

SKILLS SUMMARY (OPTIONAL SECTION)

- Committed over 2 years to volunteering with dietitians in a variety of fields to gain exposure to different practice areas and learn to work with different patients/clients
- Developed written materials and interactive presentations to provide nutrition information to groups of youth
- Encouraged and initiated tasks for teams of 2-5 people to complete project goals
- Built professional relationships with people from diverse backgrounds and ages
- Gained experience designing and preparing nutritionally balanced meals for low-income families using safe food handling practices

VOLUNTEER EXPERIENCE

DIETITIAN SUPERVISED

Kate Lawson's Weight Management Camp, Whistler, BC May-Aug 2018
Nutritional Consultant – Supervised by Irene Chan, R.D. 5 hours/week

- Researched recipes and substitutions to provide variation in 30-day meal plans for participants
- Designed nutrition worksheets and charts to assist participants with grocery shopping and encourage healthy eating

Healthy Heart Clinic: St. Paul's Hospital, Vancouver, BC 2017-2018
Program Volunteer – Supervised by Karly Pinch, R.D. 5 hours/week

- Created patient education handouts, and maintained monthly recipe program
- Coordinated, promoted, and hosted themed cooking classes for 8-12 patients per session in order to increase their food skills

COMMUNITY AND CAMPUS EXPERIENCE

Aboriginal Diabetes Awareness Prevention and Teaching, Vancouver, BC Jan – Apr 2017
Program Volunteer 5 hours/week

- Communicated key indicators and risk factors for diabetes to improve awareness within the Aboriginal Community
- Provided culturally relevant and appropriate information in person and in print to clients utilizing the centre

Wellness Peers: UBC Peer Program, Vancouver, BC Sept – Apr 2016
Peer Advisor 5 hours/week

- Shared health and wellness ideas with students at different campus fairs, or events
- Worked with a team of 4 peer advisors to divide responsibilities, set time lines, and design a series of wellness handouts

UBC Student Leadership Conference (SLC), Vancouver, BC Jan 2016
Participant 8 hours

- Attended sessions on leadership, motivating others, developing team work, and global citizenship

Place Vanier, UBC Point Grey Campus, Vancouver, BC 2015-2016
Residence Advisor 15 hours/week

- Used active listening and other communication skills to resolve conflicts between first year or returning students, and to communicate cultural differences and expectations
- Promoted workshops for students around career development, wellness, and on-campus involvement while initiating group attendance to these events

- Connected with team members (other Residence Advisors) to understand how they solved problems with their residents and how those strategies may be applied in other contexts

Workshop Presenter

2015-2016

UBC Nutrikids

- Delivered 1-hour workshops to classes of about 30 children (grades 3-5) that empowered them to participate in a 14-day healthy recess snacks challenge
- Improved the children's understanding of a balanced diet through interactive games

WORK EXPERIENCE

White Spot Restaurants, Vancouver, BC

2016-Present

Server

Part time, then, full time hours

- Provided friendly service for large and small groups, averaging 100 customers per shift
- Addressed particular customer requests and dietary requirements with attention to detail
- Maintained clean and sanitary environment, especially during peak times

Hoppin' Harry's Kangaroo Pub, Adelaide, Australia

Feb – Jun 2017

Food runner

Part time hours

- Assisted with ensuring that particular customer requests and dietary requirements were met
- Ensured utensils and food preparation areas were clean and sanitary during food assembly and presentation
- Recognized by manager as outstanding team player because of consistent and friendly communication between kitchen staff and serving staff.

EDUCATION

B.Sc. FNH, Nutritional Sciences Major (with Honours)

Present

University of British Columbia

University of Adelaide, South Australia

Jan – Jun 2017

UBC Exchange Program

AWARDS AND SCHOLARSHIPS

University of British Columbia – Presidents Entrance Scholarship

2015

- Awarded for academic achievement

PERSONAL PROJECTS AND INTERESTS

Webpage Designer

January 2017 – Present

What's Eating XX - www.minnieheat.com

A personal webpage evaluating the nutrition of meals seen on the Food Network

- Designed a user-friendly site with Wordpress to educate readers about the health and nutrition of meals prepared by celebrity cooks
- Attracted 300 viewers within the first month of launching the webpage
- Ensured accurate nutritional information (e.g., ingredients, calories, etc.) using reliable food industry resources (Nielsen's Food Analysis, Fennema's Food Chemistry)