

Ava Reichard

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Avaandavocados.com

EDUCATION

The Pennsylvania State University- University Park, PA

BS in Nutritional Sciences

May 2018

Cum GPA: 3.60 / DPD GPA: 3.71

NUTRITION RELATED EXPERIENCE

Morrison Healthcare- Princeton, NJ

Dietetic Internship

September 2018-present

- Emphasis in clinical nutrition
- Food Service Management: Penn Medicine Princeton Medical Center, Princeton, NJ
- Clinical: Penn Medicine Princeton Medical Center, Princeton, NJ

ShopRite of Bayonne

Nutrition Intern- Bayonne, NJ

June 2017- December 2017

- Planned children's culinary class recipes and modified recipes to be healthier
- Interpreted emerging research to aid dietitian to create an oral allergy syndrome presentation
- Created nutrition education lessons and material for customers in the store and within the community

Keystone Diabetic Kid's Camp

Nutrition Intern- Breinigsville, PA

June 2017

- Determined carbohydrate exchanges before assisting with carbohydrate counting, meal planning, and administration of insulin at each meal
- Strategized ways to approach "picky eating" to promote a variety of food groups

Clinical Research Center at Noll Laboratory

Nutrition Intern- University Park, PA

May 2017- June 2017

- Used NDSR software to develop diet specific meal plans meeting nutrient targets
- Applied food safety standards to food preparation and assisted with inventory ordering

Sacred Heart Hospital and Healthcare System

Hospital Volunteer- Allentown, PA

January 2016- December 2017

- Practiced one-on-one patient interaction with both healthy and ailing patients
- Communicated with healthcare professionals to deliver fluids to patient rooms

LEADERSHIP

Penn State Student Nutrition Association

Treasurer- University Park, PA

August 2016- May 2018

- Managed the club budget while communicating with vendors and board members to carry out events
- Utilized PowerPoint skills to share important updates at meetings

The Pennsylvania State University

Nutrition Teaching Assistant- University Park, PA

January 2017- May 2017

- Answered the questions of non-major students that had never taken a nutrition course before
- Balanced schoolwork while grading projects and replying to emails for 60 students every week

CERTIFICATIONS AND MEMBERSHIPS

ServSafe- Certified February 2017

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Academy of Nutrition and Dietetics- Student Member