



## NATHANIEL NUTRITION

Rock Hill, SC | (803) 323-2141 | nutritionn1@mailbox.winthrop.edu

### EDUCATION

#### Bachelor of Science in Human Nutrition, Dietetics Concentration

Expected May 2025

Winthrop University, Rock Hill, SC

GPA: 3.5

- Member, Student Nutrition and Dietetic Association (SNDA)

### SUMMARY OF SKILLS

- Nutritional Assessment and Counseling
- Meal Planning and Dietary Analysis
- Community Outreach and Education
- Food Safety and Sanitation
- Microsoft Office Suite (Word, Excel, PowerPoint)
- Experience with MyPlate, Nutritionist Pro, Epic
- First Aid/CPR Certification, American Red Cross

### RELEVANT EXPERIENCE

#### Dietary Intern

June 2024 – Present

Agapé Rehabilitation of Rock Hill, Rock Hill, SC

- Conducted personalized consultations with 15+ residents to assess meal preferences.
- Leveraged nutritional assessment skills to coordinate diet plans with the food service department, ensuring alignment with individual dietary needs.
- Implemented and maintained updates in a computerized tray card system, streamlining meal service processes and reducing errors by 15%.
- Performed detailed tray line audits to guarantee the accuracy and quality of resident meals, contributing to enhanced compliance with dietary guidelines.
- Played a key role in the development and implementation of the Resident Customer Service Program, utilizing principles of community nutrition to improve meal satisfaction and adherence to residents' food preferences.

#### Community Dietary Study (NUTR 421: Nutrition Through the Life Span)

August 2023 – December 2023

Winthrop University Department of Human Nutrition, Rock Hill, SC

- Conducted nutritional needs assessment for family of 5 by reviewing dietary information and making suggestions based on age and physical activity levels.
- Planned a three-day menu for each family member while accounting for specific dietary needs and restrictions.

### VOLUNTEER EXPERIENCE

#### Community Garden Volunteer (Service Learning)

January 2023 – Present

Rock Hill Community Garden, Rock Hill, SC

- Volunteered 100+ hours by helping to maintain the community garden, including planting and growing vegetables.
- Collaborated with a team of 7 volunteers to develop and implement garden projects, enhancing community engagement and access to fresh produce.
- Educated community members on the nutritional benefits of fresh produce and methods of incorporating them into a balanced diet.

#### Food Bank Assistant

August 2022 – December 2022

Rock Hill Food Bank, Rock Hill, SC

- Sorted and packaged thousands of food items for distribution to 400+ families in need.
- Provided nutritional information and resources to food bank clients.
- Supported food drives and fundraising events, contributing to raising \$5,000 to support food security efforts.