

EDUCATION

University of Vermont, Burlington, VT
BS in Dietetics, Nutrition, and Food Sciences
Cumulative GPA: 3.92

Anticipated December 2021

WORK EXPERIENCE

Hannaford Supermarket, Manchester, NH/South Burlington, VT
Personal To-Go Shopper

September 2016 – Present

- Communicate and coordinate with other store departments to acquire the items ordered by customers
- Assist in training new employees on procedures and best practices for maximizing service
- Collaborate with coworkers to overcome barriers and fulfill customer requests
- Streamline shopping methods to promote efficiency without compromising quality or customer service
- Outperform personal shopping rate every month to exceed company standards

University of Vermont Residential Life, Burlington, VT
Front Desk Associate

September 2018 – Present

- Safeguard confidential information to ensure the security of students' privacy and safety within the residence hall
- Implement emergency protocol for urgent maintenance issues within the building
- Advise students and faculty on solutions to organizational challenges then encounter planning events

NUTRITION EXPERIENCE

Catamount Refueling Station Practicum

February 2021 – May 2021

- Created visually appealing graphics for presenting nutrition information in a digestible manner
- Synthesized and communicated scientific nutrition research and information for collegiate athletes

Conducted Community Needs Assessment

February 2021 – May 2021

- Collaborated with a team gathering community data on Swanton, VT to inform the CNA
- Evaluated social determinants of health and at-risk populations influencing the community needs

Nutrition Counseling Simulations

August 2020 – December 2020

- Leveraged motivational interviewing to provide effective, client-centered counseling
- Utilized the stages of change to best assist clients in making positive change to their lifestyle
- Worked alongside clients to develop their personal goals and assist in action planning
- Offer nutrition education, nutrition resources, and planning tools when clients express interest

Hannaford Supermarket Practicum

August 2020 – November 2020

- Developed an educational video for customers to maximize purchasing groceries on a budget
- Designed seasonal nutrition bulletin to educate associates on nutrition during holiday cooking

LEADERSHIP EXPERIENCE

Reformed University Fellowship

January 2019 – Present

Servant Team Leader

- Spearhead community events such as karaoke and Mario Kart Tournament to foster student community
- Facilitate a welcoming community through weekly group gatherings that invite students to form friendships

Alpha Delta Pi Sorority

January 2020 – May 2020

Director of Alumnae Engagement

- Communicated with executive board and alumnae inform members of chapter activity and events
- Formulated celebratory events for members entering alumnae status and facilitated the transition period

OTHER NUTRITION QUALIFICATIONS

ServSafe Food Production Manager Certification
Food Service Management Training