

Nathaniel Nutrition

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Education

Bachelor of Science in Human Nutrition – Dietetics Concentration

Winthrop University, Rock Hill, SC

Expected May 2026

GPA: 3.5

- Member, Student Nutrition and Dietetic Association (SNDA)

Skills and Certifications

- Nutritional Assessment and Counseling, Meal Planning and Dietary Analysis
- Community Outreach and Education
- Microsoft Excel, MyPlate, Nutritionist Pro, Epic
- **Food Safety Certification** – ServeSafe (Expires 3/15/2030)
- **CPR/First Aid/AED Certification** – American Red Cross (Expires 9/28/2027)

Relevant Experience

Dietary Intern

June 2024 – Present

Agapé Rehabilitation of Rock Hill, Rock Hill, SC

- Conduct personalized consultations with 15+ residents to assess meal preferences.
- Leverage nutritional assessment skills to coordinate diet plans with the food service department, ensuring alignment with individual dietary needs.
- Implement and maintain updates in a computerized tray card system, streamlining meal service processes and reducing errors by 15%.
- Perform detailed tray line audits to guarantee the accuracy and quality of resident meals, contributing to enhanced compliance with dietary guidelines.
- Play 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 a 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

- Volunteer 100+ hours by helping to maintain the community garden, including planting and growing vegetables.
- Collaborate with a team of 7 volunteers to develop and implement garden projects, enhancing community engagement and access to fresh produce.
- Educate 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 \$5,000 raised to support food security efforts.