

DREW HEMLER, MSc, RD, CDN, FAND

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PROFILE

Drew is an internationally accredited, award-winning registered dietitian with more than 15 years of collective experience serving as a university lecturer, consultant & advisor, national speaker, dietetics mentor, and dedicated volunteer. His extensive experience includes:

- communications
- corporate wellness
- education strategy
- ethics in dietetics
- experiential learning
- FDA label mandates
- instructional design
- marketing
- nutrition counselling
- nutrition therapy
- nutrient analysis
- online / remote learning
- professional practice
- program planning
- project management
- public speaking
- telehealth
- UXD

Drew has provided hundreds of lectures, seminars & workshops for national & state nutrition associations, higher education networks, university programs & non-profit organizations, including topics of sports performance nutrition, nutrient metabolism, health promotion, chronic disease prevention & management, nutrition assessment, weight & chronic disease management, food budgeting & safety, and more. His 10 years of consulting & advisory experience includes strategic planning, corporate wellness programming & management, health program curricula design, nutrition communications, food analysis & package mandate assurance, telehealth, and nutrition career advisement & mentorship.

Drew has dedicated over 10 years to volunteering in dietary guidelines development, food security promotion, organizational leadership, and food & health equity. He has served as a leader for dietetic associations for more than seven years, assisting in practice regulation, professional development, awards & recognitions, and events management.

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EDUCATION & CERTIFICATIONS

Certificate	The Centre for Addiction and Mental Health (CAMH) Motivational Interviewing	2021
Credential	The College of Dietitians of Ontario Registered Dietitian (RD) Registration #14959	2019
Certificate	Hilbert College Remote Learning	2018
MSc	SUNY Buffalo State Adult Education	2017
Certification	The State of New York Education Department “CDN” License #008823	2016
Credential	Commission on Dietetic Registration Registered Dietitian Nutritionist (RD/RDN) Registration #86051881	2016
BSc	SUNY Buffalo State Dietetics	2016
Certificate	SUNY Buffalo State Course Development & Instructional Design Specialization	2016
Certificate	E-Cornell T. Campbell Center for Nutrition Studies Plant-Based Nutrition	2014
BSc	SUNY Oswego Business Administration	2009
AASc	Cayuga Community College Business Management	2007

RECENT CONTINUING EDUCATION & PROFESSIONAL DEVELOPEMNT

- Emotional Intelligence: A Key to Lifelong Career Success, *The Academy (AND)* 10/2023
- AI Technology: Impacts on Industries, Organizations & Employees, *Cornell University* 10/2023
- Leadership Communications, *Harvard Business School* 6/2023
- Behavioral Health in Diabetes Care, *The American Diabetes Association* 3/2023
- Lifestyle Behaviors for Heart Health, *Today's Dietitian* 8/2022
- Communication in Times of Change, *LinkedIn* 6/2022
- Leading High-Performance Teams, *edX & The University of Queensland* 5/2022

PROFESSIONAL EXPERIENCE

ACADEMIA / HIGHER EDUCATION

Buffalo State University

2016 – present

- **NFS 102 Introductory Human Nutrition** (undergraduate)
Topics: food choices, scientific process and research; dietary guidelines, assessment, planning; nutrients, digestion, metabolism, weight management, sports performance, lifecycle, food safety. Student activities: misinformation evaluation, nutrient needs, nutrition facts evaluation, the digestion process, dietary analysis, research summary paper, discussion. Formats: traditional, hybrid, remote, asynchronous online; 15-, 8-, 5, and 4-week. 40+ sections taught.
 - *Successful course modifications to satisfy Honors program, Dietetics major, Exercise Science minor, athletics, and elective student requirements.*
- **NFS 200 Applied Food Chemistry** (undergraduate)
Topics: carbohydrates and sugar substitutes, lipids and fat modification, protein and protein alternatives. Student activities: recipe analyses. Formats: co-teaching, hybrid, remote; 15-week. 3 sections co-taught.
- **NFS 230 The Dietetics Profession** (undergraduate)
Topics: infrastructure, education and credentialing, governance and regulation, ethics, professional practice, practice areas and industry trends, dietetic practitioner roles, and public policy. Student activities: e-portfolio development, Position Paper presentation, career pathway mapping, discussion. Formats: traditional, hybrid, remote, asynchronous online; 15- and 4-week. 15+ sections taught.
- **NFS 405 Principles of Nutrition Education & Counseling** (undergraduate)
Topics: communications, cultural competence; teaching and learning theories, strategies, and methods; needs assessment, learner evaluation, instructional media, interviewing, counseling theories. Student activities: nutrition education service-learning, mock counseling, journaling, discussion. Formats: hybrid, remote, asynchronous online; 15-week. 6 sections taught.
 - *Service-learning course management; doubled community agency collaborations with students; campus-wide recognition for reach & impact; modeled in national workshops for faculty & staff.*
- **NFS 506 Principles of Human Nutrition** (graduate)
Topics: food and culture; dietary guidelines, assessment, planning; nutrients, digestion, metabolism, weight management, public health, lifecycle, food safety. Student activities: misinformation evaluation, nutrient needs, nutrition facts evaluation, the digestion process, dietary analysis, public health initiative, discussion. Formats: remote, asynchronous online; 15-week. 5+ sections taught.
- **NFS 510 Nutrition Education** (graduate)
Topics: motivation and empowerment, needs assessment, behavior change focuses; instructional planning: goals, determinants, theories, objectives, strategies, activities, evaluation; media supports, special populations. Student activities: instructional design planning, nutrition service-learning, discussion. Formats: remote; 15-week. 3 sections taught.
- **NFS 620 Experiential Learning in Nutrition** (graduate)
Topics: public health program development, stakeholder assessment and management, applied instructional design, program evaluation. Student activities: program planning and development, nutrition service-learning, discussions, critical reflection. Formats: remote & hybrid; 15-week.

- **NFS 690 Master's Project**

Guides graduate students in selecting, developing, and completing an all-encompassing project which demonstrates mastery of one or more disciplines relative to the nutrition field. Review and advise on student project formal paper development and completion. Format: remote; 15-week. 10+ students advised.

- **Multidisciplinary Studies (Nutrition Track) Graduate Program**

2020 – present

As Principal Advisor, assists in the development and quality improvement of program curriculum, including course development and proposal updates; master's project guidelines; advisement policies; and program policy resource development.

Hilbert College & Hilbert College Global

2017 – present

- **BI 116 Sports Nutrition** (athletics required course)

Topics: dietary guidelines, assessment, planning, energy systems, macronutrients, micronutrients, eating disorders and disordered eating, chronic disease, supplements, sports nutrition fads, combatting misinformation in media, elite athletic nutrition considerations, and more. Formats: remote, synchronous and asynchronous online; 10+ sections taught.

- *Successful adaption to meet the needs of the campus' Athletics department program initiatives, including enhanced intellectual foundations integrations and evaluation, and course duration modifications for 4-, 6-, 8-, and 15-week course offerings.*

- **BI 115 Biology/Nutrition** (undergraduate)

Topics: dietary guidelines, assessment, planning, macronutrients and micronutrients, digestion, metabolism, weight management, lifecycle. Student activities: nutrient needs, nutrition facts evaluation, dietary analysis, discussions. Formats: hybrid, remote, asynchronous online; 15+ sections taught.

- *Successful adaption to meet the needs of the campus' on-site and Global department program initiatives, including enhanced intellectual foundations integrations and evaluation, and course duration modifications for 4-, 6-, 8-, and 15-week course offerings.*

PUBLIC HEALTH & NUTRITION EDUCATION

Nutrition by Drew, PLLC

- *Culinary Explorations Series: Playing with Your Food is Fun!* present
- *New Year, New You? Reapproaching Self Care with Sustainability in Mind* 1/2023
- *Holiday Hacks: Enjoying the Feast, Guilt-Free* 11/2022
- *Back to School, Back to Meal Prep...but Made Easy!* 8/2022
- *Beat the Heat! Easy Hydration Techniques for Individuals & Families* 6/2022
- *Quick Meal Prep for Busy Lifestyles, webinar* 2/2022
- *Tackling Sugar Cravings, webinar* 12/2021
- *BALANCE: A Quick Approach to Dietary Planning, webinar* 9/2021
- *Vegetarian Lifestyles 101, webinar* 9/2021
- *Food Court Options: Balanced Meals Are Possible, webinar* 7/2021
- *Fueling for Physical Performance, webinar series* multiple
- *Ensuring Adequate Fluid Intake for Maintenance & Recovery, webinar* 4/2021
- *Nutrition Facts Label Literacy for Food Choice Confidence, webinar* 1/2021
- *Stopping Self-Food Shame: Practical Solutions for a Healthy Mind, webinar* 12/2020
- *Weight a Minute: Is the Scale a Life Sentence? webinar* multiple
- *Protein, Complex Carbs & Healthy Fat: Meal Planning, webinar series* 2020
- *Dairy & Protein Alternatives for Vegetarians, webinar* 4/2020
- *Food Safety: COVID 19 and Other Considerations, webinar* 4/2020
- *Diversity at Dinner: Food Groups Count!, workshop series* multiple
- *Fueling with Fiber, 2-part workshop & demonstration* 7/2019
- *The Season's Bounty: Food Savings with Local Produce, lecture* 6/2019
- *Sneaking Vegetables into Meals, Snacks & Desserts, lecture & workshop* 3/2019
- *Deciphering Calorie & Macronutrient Recommendations, workshop series* multiple
- *Healthy Eating 101, lecture* 1/2019

Toronto District School Board

Learn 4 Life Adult Education Program

- *Post-Pandemic Food Principles: Community, Cost & Self-Care Controversies* 2023
- *Pantry Staples for Sustainable, Economic & Health-Conscious Families* 2022
- *Improving Food Habits: Easy As 1, 2, 3, webinar series* 2021
- *Detoxification: Facts & Myths, webinar series* 2020
- *Creating Sustainable Health Goals, webinar series* 2019

Pan American Food & Music Festival

- *Enjoying Holiday Food Experiences with Healthy in Mind* 12/2021
- *Healthy Eating on a Budget Workshop* 8/2019
- *Enjoying a Healthy Lifestyle* 8/2019

Art Starts Toronto

- *Workshop Series: Creative Healthy Foods for Program* 2018 – 2019
- *Food Safety Considerations for Non-kitchen Settings* 3/2019
- *SMART Approaches to Healthy Eating* 4/2018

The Cooking School at Tops Friendly Markets

Developed class topics, curriculum, menus, educational handouts, cooking activities, and marketing copy. Conducted 15+ interactive classes for 20-40 participants per session to build culinary skills, food and nutrition knowledge, and confidence in sustainable dietary modifications for cardiovascular health and diabetes management. Conducted specialized classes for dental, medical, and teaching students.

- *Exploring The USDA's Dietary Recommendations for a Happy Heart* 9/2017
- *Reducing Fat for a Healthy Heart While Saving Money for A Happy Wallet* 8/2017
- *Foods For Heart Health: Back to Basics* 8/2017
- *Fun Foods for Childhood Development* 7/2017
- *Limiting Sodium While Enjoying the Foods You Love* 6/2017
- *Protecting Your Heart with Fiber* 6/2017
- *Diet and Dental Caries: More than Added Sugar* 5/2017
- *Weighing in on Heart Health: The Scale and Other Contributing Factors* 5/2017
- *Simple Swaps to Lower Cholesterol* 4/2017
- *Getting the Most Out of Carbs* 4/2017
- *Translating Medical Knowledge into Culinary Skill* 3/2017
- *Start Your Day Right and Conquer Low Blood Sugars* 3/2017
- *Help A Loved One with Diabetes: Social Supports for Success* 2/2017
- *Beans for a Better Heart* 2/2017
- *Summer Blues: Diabetes & Depression Prevention* 7/2017
- *Loving Your Heart While Loving Others* 1/2017
- *Grocery Tour Tips for Managing Diabetes* 1/2017
- *New Year, New You: Heart Healthy Meals on A Budget* 1/2017

CONSULTING SERVICES

Wellness & Nutrition Events Advisement

Provides advisement and systematic guidance for health and wellness events and programming for corporations and non-profits, including program aims and goals development; needs assessment method and content development for behavior determinant identification; educational strategy, method, and activities selection; technology and media utilization; evaluation method selection and development; and outcomes reporting tool section.

- ***Health & Wellness Expo***, St. Louis, MO 2019 – 2021
Guided event committee and Executive Director on program planning, speaker selection, event engagement activities, sponsorship outreach, and attendee data analytics processes for three annual events which hosts 5000+ attendees. Advised Executive Director on virtual modifications in response to the COVID 19 pandemic, including virtual platform selection.
- ***Pan American Food & Music Festival***, Toronto, ON 2017 – 2019
Developed event goals, activities, and outcomes reports for implemented health-focused themes for Canada's largest Pan-American event, located in Toronto, ON. Conducted resource outreach to support event activities which included pre-event educational sessions and workshops; opening party/event speakers; vendor selection; and at-event main stage and breakout activities.
- ***Delaware County Department Health Symposium, 2019***, Delaware, OH 2018 – 2019
Directed planning committee on event activities, speaker, and contest selection, in addition to public relations, registration, and event script development and management. Led event coordinators in the preparation, implementation, and management of all event components. Advised on post-event processes, including data analytics for future event marketing and process and outcomes evaluation for event quality improvement purposes.
- ***Health, Sports & Lifestyle Expo***, Toronto, ON 2017 – 2018
Co-advised Board and Cabinet committees on the planning, implementation, and event management processes. Led committees on stakeholder interests, integration, and reports.

Food Product Development, Analysis & Packaging

Advises on food product development to meet consumer interests. Performs food product nutrition analyses. Produces nutrition facts labels, ingredient statements, and allergen declarations in compliance with FDA labeling format mandates. Advises on food package claim qualifications. Assists in applicable certifications. Food company consulting includes:

- 54th Avenue Products, LLC (New York, NY) 2021 – present
- [Protein powder formula] (Toronto, ON) 2020 – present
- MealPro (menu & recipe developer) 2018 – 2019
- Kale Me Crazy (Boston, MA) 2018
- Yummy Gummy (San Francisco, CA) 2017 – present
- MINTspirations (Phoenix, NY) 2017
- Gramma's Pies (Lackawanna, NY) 2016
- Che Garcia's Chimichurri (Buffalo, NY) 2016 – 2017
- Teque Yummy (Toronto, ON) 2016 – 2017
- Mother Nature's Sugar (Buffalo, NY) 2016 – 2017
- Gracie's Granola, LLC (Amherst, NY) 2016 – 2017
- Babcia's Pierogi (Buffalo, NY) 2015 – present
- Go Veggies! (Buffalo, NY) 2015 – 2017

CORPORATE WELLNESS (Program Director, Coordinator, and/or Provider)

Nutrition Travel Exchange	2023 – present
E.S.O. Employee Wellness Solutions (US & Canada)	2023 – present
12 Weeks to Wellness (Canada)	2023 – present
Informa Canada (4-month Wellness Program; Bi-weekly Workshops)	2022 – 2023
<ul style="list-style-type: none"> <i>Wellness Challenge 2023: Small Steps to an Improved Lifestyle</i> 	
Partners Insurance Agency (Annual 3-Month Wellness Programs)	2020 – 2023
<ul style="list-style-type: none"> <i>Food Budgeting 101: Getting the Most Meal Bang for Your Buck</i> <i>Resolving Food Challenges During Changing Times</i> <i>Hiccups in Hydration</i> <i>Food for Thought: Building a Sustainable Relationship with Meals & Snacks</i> <i>TikTok Made Me Do It! A Spotlight on Diet Fads & Food Trends</i> <i>Pills & Potions: Slick Supplement Marketing Tactics</i> <i>Portion Overload! Addressing High Volume Eating</i> <i>Basics of Balanced Eating: Label Literacy, Tech Tools & ‘The Rule of 3’</i> 	
Buffalo Urban Development Group (3- to 6-month Wellness Programs)	2016 – 2017
<ul style="list-style-type: none"> <i>Bloodwork Challenge: Lowering Blood Pressure & Serum Cholesterol</i> <i>STEP UP: The 10,000 Steps Challenge for Heart & Weight Health</i> <i>Variety is the Spice of Life: Diversifying our Plate</i> 	
Delaware North Companies (3- to 6-Session Workshops)	
<ul style="list-style-type: none"> <i>Heart Healthy Menu Options Along Chippewa & Main Street</i> <i>Modifiable Factors to Support Heart Health & Weight Management</i> <i>Lunch & Learn: 5-Minute Meal & Snack Prep Options for the Office</i> 	4/2017 2/2017 12/2016
Spot Coffee, Inc.	
<ul style="list-style-type: none"> <i>Assisting Customers with Dietary Preferences & Restrictions, series</i> <i>Serving Marginalized Communities with Food Culture Care, session</i> 	2017 8/2016
Loblaws (Public, Private, Employee, and Corporate Wellness Events)	2016 – 2017
<ul style="list-style-type: none"> <i>Savory & Sweet Porridge Options, Food Demo, Dundas West</i> <i>Quinoa 3 Ways, Private Cooking Class, Queen’s Quay</i> <i>Navigating Aisles with Diabetes Management in Mind, Grocery Tours</i> <i>Utilizing The ‘Guiding Stars’ at Loblaws, Lecture @ Ryerson University</i> <i>Spotlight on Vitamin D, Grocery Tour, Bayview</i> <i>Let’s Talk (and Cook For) Heart Health, Private Cooking Class, Lakeshore</i> <i>Grocery Shopping Challenges for New Immigrants, Grocery Tours</i> <i>Easy Meal Ideas for Sports Performance & Strength Training, Food Demo</i> 	
Buffalo State Employee Assistance Program	
<ul style="list-style-type: none"> <i>Fad Diets: Trends, Myths & Realizations, lecture</i> <i>Easy Tools for Managing Your Relationship with Food, workshop</i> <i>Dining on Campus: A Menu Roadmap for Healthful Food Selection, series</i> 	5/2016 2/2016 2015

OTHER DIETITIAN SERVICES

Microsoft (Canada & USA)

- **Nutrition Expert | Microsoft Start Health** 2021 – present
Provides evidence-based food and nutrition information for Bing & MSN Health platform users.

TELUS Health / TELUS Santé (Ontario, Canada)

- **Professional Practice Consultant, Dietitian, Clinician** 2021 – present
Provides dietetics related policy & professional practice advisement to Ontario clinical management. Conducts workshops & lectures to Ontario & Quebec practitioner/service provider teams. Develops & implements nutrition care plans using client-focused, evidence-based education & counseling.

The College of Dietitians of Ontario (CDO) (Toronto, Ontario)

- **Subject Matter Expert; Item Writer, Practice Improvement Assessment** 2023
Developed test items & questions for the PIA, a reflective assessment approach to identify areas of strength & improvement to enhance the overall quality of dietetic care and service.
- **Consultant, Standard & Practice Guidelines for Social Media** 2022
Assisted in the development of a new “Standard and Practice Guidelines for Social Media” guidance and policy resource for Registered Dietitians in Ontario.
- **Subject Matter Expert; Item Writer, Knowledge & Competency Assessment** 2022
Developed test questions to assess international dietitians seeking RD status through the CDO. Assessment development implements Integrated Competencies for Dietetic Education & Practice and is used for the Knowledge & Competency Assessment Tool (KCAT).
- **Interviewer, Performance Based Assessment** 2021 – present
Conducted annual interviews to assess dietetic knowledge and competence among internationally educated individuals seeking RD status in Ontario, Canada.

Nutrition by Drew, PLLC (US & Canada)

- **Owner, Dietitian, Consultant** 2016 – present
Provides medical nutrition therapy focused telehealth sessions with more than 250 clients to date. Utilizes educational methods to build food and nutrition knowledge and skills, and counseling strategies to motivate behavior change, facilitating individual goal-setting and action-planning. Client goal focus includes sports performance; weight management; disease prevention; vegetarian lifestyles; and cardiovascular, diabetes, and gastrointestinal disease management.

Kenmore Mercy Hospital (Buffalo, NY)

- **Clinical Nutrition Services Associate** 2013 – 2017
Monitored patient diet orders for a 180-bed community hospital via Siemens Soarians Systems & Visual Software Technology. Ensured dietary compliance during meal orderings. Administered dietary information to patients. Assisted rehabilitation patients with daily meal planning.

Cornell Cooperative Extension (Erie County, NY)

- **Research Assistant** 2014
Assisted in data collection for "Smarter Lunches," a USDA-funded project aimed at measuring tray waste produced by public school lunchrooms. Data collections, including visual observations and detailed food waste reporting using a series of numerical scale and nutritional assessment systems.

INVITED SPEAKING ENGAGEMENTS

Dietitian Professional Development (Conference, Symposium, Seminar, Webinar)

- *Unleashing A.I.: Shaping Dietetics Practice in the Digital Age* multiple
- *Gender Affirming Nutrition Education, Counseling & Clinical Considerations* multiple
- *Dietitian Dilemmas on Social Media Workshop* multiple
- *Ethical Practice in Social Media for Health Care Professionals* multiple
- *Targeting Behavior Change in Group Education Settings* multiple
- *The Instructional Design Process: A Teaching Toolkit for RDNs* multiple
- *Teaching Strategies for Conducting Food & Nutrition Workshops* multiple
- *The FNCE® Stage Awaits: Crafting a Proposal That Captivates* 10/2023
- *Dietetic Service-Learning Integrations: Challenges and Wins* 5/2020
- *How Dietitians Utilize Social Media in Today's Global Landscape* 4/2020
- *Bridging the Gap in Dietetics: Challenges, Opportunities & Pathways* 4/2020
- *Effective Instructional Design and Teaching Skills for the Dietitian* 3/2020
- *Getting Your Fingertips Warm: Social Media for Beginners* 1/2020
- *Ethical Marketing: Considerations for the Dietetic Practitioner* 12/2019
- *Trends in Dietetics Practice: Private Practice & Beyond* 10/2019
- *Let's Get Social: Public Relations & Social Media Opportunities* 9/2019
- *Leveraging Nutrition Knowledge: Advance with 4+1 Programs* 2/2017

Higher Education Faculty & Staff Professional Development

- *Learning Management System Tools for Student Success* 3/2023
- *Social Media Considerations for RD2BEs* 4/2022
- *Community-Engaged Learning in Formal & Informal Environments* 2/2021
- *Service-Learning in Remote Environments: A Pathway to Success* 11/2020
- *Applying L. D. Fink's Learning Model for Student Success* 10/2020
- *Experiential Learning in Online Education* 6/2020
- *Student Evaluation Solutions: Using WordPress for Student Portfolios* 5/2017

Public Health Expositions, Conferences & Events

- *Quick & Easy Lunches: Lunch & Learn Series* 11/2017
- *Using Today's Apps to Create a Healthy You* 9/2017
- *Series: Cost Effective Solutions for Balanced Food Habits* 2016 – 2017
- *Guiding Stars Program: What to Look for While Roaming Every Aisle* 3/2016
- *Utilizing mHealth for CVD Lifestyle Behavior Recommendation Adherence* 2/2016
- *Tracking Nutrition with Smart Phone Apps & Nutrition Facts Labels* 9/2015
- *Phytonutrients: Effects on Initiation, Promotion & Progression of Cancer* 5/2015
- *Fad Diets Debunked* 3/2015
- *Supporting Physical Activity & Metabolism: Nutrition Spotlight* 3/2014

VOLUNTEER ACTIVITIES

The Academy of Nutrition and Dietetics

Academy of Nutrition and Dietetics Foundation

- **IFN Microcertification Fellowship Selection Committee** 2023 – present
Serves on a committee to appoint a member of the Academy to serve as a fellow to lead a one-year project focused on creating a microcertification in integrative & functional nutrition, as well as document the development process to create a model for future microcertifications with the Center for Lifelong Learning. Review & score fellowship applications; align on & co-interview the top three candidates.

The Center for Lifelong Learning

- **FNCE® Call for Sessions Taskforce Committee** 2023 – 2023
Collaborates with a 6-member committee to update FNCE® Call for Sessions guidance & instructional content in order to improve speaker application quality and user experience. Improves CLL evaluation process by reviewing and modifying CLL evaluation rubrics used to review speaker proposals.
- **Committee for Lifelong Learning (CLL)** 2022 – present
Collaborates with a 14-member committee to review and select core programming for the annual Food & Nutrition Conference & Expo (FNCE)®, including educational tracks and sessions for 10,000+ annual attendees. Co-guides Center for Lifelong Learning programming by using the Strategic Plan, CDR's portfolio aggregate data, and HOD trends analysis.

The Commission on Dietetic Registration

- **Appeals Precedent Taskforce Committee** 2022 – present
Collaborates with other work group members to develop and update policies and precedents regarding the appeals process (qualifications, application process, review process, voting process, outcome communications formatting, language, platform user experience). Co-developed the following precedents: Extension for the Graduate Degree Requirement; Annual CDR Registration Fee Waiver.
- **Appeals Panel** 2021 – present
Examines appellant case and evidence regarding extension requests for professional development plan submission and continuing education completion and logging; registration maintenance fee waivers; and ethics related matters. Deliberates with Appeals Panel team as necessary, and votes to grant, deny, or defer requests. Meets on a monthly basis to review 5 to 25 cases per meeting.

Electronic Nutrition Care Process Terminology

- **User Advisory Group** 2020 – 2022
Critically analyzed platform content and copy including topic instruction and organisation, case study presentation and response, and research sourcing. Recommended changes on a monthly basis.

The New York State Academy of Nutrition and Dietetics

- **Annual Awards Committee** 2018 – 2022
Review and score award applications, to select recipients. Update application scoring rubrics. Present awards at the association's annual professional development conference.
- **Annual Grants Committee** 2018 – 2021
Review and score applications from district submissions to select grant recipients. Present grants at the association's annual fall leadership retreat. Report on grant utilization and outcomes to the Board.
- **Social Media Manager** 2018 – 2020
Expanded social media presence & following ~400% for the NY dietetic state affiliate; developed social media handbook and training resources for 5000+ members; provided social media training opportunities for affiliate members.
- **Chair, Annual Meeting & Expo** 2018 – 2019
Led a 15+ dietitian team in the development & implementation of the NY annual dietitian conference, including event restructuring. Developed a first-of-its-kind student professional development symposium. Pitched, co-developed, and co-implemented On-Demand virtual subscriptions.
- **Communications Editor** 2016 – 2019
Developed 35+ newsletters for a 5000+ membership body. Collaborated with association Board to relay profession, association, and district news. Edited public relations documents as needed. Hosted leadership, district, and member spotlight features. Provided NY district affiliate trainings.

The Western New York Academy of Nutrition and Dietetics

- **Project Manager** 2016 – 2017
Led a team of 10 dietitians and 3 dietetics students in the conception, planning, script-writing, and filming of videos to promote dietitians in the Western New York area. Applied for and received a grant to cover editing services and mileage for volunteers to travel to filming locations. Coordinated with a videographer to develop on-screen graphics and copy.
- **Key Informant** 2015 – 2016
Served as a point-of-contact and respondent for profession inquiries and concerns. Provided reports and summaries – regarding public policy, practice concerns, professional development, resource needs, and general membership concerns – to the local affiliate President to use for representing Western New York dietitians, to our national association.
- **Events Coordinator** 2014 – 2015
Collaborated with a team of 7 members to plan, implement, and manage the association's annual awards dinner. Selected event venue and food menu. Developed and deployed marketing materials. Managed on-site event registration, schedule, and awards ceremony.

Not Far from the Tree

- **Harvester** 2021 – present
Assists in fruit picking at various residential and commercial properties throughout Toronto for use at community agencies, food banks, and community kitchens which serve low-resource communities. Participated in over 20 picks, 30+ kilogram of collected fruit to-date.

Produce for Better Health Foundation

2021 – present

- **Have a Plant® Ambassador**

Engage the general public through social media outlets to promote the consumption of plant foods. Develops content and copy, and utilizes PBH media kits, for social media postings. Contributes to consumer reports; collects and summarizes relative data for association updates.

Life Crates

2020 – 2021

- **Director of Nutrition**

Developed food guidelines & food items requirements for monthly food package delivery for older adults. Modified standard food crate content to cater to Caribbean, Muslim, and East Asian population food preferences. Co-developed text- and video-based nutrition education materials.

SUNY Online

2019 – present

- **Exemplar, Coach & Mentor**

Guides SUNY faculty (40+ to-date) in developing experiential hybrid & online course experiences.

Haiti Outreach Pwoje Espwa

2018 – 2019

- **Social Media Manager (Interim)**

Developed social media content and copy according to organisation marketing and engagement needs. Utilized Hootsuite for management and data analytics purposes.

Rotary of SUNY Buffalo State

- **President**

2013 – 2015

Directed board to facilitate administrative duties as needed. Held monthly membership meetings to promote 50+ annual volunteer activities. Collaborated with 35+ community agencies in delivering volunteer services. Grew membership ~200%, volunteer offerings ~250%, and fundraising ~250%.

MEDIA & PUBLICATIONS

Podcast, Website, Magazine, Blog & Newsletter Features & Mentions

• <i>[Design Your Way to Better Nutrition Education Outcomes]</i> (NEP DPG CE Article)	ant. 2024
• <i>Benefits of Reducing Alcohol Intake</i> (Good Health print, Wegmans & Tops)	2023
• <i>Foods for Older Adults</i> (Good Health print media, Wegmans & Tops)	2023
• <i>Farmers Frustration: Eating for Wellness with Limited Time</i>	2023
• <i>Active Volunteer & NYSAND Member Supports the FNCE® Experience</i> (feature)	2023
• <i>Top 5 Ethical Considerations while Active on Social Media</i> (Podcast)	2023
• <i>Hydration</i> (Reader's Digest International Article)	2023
• <i>Fruit & Veggie Safety: Putting Pesticide Fears to Rest</i> (Newsletter Feature)	2021
• <i>Chickpeas As a Powerful Pantry Staple</i> (Article mention)	2020
• <i>Healthier Comfort Food Hacks</i> (Article mention)	2019
• <i>Chronic Inflammation and Nutritional Choices</i> (Article mention)	2019
• <i>Are You Getting Enough Protein?</i> (Article mention)	2019
• <i>Foods That Help Your Gut</i> (Article mention)	2019
• <i>RD Interview Spotlight: Drew Hemler, MS, RD, CDN</i> (feature)	2018
• <i>Coconut Oil: A Health Food?</i> (feature)	2018
• <i>Evaluating Eggs: Market Availability & Health Considerations</i> (feature)	2017

SUNY Buffalo State | Dietetics Department | e-Newsletter Article Author

• <i>Food Tech Talk: Demystifying Harmful Pesticide Claims</i>	2022
• <i>Service-Learning for Self-Enrichment, Professional Development & Civic Duty</i>	2021
• <i>What Dietetics Students Need to Know About Social Media</i>	2020
• <i>Preparing for Online & Hybrid Courses: Planning for Success</i>	2019
• <i>Making the Most of Connections Made on Campus</i>	2017

SUNY Buffalo State | Campus News | Feature Article Mention

• <i>The Changing Face of Thanksgiving: Culinary Choices</i>	2022
• <i>Living Well through Study, Service, and a Healthy Diet</i>	2015

OPEN SUNY | Center for Online Teaching Excellence | Blog/Article Author

• <i>Planning Online Courses: Development & Management Implementations</i>	2021
• <i>Effective Teaching Strategies and Methods for the Online Course Environment</i>	2021
• <i>Pedagogy for Health Sciences Courses: Staples for Student Engagement</i>	2020
• <i>Utilizing Website Platforms to Promote Graduate-Workforce Transitions</i>	2019
• <i>ENGAGE: Leveraging Psychosocial Theories for Course Design</i>	2019
• <i>Learner Supports: Providing Course Participants with What they Need and Want</i>	2018

The New York State Academy of Nutrition and Dietetics | e-Newsletter Author

• <i>Academy Elections Are Here!</i>	2019
• <i>National Nutrition Month Success!</i>	2019
• <i>Protocol for Listing Professional Credentials</i>	2019
• <i>NY RDN Spotlight (multiple)</i>	2019
• <i>Alliance for Food and Farming: "Dirty Dozen" List is Unsupported</i>	2019
• <i>NY District Affiliate Spotlight (multiple)</i>	2018
• <i>Fall Leadership Meeting: Binghamton, NY</i>	2018
• <i>2018 Annual Meeting & Expo: Discover the Wonder!</i>	2018
• <i>NYSAND Leader Q&A (multiple)</i>	2018

- *Call for Affiliate District and Member Support: Help Promote Prevention Services!* 2017
 - *FDA Aligns Menu Labeling Compliance with Menu Labeling Enforcement Date* 2016
- Journal of Seminars in Oncology Nursing | Peer-reviewed Article Co-Author** 2017
- Optimal Nutrition and Hydration Through the Surgical Treatment Trajectory
DOI: 10.1016/j.soncn.2016.11.006

AWARDS & RECOGNITIONS

- Nutrition Educator of the Year** 2023
 AI Global Media
Demonstrates an outstanding depth and breadth of nutrition education services for and outcomes among clients on a local, national, and international scale.
- Recognised Leader in Food Product Consulting & Recipe Development** 2021
 AI Global Media | Global Health & Pharma Magazine
Demonstrates the ability to create innovative products that cater to fitness, nutrition & food industries.
- Outstanding Service-Learning Course** 2021
 Buffalo State University, Civic & Community Engagement Center
Presented to a faculty member who facilitated exceptional community engagement through student service-learning experiences.
- Early Career Faculty Award for Community Engagement** 2020
 Buffalo State University
Presented to a faculty member with fewer than seven years' experience for innovative and outstanding service-learning, civic, and/or community engagement work which includes research, teaching, and/or service that is in partnership with the community and tied to a faculty member's academic expertise.
- Fellow** 2020
 The Academy of Nutrition and Dietetics
Distinguished among their colleagues, as well as in their communities, by their service to the dietetics profession and by optimizing the nation's health through food and nutrition.
- Early Contributor/New Professional** 2020
 The Western New York Academy of Nutrition and Dietetics
Recognized as an emerging dietetics practitioner having made significant contributions to public health through dietetics, including presentations, volunteerism, leadership, and service to the profession.
- upwaRD Award** 2019
 FoodMinds
Recognizes proven leaders and up-and-coming RDNs in communities who have demonstrated innovation, dedication & excellence in communication within the field of nutrition and dietetics.
- Exemplar** 2019
 SUNY Online | Center for Online Teaching Excellence
Recognizes significant experience and expertise in teaching and learning. Coaches and mentors SUNY faculty and is actively involved in online teaching and learning community professional development.
- Grant** 2017
 The New York State Academy of Nutrition and Dietetics
Awarded to further the mission and strategic plans of the Academy of Nutrition and Dietetics. Used to produce promotional videos about RDNs and DTRs within the Western New York area.
- Recognized Young Dietitian of the Year** 2017
 The NY State Academy of Nutrition and Dietetics
Recognition for the competence & activities of younger dietitians within the Academy.

Recognized Young Dietitian of the Year The Western NY Academy of Nutrition and Dietetics <i>Recognition for the competence & activities of younger dietitians within the Academy.</i>	2017
Fellow SUNY Online Center for Teaching Excellence <i>Demonstrated expertise and experience in engaging and effective teaching and learning modalities.</i>	2016
Certificate of Recognition for Community Engagement SUNY Buffalo State Civic & Community Engagement Center <i>Recognizes campus community members for outstanding community service.</i>	2015
Honorary Proclamation Amherst, New York Municipal Board <i>Recognition for outstanding achievements, community service, volunteer work & leadership.</i>	2015
Outstanding Dietetics Student Award The New York State Academy of Nutrition and Dietetics <i>Recognition for the emerging leadership and achievement of students in ACEND programs.</i>	2015

PROFESSIONAL AFFILIATIONS (current)

The Centre for Addiction and Mental Health (CAMH)	2020
Nutrition & Dietetic Educators and Preceptors (NDEP), Dietetic Practice Group	2019
Dietitians of Canada (DC)	2019
The College of Dietitians of Ontario (CDO)	2019
The Produce for Better Health Foundation (PBH)	2018
SUNY Open Center for Online Teaching Excellence	2017
The Western New York Academy of Nutrition and Dietetics (WNYAND)	2013
The New York State Academy of Nutrition and Dietetics (NYSAND)	2012
The Academy of Nutrition and Dietetics	2012