Rochester, MN

July 2009

Shadowing Experience

- Observed multiple areas of the facility, assessed compounded medications and intravenous nutrition orders
- Rounded with all medical staff and reviewed patient charts
- Attended meetings with various medical staff as they review, and revised patient needs and treatment plans

HEALTHCARE EXPERIENCE

Williams Brothers Pharmacy - Bloomington, IN

May 2012 – May 2016

Certified Pharmacy Technician

- Assisted the pharmacist by taking prescriptions, transcribing medication orders, and filling medications for patients
- Interacted with patients, contacted prescribers and insurance companies, and collaborated with team members
- Prepared sterile and non-sterile medications in the compounding laboratory

CERTIFICATIONS

ServeSafe: Registered ServeSafe Proctor #4841981

November 2021 – Present

ServeSafe: Food Protection Manager Certification #19639371

July 2021 – Present

Registered Dietitian, Commission on Dietetic Registration #86090046

June 2019 – Present

Basic Life Support (CPR and AED) Certified - St. Louis, MO

April 2017 – Present

International Food Safety Manager - Bloomington, IN

November 2015 – Present

ASSOCIATIONS

Association of Correctional Food Service Affiliates

August 2022 – Present

Kentucky Academy of Nutrition and Dietetics

April 2021 – Present

Indiana Academy of Nutrition and Dietetics

September 2019 – Present

Academy of Nutrition and Dietetics

April 2017 – Present