

Christine Spahn

Education

Bradley University – Peoria, Illinois
Bachelors of Science in Dietetics, May 2013
Semester GPA: 4.0, Cumulative GPA: 3.58
Dean's List: 3 semesters
Dean's Scholarship Recipient

Experience

Professional Experience

Childhood Obesity Clinic, Manuel High School and Harrison Primary School, 2/2013

- Nutrition Counselor: Provide nutrition assessment and advice to obese elementary and high school children under the guidance of a RD at local low-income, ethnically diverse schools

Bodyworks, 9/2012-present

- Co-manager: Manage, organize and market, the Bradley University diet counseling lab, involving 15 student counselors. Each of the 55 students counseled participated in a three-pass diet recall and completed a 3-day food diary. Counselors take anthropometric measures, analyze diet adequacy, and facilitate goal development using motivational interviewing techniques. Counselors use ADIME documentation. Counseling was provided on healthy eating, weight management, sports nutrition and general nutrition topics. Gathered counseling materials and props, organized the Bodyworks bulletin board to market staff capabilities.

Proctor Hospital, 6/2012-Present (approximate 20 hours per week)

- Guest Service Representative: Obtain regular and therapeutic diet menu selections from patients or family members and answer diet-related questions. Collaborate with foodservice staff to prepare, deliver and pick-up patient trays. Monitor tray accuracy and take necessary corrective action. Run the dish machine, scrub pots and pans, sanitize floors and surfaces, and restock the tray line. Trained two employees.
- Desk Clerk: Receive all diet office phone calls, answer questions and resolve issues identified by hospital staff and 60 to 100 inpatients. Verify patient diet orders, resolve inconsistencies, and input diet orders in the computer system. Make diet order adjustments as needed and coordinate timely preparation and delivery of appropriate meal trays and supplements. Verify tube feeding orders, gather appropriate medical food products, label and deliver patient feedings to nurse. Assist patients with menu selections. Stock the salad bar and refrigerators in the café and kitchen. Collaborate with foodservice staff to prepare trays, deliver and get menus for breakfast, lunch, and dinner. Trained one staff member.

Gifts in the Moment Program, Garfield Elementary School, 1/2011-5/2011

- Taught five nutrition education classes to enhance kindergarten student's knowledge of healthy foods and encourage increased physical activity.

Daycare for the Mannion Family, 6/2010-8/210, 6/2011-8/2011

- Provided full-time day care for two boys ages 6 and 10. Coordinated the daily schedule and transported the children. Never missed a lesson or appointment.
- Prepared healthy meals and snacks daily; encouraged physical activity including swimming and karate.

Research Experience

Literature Review, 11/2012-present

- Independent scientific review of peer reviewed research publications on the effect of portion sizes on obesity. Summarize and evaluate research findings, utilize presentation tools and apply proper APA citation format.

Obesity Seminar, 11/2012

- Researched current controversial, nutrition topics and presented to peers in a seminar format. Critically evaluated research, highlighted what is known and where further research is needed. Applied effective oral presentation skills.

USDA Fresh Fruit and Vegetable Grant, 9/2011

- Safely prepared and served fresh fruit and vegetables, such as blueberries and rutabagas, for Trewyn Elementary Schools students.

Academy of Nutrition and Dietetics Evidence Analysis Library, 6/2010-1/2011

- Copyeditor: Copy edited literature search plans and evidence worksheets developed by the USDA Nutrition Evidence Library in support of the 2010 Dietary Guidelines Advisory Committee. Ensured documents met Federal website and publication rules and tables were accessible to people with disabilities.

Organizations

Habitat for Humanity, 2/2011-4/2011

- Assisted construction of three new homes in Lerado, Texas.

Dietetics Student Association, 2010-present

- Senior Public Relations Chair: Manage Facebook page and Twitter account, providing periodic updates of activities.
- Active in meetings and club activities: Instructed a group of 50 college students on exercise and nutrition, prepared fresh fruits and vegetables for school children as part of a USDA grant, and prepared emergency food packets at the Midwest Food Bank for domestic and international use.

Sigma Kappa National Sorority, 9/2009-present

- Parent Relations Chair, 2010-2011: Planned a catered parent Sunday brunch for 100 people. Secured a location, developed a budget, selected the menu, sent invitations, solicited donations for a silent auction, and coordinated decorations. Event was well attended and the silent auction contributed over \$1,000 to the Sigma Kappa Foundation.
- Active in multiple Sigma Kappa Philanthropic annual activities including: Taco Dinner Benefits (prepared tacos for 500), Alzheimer's Walk, Campus Clean-up, Letters to Elderly, Softball Tournament, Chili Cook-off, Derby Day Activities.
- Standards Committee, Member

Kappa Omicron Nu, National Honor Society, 2/2013-present

Student Member, Academy of Nutrition and Dietetics, 2/2013-present

Practicum Experience

Family Systems and Applications, 1/2011-5/2011

- Foods with Color: Developed a multi-dimensional nutrition education program for a Parent-Teacher night at Garfield Elementary. Sponsored an art class competition for a child-designed pamphlet. Demonstrated children's acceptance of healthy snacks, and identified strategies to promote eating healthy on a limited budget. Post-test scores indicated that the program was highly effective. Twenty-eight of thirty two children who completed the post-test reported that more fruits and vegetables were incorporated in their meals at home.

Life Cycle Nutrition, 1/2012-5/2012

- Trewyn Elementary: Developed interactive food and nutrition lessons on grains and dairy topics and presented curriculum during two fourth grade physical education classes.

Food Service Systems, ARMARK, 8/2012-12/2012

- Geisert Cafeteria (48 hours): Prepared from recipes a variety of casseroles, vegetables, pasta, potatoes, gravies and sauces for service in the university cafeteria. Prepared a wide variety of vegetarian entrees popular with students at our vegan friendly university. Used and sanitized a wide variety of food service equipment and monitored food temperatures.

Food Service Management, ARMARK, 2/2013-present

- Catering (48 hours): Involved with food preparation for Bradley University events such as President's luncheons, athletic banquets, and specialty events. Aided in the preparation and cleaning of locations, served food to clients, delivered food to events, and worked in the bakeshop.

Certifications

ServSafe Certification, August 2012

Food Service Sanitation Manager Certification, August 2012

Collaborative Intuitional Training Initiative (CITI) Certification, May 2011