

Dylan Bell Flach
1155 Pacific Street
Vancouver, BC, V6E 3X8
Phone: (519) 278-6245
Email: dylanflach@gmail.com

Objective	Student in LFS 303 to expand understanding of agriculture and natural resource policies in the context of Indonesia.
Education 2018 - Present	University of British Columbia , Vancouver, BC <i>Bachelor of Science in Food, Nutrition, and Health</i>
Employment 2021 - Present	Lynn Valley Care Centre , Vancouver, BC - <i>Recreation Aide</i> <ul style="list-style-type: none">• Preparing, implementing, and supervising physically and mentally stimulating recreation activities that satisfies the needs of the diverse resident population• Working alongside Care Aides in feeding assistance during mealtimes, utilizing mandatory training procedures• Interpersonal communication with residents in group settings to promote engagement in activities, as well as one-on-one activation to maintain cognition and enhance quality of life
	Lynn Valley Care Centre , Vancouver, BC - <i>Dietary Aide</i>
2021 - Present	<ul style="list-style-type: none">• Distributing appropriate meals to residents by following meal guides to ensure dietary restrictions and individual preferences are adhered• Communicating empathetically with residents to enhance their quality of life and increase understanding of their specific diet• Collaborating interprofessionally with nurses, care aides, managerial staff and the Registered Dietitian to maintain a positive and constructive environment for the residents
	Devil's Pulpit/Paintbrush Golf Course , Caledon, ON - <i>Line Cook</i>
2018-2020	<ul style="list-style-type: none">• Maximized productivity by delegating tasks to available personnel in order to maintain well-stocked, organized, and clean kitchen areas• Developed interprofessional relationships by effectively working with the kitchen and waitstaff in reviewing and preparing orders• Independently opened the kitchen and utilized advanced skills in cooking and food safety to prepare meals for a maximum of twenty customers at once
Leadership	St Paul's Hospital , Vancouver, BC - <i>Healthy Heart Program Assistant</i> JULY 2021 - PRESENT

- Creating digital media for the purpose of educating the members of the program about dietary habits for optimal heart health
- Working alongside the Registered Dietitian to improve the health and wellbeing of individuals battling heart disease and related disorders

Lynn Valley Care Centre, Vancouver, BC - Dietitians Assistant

MARCH 2021 - AUGUST 2021

- Worked alongside the R.D. to perform food safety audits, create and modify nutrition care plans based on assessment of nutrition-related risks and needs of each resident
- Collaborated interprofessionally to disseminate appropriate information regarding the health and well-being of residents to their families during Care Conferences
- Managed implementation of nutrition care plans by leading dietary staff in the preparation of meals while ensuring appropriate nourishment is served

Vancouver Coastal Health Maximally Assisted Therapy, Vancouver, BC - Breakfast Club Program

DECEMBER 2020 - PRESENT

- Provided meals to clients that obtain their medication from the Downtown Community Health Center to improve their nutritional status
- Helped clients receive adequate nutrition for the quantity and type of medications taken, in compliance with Harm Reduction policies
- Communicated effectively with staff and clients of the DCHC using verbal and non-verbal techniques to develop respectful relationships

True Nosh Vancouver, BC - Product Development and Kitchen Production Intern

SEPTEMBER 2020 - APRIL 2021

- Worked directly with the Owner/R.D. and fellow interns to create sugar-free products aimed to mitigate the consequences of diabetes
- Performed nutrient calculations and product costing, as well as created nutrition facts for various products in the development stage and utilized products in recipe creation for advertising

Vancouver General Hospital, Vancouver, BC - Wayfinder

JANUARY 2020 - DECEMBER 2020

- Engaged in effective and sensitive interactions with a diverse range of staff and clientele to enhance my interprofessional development
- Utilized a thorough understanding of the operations of VGH in order to disseminate appropriate knowledge and provide assistance to patients and visitors

- Responded quickly and competently to unpredictable circumstances customary to a hospital

Richmond Community Dialysis Unit, Richmond, BC - *Coffee Cart*
SEPTEMBER 2019 - DECEMBER 2019

- Implemented dietary restrictions imposed on dialysis patients by moderating their nutrient consumption when serving beverages and light snacks
- Worked directly with a R.D. to understand the benefits of reducing the consumption of sodium, potassium, and phosphorus for dialysis patients

Graines de Chef, Vancouver, BC - *Cooking Class Assistant*
JANUARY 2019 - APRIL 2019

- Prepared a variety of recipes with children from the ages of 3-10 as a means of instilling the importance of cooking healthy, culturally-appropriate meals at home

References

Mary Cross

Registered Dietitian, Lynn Valley Care Centre
604-417-4416
mdcross@shaw.ca

Florence Yip

Volunteer Coordinator, VGH
604-875-4111 Ext 21115 florence.yip@vch.ca

Marilyn Douglas

Volunteer Resources, VCH
604-219-2855
marilyn.douglas@vch.ca

Michael Cutajar

Executive Chef,
Devil's Pulpit
416-357-8771 mcutajar@dpga.ca