

**SUMMARY OF QUALIFICATIONS**

- Skilled and thorough in analyzing problem situations and finding creative solutions
- Organized and efficient in completing various tasks
- Provides nutritional education by employing creative and personalized patient care
- Utilizes professional and effective communication with patients and medical personal

**EDUCATION**

**Fontbonne University, St. Louis, MO** December 2017  
Masters of Arts in Family and Consumer Science  
Concentration: Multidisciplinary Health Communication Studies & Dietetic Internship

**Indiana University, School of Public Health, Bloomington, IN** May 2016  
Bachelor of Applied Health Science  
Concentration: Nutrition and Dietetics

**NUTRITION RELATED EXPERIENCE**

**Aramark Correctional Division – Regional Manager** March 2021 – Present  
*Nutrition and Operations Support Services- Regional Manager*

- Creates male, female, NSLP compliant juvenile, bid and diet menus for the central region
- Works with Supply Chain Management to oversee and ensure product procurement for current central region accounts and all opening municipalities and departments of corrections
- Trains front line managers on food safety, menu, and diet compliance for current central region accounts and all opening municipalities and departments of corrections

**Aramark Correctional Division – Indiana** September 2019 – March 2021  
*Nutrition and Operations Support Services- Indiana Dietitian*

- Creates all male, female, NSLP compliant juvenile, and diet menus for the State of Indiana Department of Corrections
- Works with Supply Chain Management to oversee and ensure product procurement
- Trains front line managers on food safety, menu, and diet compliance

**Chartwells K-12 School Foodservice – St. Louis, MO** April 2017 – September 2019  
*Director of Dining Services for Clayton School District*

- Collaborated with students, faculty, staff, principals, administrators, and Chartwells Senior Leaders to provide the most nutritious meals in a financially responsible manner that appeal to all ages
- Oversaw vendors, various orders, and all financials
- Managed five schools, all programs, and staff

**Chartwells K-12 School Foodservice – St. Louis, MO** January 2017 – April 2017  
*DIT – Director in Training*

- Worked alongside directors of Pattonville, Webster Groves, East Saint Louis, and Lindbergh School Districts to learn daily, weekly, and monthly director tasks
- Utilized critical thinking and problem-solving skills to manage staff and multiple schools in each district
- Coordinated catering events, placed orders, and managed inventory and finances, while completing program requirements

**Indiana University - Bloomington, IN** August 2015 - December 2015  
*Teaching Assistant*

- Assisted in N220 Nutrition for Health, a non-major nutrition course
- Guided students with in-class problems and activities
- Graded homework and prepared materials for activities

**DIETETIC INTERNSHIP**

**Community Rotations**

**The Center for Mind, Body, & Spirit – St. Louis, MO** July 2017

**Veterans Affairs – St. Louis, MO** June 2017 – July 2017

**Cardinal Glennon** January 2017 – February 2017

- Utilized motivational interviewing techniques to discuss lifestyle, and diet goals with patients one-on-one or in group classes
- Corresponded with staff regarding patients and office protocol to complete various tasks

# Stephanie Robbins

Stephanierobbinsrd@gmail.com  
(812) 340-4518

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- Minimized nutritional risk by providing various interventions when necessary

## Clinical Rotations

**Fresenius Medical Care – O’Fallon, IL**

September 2017

**Barnes Jewish Hospital – St. Peters, MO**

July 2017 – August 2017

**Nazareth Living Center – St. Louis, MO**

May 2017 – June 2017

- Participated in interdisciplinary rounds and care team meetings
- Observed procedures, shadowed various medical professionals, and collaborated for the betterment of patient care
- Counseled patients, calculated dietary needs and nutrition support requirements when necessary

## Foodservice Rotations

**Pattonville School District – St. Louis, MO**

September 2017 – November 2017

- Assists in the management of six elementary schools, two middle schools, and one high schools
- Completes reports, plans menus, and carries out catering events
- Streamlining the processes and new menu for the high school concession upgrade

## CLINICAL EXPERIENCE

**Washington University - St. Louis, MO**

October 2016 – June 2017

*Research Dietetic Assistant*

- Utilized kitchen safety techniques and prepares weekly metabolic meals for use in multiple medical studies
- Assisted in the formulation of meal plans for multiple metabolic studies
- Delivered meals to in hospital study patients and observes some patient procedures

**St. Anthony’s Hospital - St. Louis, MO**

July 2016 - October 2016

*Dietary Aid*

- Communicated dietary restrictions and matched food preferences for patients
- Transported meals to patients in every area of the hospital
- Utilized problem solving skills to resolve patient complaints

**Mayo Clinic - Rochester, MN**

July 2009

*Shadowing Experience*

- Observed multiple areas of the facility, assessed compounded medications and intravenous nutrition orders
- Rounded with all medical staff and reviewed patient charts
- Attended meetings with various medical staff as they review, and revised patient needs and treatment plans

## HEALTHCARE EXPERIENCE

**Williams Brothers Pharmacy - Bloomington, IN**

May 2012 – May 2016

*Certified Pharmacy Technician*

- Assisted the pharmacist by taking prescriptions, transcribing medication orders, and filling medications for patients
- Interacted with patients, contacted prescribers and insurance companies, and collaborated with team members
- Prepared sterile and non-sterile medications in the compounding laboratory

## CERTIFICATIONS

**ServeSafe: Registered ServeSafe Proctor #4841981**

November 2021 – Present

**ServeSafe: Food Protection Manager Certification #19639371**

July 2021 – Present

**Registered Dietitian, Commission on Dietetic Registration #86090046**

June 2019 – Present

**Basic Life Support (CPR and AED) Certified - St. Louis, MO**

April 2017 – Present

**International Food Safety Manager - Bloomington, IN**

November 2015 – Present

## ASSOCIATIONS

**Association of Correctional Food Service Affiliates**

August 2022 – Present

**Kentucky Academy of Nutrition and Dietetics**

April 2021 – Present

**Indiana Academy of Nutrition and Dietetics**

September 2019 – Present

**Academy of Nutrition and Dietetics**

April 2017 – Present