

# Pat Healthnut

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## EDUCATION

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### **Bachelor of Arts | Food Science and Nutrition**

***Expected: May 2023***

Best College

*Honors: Deans List 2019-2020*

***Relevant Coursework:*** Health & Wellness, Food Chemistry I&II, Food Science, Introduction to Food Delivery, Medicinal Nutrition Therapy, Nutrition Counseling and Education, Lifecycle Nutrition, Nutrition for Sports & Fitness, Meal planning for Special Diets

## HEALTH & WELLNESS EXPERIENCE

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### ***Dietary Aide***

**August 2019 - present**

Good Care Assisted Living, Thistown, NJ

- ✦ Assist Dietician with creating weekly menus with three well balanced meals per day for residents
- ✦ Know and adhere to custom dietary requests and restrictions for each resident, including low-salt diets, vegetarian, gluten-free, kosher, and low-fat diets
- ✦ Package and deliver meals to each resident, ensuring quality and timely meal delivery
- ✦ Manage food inventory, keeping appropriate levels of produce, meats, and meal essentials in stock

### ***Yoga Instructor***

**Aug. 2018 - Present**

Namaste Yoga Studio, Happyplace, NJ

- ✦ Lead yoga classes from beginner to advanced skill levels, in class sizes from 5 - 35
- ✦ Provide guided meditation at beginning and end of classes to help students center themselves
- ✦ Teach students correct posture to ensure safety, including special circumstances, like prenatal and post-surgery

## ADDITIONAL EXPERIENCE

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### ***Server***

**May 2017 - Aug. 2018**

Bistro 550, Tasty, NJ

- ✦ Provided quality customer service to all patrons
- ✦ Took custom food and beverage orders from guests and delivered their items to the table as requested
- ✦ Assisted Manager with creating biweekly schedule for 13 Servers and Hostesses, ensuring adequate coverage during peak and slow times

### ***Sales Associate***

**May 2015 – May 2017**

Ralph Lauren, Style, NJ

- ✦ Offered exceptional service to all customers ensuring a positive shopping experience
- ✦ Conducted need assessments from guests and made recommendations on product, style, and sizing
- ✦ Awarded “*Employee of the Month*” during first month of work for excellent customer service

## ACTIVITIES & SERVICE

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*President, Nutrition Club, Best College, Goodlife, NJ, Sept. 2019 - Present*

*Volunteer, Walk for the Cure, Breast Cancer Awareness Day, Anytown, NJ, Aug. 2018*

*Volunteer, St. Mary’s Soup Kitchen, Goodlife, NJ, Sept. 2015 - May 2016*

*Camp Counselor, YMCA, Anytown, NJ, May 2014 - Aug. 2014*

## SKILLS & CERTIFICATES

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

*Certificates:* **Certified Yoga Instructor**, Yogis of America