# Grace Voorheis

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**Objective:** To be matched for a dietetic internship with an emphasis on clinical nutrition

**Education: MS in Agriculture,** expected June 2015

Specialization inNutrition and Food Science, GPA: 3.95

California Polytechnic State University, San Luis Obispo

**BA in Environmental Studies,** June 2007

Concentration on Sustainable Agriculture and Development

University of California, Santa Cruz

**Education Abroad Program**, June 2005-July 2006

Geography, Social Services

Pontifícia Universidade Católica, Rio de Janeiro, Brazil

**Certificates: ServSafe Food Protection Manager,** 10/31/14-10/31/2019

National Restaurant Association

**Individualized Coaching in Dialogue Education,** January-March, 2014

Global Learning Partners

**Culinary Arts Certificate,** December 2011

Instituto Argentino de Gastronomia (IAG), Buenos Aires, Argentina

**Honors and Awards:** Col. Frances G. Ballentine Scholarship, Academy of Nutrition and Dietetics, June 2014

**Language Skills:** English (native), Spanish (professional fluency) and Portuguese (professional fluency)

**Computer Skills:** Word, Excel, PowerPoint, Publisher, Access

**Employment History:**

**Graduate Research Assistant,** *California Polytechnic State University, San Luis Obispo* **January 2013-present**

My research at Cal Poly focuses on the educational component of larger childhood obesity prevention study. This pilot educational intervention was designed as a dialogue-based workshop for low-income Latina mothers focusing on preventing childhood obesity by teaching healthy toddler feeding practices. As a part of this research, my duties include:

* Determining overall themes for education based on focus group research
* Designing and administering all aspects of the educational intervention, including recruitment, lesson design and evaluation, developing a customized Access database, and leading the workshops in Spanish
* Evaluating the impact of the intervention through appropriate statistical analysis

**Instructional Assistant ,** *California Polytechnic State University, San Luis Obispo* **Fall 2013, Spring & Fall 2014**

* Graded course materials for Maternal and Child Nutrition (FSN 310), including 3-page literature reviews on maternal and child nutrition topics
* Served as a guest speaker on appropriate toddler nutrition and feeding habits for FSN 310
* Graded SOAP notes and lab exams for Clinical Nutrition I (FSN 429)

**Education Specialist,** *WIC, Community Bridges, Watsonville* **June-October 2014**

* Taught 30-minute general and pre- and peri-natal nutrition education classes in English and Spanish
* Developed supporting materials for new lesson plans and one-on-one nutrition counseling
* Designed in-service trainings on the importance of milk for nutrition support staff
* Provided organizational support for the 8th annual Breastfeeding Awareness Walk

**Nutrition Assistant**, *Community Action Partnership, San Luis Obispo* **January 2013-June 2014**

At CAP-SLO, my primary function was to provide administrative and educational support to the Nutrition program of the HeadStart, Early HeadStart and Migrant HeadStart programs.

* Processed nutrition assessment and BMI information for enrolled children and provided relevant literature
* Tracked all children who may have needed additional nutrition intervention through ChildPlus database
* Provided on-site training and support at preschool centers and family child care provider homes for a variety of nutrition related topics, including food allergies, infant nutrition and family style dining
* Developed and presenting educational workshops (in English and Spanish) to families in the program
* Managed volunteers and developed new staff and volunteer orientation materials

**Chef Instructor**, *Sur La Table, Costa Mesa, California* **February -June 2012**

At Sur La Table, my primary duties are to prepare and teach cooking classes to both children and adults.

Classes vary from spring-break baking camps to cheese-making to regional cuisine, from 4-16 people.

**Outreach & Education Coordinator**, *Community Agroecology Network (CAN), Santa Cruz* **Jan 2007-Sept 2010**

CAN is a non-profit organization and international network dedicated to promoting sustainable livelihoods and environments. While employed with CAN, I focused on various aspects of their Action Education program:

* Managed 2-week field courses for undergraduate students to CAN partner communities in Latin America
* Developed Food System education program taught by undergraduate students to area middle and high school
* Acted as supervisor for an undergraduate student group affiliated with CAN

**Chef Educator,** *Pie Ranch, Pescadero, California* **April 2009-September 2010**

# Pie Ranch works to inspire and connect rural and urban people to know the source of their food.

# Prepared lunch with visiting students using food produced on the farm

* Taught nutrition, geography, and social science lessons directly related to the food prepared
* Led group tours on the farm

**Volunteer Experience:**

**Volunteer with Nutrition Services,** Sutter Maternity & Surgery Center, Santa Cruz **January 2015-present**

* Observation of nutrition consults with Registered Dietitian
* Administrative assistance with menu development

**Nutrition Counselor,** AIDS/Hep C Support Network of San Luis Obispo County **October 2014-present**

* Materials development for common client concerns (side effects management, dehydration, protein)
* Client-centered nutrition counseling using motivational interviewing and nutrition care process as appropriate

**Volunteer with Lactation Services,** Sutter Maternity & Surgery Center, Santa Cruz **September-December 2014**

* Observation of Lactation Consultant in peri-natal clinic
* Materials development for progression in infant’s first foods
* Administrative assistance for Baby Friendly Hospital certification