
PROFESSIONAL EXPERIENCE

GroceryRx Founder

Lowcountry Street Grocery

Charleston, SC 2016-present

- Responsible for complete produce prescription program creation and implementation, including partnership management, directing curriculum development, data sharing and collection and reporting.
- Lead on close partnerships 15+ local organizations to address food insecurity in the Charleston area.
- Execution of grant proposal construction and management of \$500k+ of grant funds annually
- Direct hiring and management of team of 4, Assist in company wide management team of 20.
- Manage all HR systems within the company.

Registered Dietitian II

Sodexo, Medical University of South Carolina

Charleston, SC 2018-2021

- Outpatient nutrition counseling for a wide array of chronic disease management.
- Extensive experience in telehealth services and work to expand nutrition services throughout primary care clinics and the region.
- Per diem inpatient coverage of a multitude of nutrition services and levels of acuity.

Food & Nutrition Coordinator

Greenbrier Academy for Girls

Pence Springs, WV 2017- 2018

- Nutrition and cooking education and promotion of healthy lifestyles to girls ages 14-19 at the private therapeutic boarding school. Built menus, ordered product and prepared meals for staff and students.
- Individual nutrition counseling with girls struggling with behavioral and psychiatric issues. Focused on: weight loss, disordered eating patterns, body dysmorphia, allergies and unhealthy relationships with food.

Registered Dietitian/ Diabetes Prevention Program Coordinator

Norton Sound Health Corporation

Nome, AK 2014-2015

- Responsible for extensive outpatient counseling, coordinating and executing community outreach, village health fairs and lipid/glucose screenings and supervising interns of the Summercise program.

CULINARY EXPERIENCE

Expeditor & Garde Manager- Edmunds Oas

Charleston, SC, 2016

Lead Line Chef/Pastry- Novelty Hill Januik Winery

Woodinville, WA 2015- 2016

Pastry Chef/Line Cook- Du Soir Bistro

Huntington, WV 2012-2013

EDUCATION

Dietetic Internship

University of New Hampshire, 2013-2014

Marshall University

Bachelor of Science in Dietetics, Cum Laude Honors, 2013

University of New Hampshire

Eco Gastronomy, National Student Exchange, 2010-2011

LEADERSHIP/RESEARCH

- ❖ Current sitting President of CTDA 2022-2023
 - ❖ Current member of SCAND board 2022-2023
 - ❖ Research: Effects of Intermittent Fasting on A1c in Individuals with Normal or Low BMI with Type 2 Diabetes 2020- present
 - ❖ CTDA Emerging Dietetic Leader Award 2021
 - ❖ CTDA Diversity & Inclusion Ambassador for SCAND 2020-2022
 - ❖ CTDA Secretary 2019-2020
 - ❖ ServSafe Manager Certified 2019
 - ❖ Food Safety for Entrepreneurs Certification- Clemson University 2018
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COMMUNITY

- Active membership and participation on the following committees: 2022-present
 - South Carolina Food Policy Council
 - Food is Medicine South Carolina
 - Subcommittees: Nutrition Education for Health Professionals, Screening & Referrals
 - Committee to Strengthen Nutrition Assistance Programs
 - SC Hunger Advocacy Coalition
- Medical University of South Carolina Dietetic Intern Mentor 2019-2021
- Volunteered with Caroline Youth Development Center to design and lead nutrition and cooking classes with adolescent residents. 2017-2020
- Volunteered at Sprouting Farms Corp 2017
- Volunteered with Sweetgrass Garden to help grow food that was donated to local food banks, soup kitchens and emergency food programs. 2016
- Cooking Matters, 2011-2013