|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | |  | Work ExperienceCycling & Pilates Instructor - Independent Contractor; Washington, DC 10/2010 – Present  * Spinning certified for indoor cycling; Stott certified for Pilates mat, reformer, cadillac, chair, and barrels * Lead three indoor cycling classes and four Pilates Reformer classes per week averaging 15 and 4 clients, respectively   **Registered Dietitian- VIDA Fitness at the Yards; Washington, DC 10/2015 – 11/2016**   * Lead dietitian for the VIDA Nutrition Department pilot program, managing more than 100 clients * Inspire over 60% of clients to reach their goals through successful motivational interviewing and nutrition counseling * Used sales and follow up data to analyze current trends and set strategies to promote and increase sales; increased initial nutrition visits by 40% and returning nutrition clients by 33% in the second quarter of 2016 * Planned and led six outings, cooking classes, grocery store tours, and nutrition seminars through the year   **Dietetic Internship / Nutrition Residency; Washington, DC 08/2014-06/2015**  Community Rotation (10 weeks, 40hrs/week, 400 hours total):   * Office of the State Superintendent of Education (OSSE) – Wellness and Nutrition Services Division * Helped organize and execute Growing Healthy Schools Week activities * Visited grades K-5 at three DCPS schools to give five interactive presentations about healthy eating * Analyzed and reported on data exploring the impact of school gardens and children’s behavioral health * Drafted and edited an informational info-graphic on the success of the DC Healthy Schools Act * Department of Health, Government of the District of Columbia – Community Health Administration * Assisted dietitians in WIC offices serving diverse populations; tested patient blood iron levels, provided nutrition assessment and education to mothers and families * Performed four visits to DC schools, provided SNAP-Ed funded nutrition education to grades K-5 * Attended the two-day annual WIC training for regional educators and leaders   Administrative Rotation (6 weeks, 40hrs/week, 240 hours total):   * DC Central Kitchen, School Food Services * Created a one-month school meal cycle menu incorporating the regulations of the Healthy Hunger Free Kids Act, the Healthier US Schools Challenge, and the DC Healthy Schools Act * Performed in-service presentation to food service staff covering HACCP, reimbursable school meals, recycling * Visited schools to explore children’s food preferences for vegetables with taste tests and surveys   Clinical Rotation (15 weeks, 40hrs/week, 600 hours total):   * Washington Hospital Center (13 weeks) * Rotated through all floors providing MNT, nutrition assessment and education for 15 patients per day * Wrote orders for modified diets, tube feeds, and TPN based on nutrition care calculations * Contributed to daily and weekly comprehensive patient care meetings with doctors, nurses, and case workers * Carroll Manor Long Term Care (2 weeks) * Supervised 30 residents daily, observing eating patterns and assessing need for supplements * Created “Nutritious Food of the Month” promotion for May 2015, featuring the health benefits of yogurt   Professional Development (2 weeks, 40hrs/week, 80 hours total):   * Food Directions, LLC * Drafted and edited two policy weekly news summaries for written communications to client base * Authored feature blog series on the agriculture and nutrition agendas of the 2016 Presidential candidates * Attended the Food Safety Modernization Act public meeting and the House Education and Workforce Committee Hearing for "Serving Students and Families through Child Nutrition Programs"; summarized key takeaways for concise and simple communications with clients  Policy Analyst Intern - Food, Nutrition and Policy Consultants (FNPC); Washington, DC 09/2013 – 07/2014  * Liaison for Tracy Fox, President of FNPC, at conferences, press events, webinars, and meetings; created memos and documents summarizing key takeaway messages for written communication with clients and colleagues * Drafted summaries, point papers, and PowerPoint presentations on topics of nutrition policy and obesity prevention * Developed, edited, and organized written communications for clients including USDA, Robert Wood Johnson Foundation * Researched, analyzed, and reported on regulatory status and comments on the Interim Final Rule for Competitive Foods in Schools, the Dietary Guidelines 2015 Advisory Committee Meetings, and the Food Labeling Modernization Act   **Spring Food Research Intern - Food and Water Watch; Washington, DC 01/2014-04/2014**   * Completed research and writing projects focused on agricultural issues such as antibiotic use in farm animals and farmers’ opinions on insurance coverage for crop contamination | |
|  | | | |
|  | |  | Education **Lenoir-Rhyne University; Hickory, NC - Dietetic Internship 08/2014 - 05/2015**  *Accomplishments:* Completed the supervised practice hours needed to sit for the RDN exam. Rotations cycled through the required competency fields of community, clinical, and foodservice nutrition at 40 hours per week. Completed this program in Washington, DC after seeking out and securing qualified preceptors in the area.  **Bastyr University; Seattle, WA – Master of Science: Holistic Nutrition 09/2011 - 06/2013**  *Accomplishments:* Recognized by supervisors in the Bastyr Clinic for Natural Health for successfully integrating motivational interviewing and nutrition counseling. Collaborated with peers to complete a grant application for funds to create and distribute a shelf stable nutrition supplement for homeless teenagers in the Seattle area.  **University of Illinois- Chicago; Chicago, IL – Bachelor of Science: Nutrition 08/2006 - 05/2010**  *Accomplishments:* Served as the Student Liaison to the Chicago Dietetic Association, 2009-2010. Graduated Magna Cum Laude. Awarded the Van Doren scholarship for students in the healing arts three times. | |
|  |  |  | Professional Memberships and Associations **Mayor’s Council on Physical Fitness, Health and Nutrition 12/2016- Present**  Newly appointed by the Mayor’s Office of Talent and Appointments. I hope to use this position to create a safer and healthier environment for children and families to live, work and play in our Washington, DC community  **DC Metro Academy of Nutrition and Dietetics (DCMAND), Board Member 08/2014 – Present**   * Public Policy Committee Chair, 06/2016 – Present   + Keep the DCMAND Executive Committee updated on current issues that impact the practice of dietetics in DC   + Work with the Public Policy Committee to prepare communications for elected officials, governing agencies, and regulatory boards on issues of concern to DCMAND members. Ex: organized meetings with DC Council members to discuss the DC Licensure Committee for dietitians and the DC Food Policy Council   **Hunger and Environmental Nutrition (HEN) Dietetic Practice Group, Board Member 06/2011-Present**   * Policy and Advocacy Leader, 06/2015 – Present   + Lead and coordinate monthly calls to organize the Public Policy Committee’s strategic plan, delegate tasks, and update committee on progress of goals identified by the strategic plan   + Contribute policy news for bi-monthly newsletter; collaborate with other professional development groups to draft submissions for the HEN Post bi-annually   + Engage members in policy issues such as the Child Nutrition Reauthorization Act by encouraging participation in action alerts, educate members on how to build relationships with legislators, moderated the “Public Policy 101 Webinar” (March 2016- attended by more than 250 RDNs), edit comments gathered for proposed Federal regulations   + Increased action alert participation and engagement with Congressional leaders by 10% from 2015   + Currently leading request to the Commission on Dietetic Registration that policy be issued a required topic for professional development portfolios   **Academy of Nutrition and Dietetics (AND), Member 09/2008- Present** Sub-memberships: Dietitians in Integrative and Functional Medicine; Sports and Cardiovascular Nutrition; HEN **Slow Food USA, Member 08/2006 - Present**  National and local chapter member; various volunteer projects include cultivating the Pre-SERVE Urban Garden in Chicago Relevant Volunteer Experience **Nutrition Instructor - Cooking Matters; Washington, DC 01/2015 – 11/2016**   * Lead the nutrition education component of culinary classes and grocery store tours for children, teens and families   **SNAP Outreach Specialist - DC Hunger Solutions; Washington, DC 01/2016 - 04/2016**   * Interviewed DC residents for eligibility to enroll in the SNAP program; assisted eligible with applications * Surveyed currently enrolled SNAP residents on their satisfaction and feedback for the program   **Nutrition Intern - Nourishing Balance; Seattle, WA 12/2012 – 09/2013**   * Prepared presentations, created and edited client education materials, and led grocery store tours * Edited chart notes; provided feedback and professional insight on client nutrition status and areas for education   **Nutrition Educator - University YMCA; Seattle, WA 09/2012 – 09/2013**   * Presented monthly seminars covering sports nutrition, plant-based local diets, inflammation, food labels and food policy | |