

Dakota Diet

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Summary of Qualifications:

- Four years of exceptional education and intensive nutritional coursework
- Hands on experience working in certified Nutrition & Diabetes Clinic
- Independently organized two research projects and recipe modification
- Teaching experience; ability to work with diverse populations
- Excellent communication and organization skills developed through research, writing and presenting in a variety of environments

Education: **Bachelor of Science, Food and Nutritional Science, Dietetics**

Seattle Pacific University, anticipated graduation, June 2016

GPA in major: 3.5; Dean's List Winter 2015, Spring 2015

ServSafe Certification, April 2015

Washington State Food Handlers Permit, September 2014

Related Experience:

Intern; PHSJ Medical Center Nutrition & Diabetes Clinic, Bellingham, WA June 2015-September 2015

- 30 hrs/wk (360 hrs total) internship with American Diabetes Association-certified nutrition and diabetes clinic.
- Observed nutrition counseling and MNT appointments for patients with a variety of disease states, including diabetes mellitus, childhood & adult obesity, failure to thrive, liver cancer, and kidney failure.
- Called patients to follow up on progress toward diabetes goals.
- Published 2 nutrition articles on preceptor's blog with the Seafood Producers' Coop (SPCsales.com).
- Developed and compiled handouts and learning materials for diabetes education classes, celiac disease patients.
- Witnessed the management and administration components of running a clinic.
- Participated in various administrative operations, such as staff meetings and scheduling patients.
- Learned and demonstrated use of glucometers and insulin pumps.
- Helped launch fitness program for clinic's diabetes patients.

Human Nutrition Lab Assistant; Fred Hutchinson Cancer Research Center, September 2014-June 2015

- Cooked, prepped and served meals/food for participants while practicing safe food handling skills.
- Accurately labeled, highlighted, and organized food containers, practicing proper food handling skills.
- Greeted, assisted, served, and recorded participant's weight; entered participant's information into *ProNutra*.
- Commended by supervisor for superior organization and filing of participant questionnaires and MDI sheets.

Clinical Nutrition Assistant; Swedish Hospital First Hill, June-August 2014

- Provided excellent service to all patients delivering food quickly and efficiently throughout entire hospital.
- Assisted specific patients in ordering food or planning meals according to their diet order.
- Updated and entered patient notes into computer systems for clinical nutrition assistants to see status update.

Cafeteria Volunteer; Edmonds School District, Alderwood Middle School, Edmonds, WA, April 2013

- Observed routine kitchen schedule and prepared cold/hot foods for over 500 students.
- Conducted a plate waste study and condiment use study resulting in substantial reduction in waste.
 - Researched amount of French fries consumed by students; compiled data from 8 schools in the district.

Nutrition Education Volunteer; Emerson Elementary, Seattle, WA, March 2013

- Taught 5th graders the importance of nutrition, food pyramid, and washing hands.

Food Service Volunteer; Family Kitchen, St. James Cathedral, Seattle, WA, January 2013

- Used culinary skills to help prepare meals, established rapport with local homeless people.

Additional Experience:

Childcare Provider/Nanny, Private Home, Seattle, WA, September 2014-present

- Created activities fostering physical, cognitive, and social development of children.
- Prepared nutritionally healthy meals for lunch or dinner.

Healthcare Volunteer, Northwest Hospital Vaccine Booth, Seattle, WA, June 2015

- Registered patients for vaccination, organized paper work and assisted nurses.