

## Education

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B.Sc. FNH, Nutritional Sciences Major (with Honours) – *University of British Columbia, 2014*

## Employment

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**Meal Program Coordinator** **December 1, 2014 – Present (15 hrs/wk)**

*Inner City Women's Initiatives Society; Vancouver, BC*

- Planned, prepared and served two nutritious meals per week for 75 women
- Managed volunteer recruitment, staff scheduling, and balancing of finances

**Project Coordinator** **March – September 2012 (20 hrs/wk)**

*Kamloops Public Produce Project; Kamloops, BC*

*Supervisor: Laura Kalina, RD*

- Coordinated media liaison, volunteers, budget, and workshop programming
- Represented project at province-wide gathering of food security organizations

**Brand Ambassador** **January 2011 – December 2012 (10 hrs/wk)**

*COBS Bread; Vancouver, BC*

- Engaged passersby in discussions about diet and nutrition

**Hospital/Senior Care Food Service Worker** **June 2011 – March 2012 (Full/Part-time)**

*Interior Health Authority; Kamloops, BC*

- Worked as part of a team to assemble meals in a clinical setting
- Relied on understanding of therapeutic diets and food safety

**Program Coordinator – Cooking Classes** **October 2010 – May 2011 (8 hrs/wk)**

*Little Mountain Neighbourhood House; Vancouver, BC*

- Planned and facilitated weekly menus and educational programming
- Directed 50 children and seniors to improve their confidence and skills in the kitchen

**Gleaning Program Coordinator****Summer 2009 & 2010 (Full-time)*****Kamloops Food Bank; Kamloops, BC***

- Managed garden plots and fruit gleaning schedule
- Enlisted new donors and increased media presence of program

**Volunteer Experience**

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**Event Volunteer – ‘Meet Your Maker’****February 17, 2014 (8 hours)*****Farm Folk City Folk; Vancouver, BC***

- Supervised lunch preparation as the required Foodsafe-certified individual in kitchen

**Committee Member****2010 – 2014 (Part-time)*****Kamloops Food Policy Council; Kamloops, BC****Supervisor: Laura Kalina, RD*

- Secured program funding as the main author of various grant applications
- Increased following of social media page by almost 100%
- Conducted food security survey of electoral candidates and published results

**Volunteer and Participant – Workshop for Health Professionals****April 16, 2012 (8 hours)*****‘Waisting Away’; Kamloops, BC****Supervisor: Helene Charlebois, RD*

- Gained understanding of event management, clinical dietetics and treating obesity

**Nutrition Educator****January – May 2011 (40 hours)*****Nutrikids; Vancouver, BC***

- Planned and presented educational nutrition workshops for elementary students

**Other**

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- June 2013: IHHS 408; Field studies in Aboriginal health with Seabird Island Band
- March 2014: FoodSafe Level II certified
- Nov 2006 – Aug 2007: Katimavik; Canadian youth volunteer and leadership program