

PROFILE SUMMARY

- Gained 100+ hours of direct experience alongside registered dietitians in a variety of settings including hospitals, community, public health, private practice, and management
- Possess exceptional food and nutrition knowledge on a microscopic and macroscopic level
- Exhibit advanced rapport-building due to extensive experience in the food-service industry
- Fluent understanding of Farsi and some French, with broad knowledge of diets across several cultures including Mediterranean and Middle Eastern cuisine

EDUCATION

University of British Columbia - Vancouver, BC Sep 2016 – Present
▪ *B.Sc. in Dietetics, Faculty of Land and Food Systems*

PAID WORK EXPERIENCE

The University of Waterloo – Research Assistant Sep 2015 – Nov 2015
▪ Collected primary qualitative data in the form of surveys for a nutrition research study
▪ Recruited restaurant patrons and conducted questionnaires on nutrition labeling and dietary habits, developing excellent communication skills
▪ Carried out environmental scans at restaurants to assess for visible nutrition labeling and information on menus and menu boards

The Dirty Apron Cooking School – Kids Camp Summer Staff Jun 2015 – Sep 2015
▪ Worked in a culinary team to operate and teach cooking workshops for children aged 7-18
▪ Responsible for independently leading and instructing a group of 6 students at a time
▪ Educated students on knife skills, food science, cooking techniques and plate presentation

Whole Foods Market Cambie – Customer Service/Cashier Nov 2012 – Apr 2014
▪ Gained tremendous product knowledge, customer service skills and excelled at working in high-pressure, fast-paced environments.
▪ Partook in continued training to maintain a high level of job competency

Karmavore Specialty Foods Shop – Retail/Deli/Grocery Clerk Oct 2010 – Oct 2012
▪ Committed to a team environment; contributed food expertise and followed directives
▪ Used problem-solving and interpersonal skills to handle customer complaints and concerns while maintaining a high degree of professionalism

VOLUNTEER EXPERIENCE – DIETITIAN SUPERVISED

Healthy Heart Program, Saint Paul's Hospital Sep 2015 – Present (3h/wk)
Supervised by Kay McQueen, RD and Karen Mornin, RD

- Shadow dietitian during one-on-one patient consults to complete nutrition assessments and develop individualized nutrition plans
- Develop and update informative nutrition hand-outs for patients on topics such as sodium, fibre, and featured foods, demonstrating my knowledge in nutrition and dietetics

Cardiac Function Clinic, Vancouver General Hospital Sep 2014 – Nov 2015 (2h/wk)
Supervised by Michele Blanchet, RD

- Developed and format monthly recipe handouts to be distributed to patients
- Assisted dietitian with projects and events including educational cooking classes

Farm to School BC, Public Health Association of BC

Oct 2014 – Present (2h/wk)

Supervised by Vanessa Perrodou, RD

- Organized and summarized interim reports from various elementary and secondary school grant recipients, publishing a 2014 final progress report

Health and Counselling Services, Simon Fraser University

Feb 2013 – Apr 2013 (25hrs)

Supervised by Rosie Dhaliwal, RD

- Developed, published and distributed a list of accessible on-campus microwaves at SFU to encourage students to bring meals from home
- Ran an information table during Food Access Week to promote healthy choices and discuss food security with students and faculty

Hawthorne Senior's Care Centre, Port Coquitlam

Sep 2012 – Nov 2012 (25hrs)

Supervised by Vivian Yeung, RD

- Shadowed dietitian and was responsible for recipe standardization for the facility's residents, suggested recipe modifications to improve nutritional quality where applicable

VOLUNTEER EXPERIENCE – COMMUNITY AND CAMPUS

Hunger Actions, Simon Fraser University

Mar 2011 – Jun 2013 (100+hrs)

Nutritional Researcher and Presenter

- Prepared and presented valuable nutritional workshops and presentations for low-income and often single mothers to encourage proper nutrition for both them and their children
- Worked in a team environment alongside participating dietitians to manage budgeting, recipes and meal planning ideas for participants on low-budgets
- Designed and led hands-on cooking tutorials, demonstrating my public speaking skills

Raw Foundation Culinary Institute

Jan 2010 – Jun 2012 (100+hrs)

Coordinator and Assistant Chef

- Assisted with hands-on cooking tutorials and nutritional education sessions to groups of over 100 participants in both Vancouver and Calgary
- Using my organizational skills, I reviewed recipes, organized education materials and procured supplies in preparation for the large culinary classes

Rotary Interact Club, New Westminster Secondary

Sep 2006 – Sep 2011 (100+hrs)

Executive Member; Treasurer and Secretary

- Collaborated with classmates to coordinate and lead volunteer and fundraising projects in New Westminster while simultaneously being responsible for the club's finances

MENTORING DIETITIANS – Additional dietitians that have provided advisership

- **Sadia Badiei, RD** – *Osteoporosis Clinic, BC Women's Hospital (2011 – 2016)*
- **Cristel Moubarak, RD** – *Casual Dietitian at Vancouver General Hospital (2014 – 2016)*
- **Rani Wangsawidjaya, RD** – *Public Health Dietitian, VCH (2015)*
- **Colleen McGuire, RD** – *At The Table Nutrition (2012)*

CERTIFICATES AND MEMBERSHIPS

- Dietitians of Canada Membership (2016)
- WHO Growth Chart Training Program – *Dietitians of Canada (2015)*
- Nutrition Screening Course – *Dietitians of Canada (2015)*
- BC FoodSafe Level 1 – *Fraser Health Authority (2014)*