

Curriculum Vitae
SANDRA D. BAKER, Ed.D., R.D., LDN

Work Address: **Department of Behavioral Health and Nutrition**
University of Delaware
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Newark, DE 19716
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EDUCATION

Ed.D., University of Delaware

Newark, Delaware. January 2014

Executive Position Paper: *Guidelines for Promoting MyPlate and its Website among College Students*. MyPlate is the United States Department of Agriculture's icon for promoting healthy eating for all Americans. Advisor: Dr. Leslie Cooksy.

M.Ed., University of Delaware

Newark, Delaware. January 2002

Specialization in higher education and leadership; included course work in curriculum development, education research and evaluation. Additional graduate course in cancer risk reduction and six graduate credits in counseling.

Dietetic Internship, Brigham and Women's Hospital

Boston, Massachusetts. 1981

One year post baccalaureate program including academic and clinical experience in a primary teaching hospital of Harvard Medical School. Rotations in clinical, community nutrition and food service management. Additional experience Boston Children's Hospital, WIC and hospital home service. Certified by the American Dietetic Association.

B.S. in Nutrition, The Pennsylvania State University

University Park, Pennsylvania. Graduated Cum Laude. 1980

PROFESSIONAL CERTIFICATIONS

Registered Dietitian, Academy of Nutrition and Dietetics, RDN No. 597697

Licensed Dietitian/Nutritionist, Delaware, LDN No. 0000313

PROFESSIONAL AFFILIATIONS

Academy of Nutrition and Dietetics (formerly American Dietetic Association ADA)

Delaware Academy of Nutrition and Dietetics (Formerly Delaware Dietetic Association DDA)
Consumer Protection Coordinator (2018-present)
Nominations and Governance (2015-2018)
Newsletter Assistant Editor (2011-2013)

National Association of Academic Advisors (NACADA)

Golden Key Honor Society

Society for Nutrition Education and Behavior (SNEB)

TEACHING EXPERIENCE

University of Delaware, Newark, Delaware

Assistant Professor, Department of Behavioral Health and Nutrition. Teach four courses fall and three courses spring semesters. Advise 35-50 students per semester. June 2015-present.

Assistant Chair, Department of Behavioral Health and Nutrition. As directed by department chair, draft faculty teaching assignments for fall, spring, winter and summer sessions and coordinate adjunct faculty assignments. Mentor adjunct faculty. Schedule all courses and supervise coordination of rooms, evaluations and finals for BHAN, NTDT, and HLPR undergraduate and graduate programs. Keep chair abreast of enrollment issues. Act as faculty resource for UDSIS issues. Collaborate with College of Health Sciences Assistant Dean regarding individual student needs. Coordinate training for BHAN 120 Physical Activity Teaching Assistants and BHAN 130 Health Topics Teaching Assistants. Support content coordinators. Assist chair in coordinating administration of department. February 2010-August 2018.

Instructor, Department of Behavioral Health and Nutrition Teach three courses (nine credits) per semester. Advise approximately 50 students per semester and act as a resource for advisement. February 2010-May 2015.

Supervisor, Dietetic Internship, Department of Health, Nutrition and Exercise Sciences.

Mentored and evaluated forty dietetic interns in post baccalaureate accredited distance internship. Planned schedules for local interns and approved schedules for distance interns at clinical, community and food service sites. Graded community assignments and conducted evaluations with preceptors. Assisted director in marketing program, developing curriculum and evaluating activities. March 2006-June 2010.

Instructor, Department of Health, Nutrition and Exercise Sciences. As Undergraduate Program Coordinator, met with potential nutrition majors and minors, assigned advisors, developed and maintained curriculum sheets, planned fall orientation and met with in-coming freshmen during DelaWorld I and II summer and winter sessions. Taught two nutrition courses per semester usually with an enrollment of 100 students/course. September 2007-February 2010.

Adjunct Instructor, Department of Health, Nutrition and Exercise Sciences. On contract basis, developed syllabus and taught Nutrition Concepts NTDT 200, Nutrition through the Lifespan NTDT 305, Introduction to Clinical Nutrition NTDT 240, Nutrition Counseling NTDT 330, and Medical Nutrition Therapy NTDT 450. Taught class sizes from 20 to 100 students. February 2001-August 2007.

Academic Advisor, University Advisement Center. Advised University Studies students (undeclared) in course/major selection and University policies. Participated in DelaWorld summer and winter new student advisement. Advised Arts and Science College students and served as an arm of the Assistant Dean's office. Conducted Senior Checkouts for senior Arts and Science students. Represented the advisement center at Discovery Days. Taught one-credit freshman seminar course Finding Your Way UNIV 167. July 2005-March 2006.

Adjunct Clinical Instructor. Supervised and trained students in the Coordinated Undergraduate Nutrition Program's Clinical Practice NTDT 450 and Community Practice NTDT 470. Mentored, advised and evaluated students in area hospital and community settings. 1993 –1996.

ADDITIONAL EXPERIENCE

University of Delaware

Nutrition Consultant, Student Health Service. Counseled students with needs including eating disorders, obesity, hypertension and hypercholesterolemia. Participated in University of Delaware's Eating Disorder Council and assisted in planning campus-wide events. Developed nutrition education materials. Recruited, hired and supervised nutrition assistants. Collaborated with physicians, psychologists and other providers. September 1997 – July 2005.

Christiana Care Health Systems, Newark, Delaware

Nutritionist, Preventive Medicine and Rehabilitation Institute. Taught "Living with Diabetes" course in various community settings to diverse audiences on a per diem basis. Presented the nutrition, exercise and stress reduction lectures. 1997-2004.

Nutritionist, William Penn High School Wellness Center. Assessed needs and implemented nutrition care for adolescents with a variety of health care needs. Provided individualized nutrition counseling. Presented nutrition programs to sports teams and in the classroom setting. Planned and implemented school-wide nutrition and wellness programs. Designed and taught "InShape" an after-school nutrition and exercise class. Wrote education fact sheets. Developed nutrition service policies. Evaluated programs. 1996 – 2002.

Memorial Hospital of Salem County Healthy Heart Program, Salem, New Jersey
Nutrition Consultant. Provided nutrition expertise for the health promotion activities of the New Jersey Department of Public Health, 6-year Cardiovascular Disease Prevention grant. Planned and marketed county-wide health initiatives. Taught nutrition education classes and wrote public education materials. Wrote quarterly articles for “*Today’s Sunbeam*” newspaper and wrote for the Healthy Heart Program Newsletter. Spoke on four radio shows and was featured in a television broadcast of a supermarket tour. Trained volunteers. Coordinated “Cooking with Your Heart in Mind” workshop and cooking demonstration given at numerous locations. Taught “Lose and Win” an 8-week weight loss class with an exercise physiologist. Coordinated development of *Heart Healthy Recipes* cookbook and two supplements. Taught workshops for restaurant managers and cooks. Led Supermarket Label Reading Tours. Evaluated programs. 1990 –1995.

Nutrition Consultant. Provided nutrition expertise for Kids Coalition for Health, a health/nutrition education program for public school children, funded by a grant from Johnson and Johnson’s Community Health Care Program. Developed curriculum and trained and supervised teen volunteers to present age-appropriate “Fit for Fun” classes to kindergarten-8th grade students. Program reached 3,000 students in 1993-94 school year. 1993-1995.

Nutrition Consultant. Provided nutrition expertise for New Jersey Department of Public Health Minority Health Month grant. Coordinated “Good for the Soul” nutrition workshops and trained volunteers. 1995.

Delaware Department Public Health, Smyrna, Delaware
Nutritionist. Performed nutrition assessment and consultation for Special Supplemental Nutrition Program for Women, Infants and Children (WIC). Provided individualized one-to-one nutritional counseling for pregnant women and young children. 1989-1990.

HomeCall, Inc., Gaithersburg and Frederick, Maryland offices
Clinical Dietitian. Developed nutrition program as a new HomeCall service. Wrote nutrition policies. Taught in-service programs for staff. Resource for nursing staff and provided home visits to patients with special nutritional needs. Developed and marketed outpatient consultation services. Provided nutrition assessment and individualized nutrition counseling. Utilized computer diet analysis programs. Taught public education programs in community settings. Developed and led 8-week weight loss classes. Designed education materials. Provided consultation from physician offices on contract. Evaluated programs. 1985-1987.

Frederick Memorial Hospital, Frederick, Maryland
Clinical Dietitian. Assessed patients’ nutritional status and developed and implemented nutritional care plans. Provided care for patients with wide variety of needs including diabetes, cancer and cardiovascular disease and those receiving enteral and parenteral nutrition. Developed patient and employee nutrition education materials. Taught five-week behavioral modification weight loss class to hospital employees. Assisted Nutrition Services Director in management of food service operations. 1981-1985.

COURSES TAUGHT

Current

- Introduction to the Nutrition Professions NTDT 103
- Nutrition Concepts NTDT 200
- Nutrition Through the Lifespan NTDT 305
- Nutrition Counseling NTDT 330
- Nutrition and Aging NTDT 350
- Nutrition Education NTDT 445
- Nutrition Peer Mentoring NTDT 467 (experimental course)
- Nutrition MyPlate Ambassadors NTDT 467 (experimental course)

Previous

- Introduction to Clinical Nutrition NTDT 240
- Dietetics Seminar NTDT 403
- Medical Nutrition Therapy I NTDT 450
- Finding Your Way UNIV 167 (Freshman First Year Experience)

Excellence in Teaching Award for the College of Health Sciences. May 2017

ADVISEMENT

Majors: Advise approximately 35 students and collaborate with Academic Advisors to assist faculty in nutrition advisement, 2010-present.

Minors: Advise approximately 25 nutrition minors, 2007-2010, 2013-present.

Excellence in Advising Nomination for the College of Health Sciences: Department Behavioral Health and Nutrition May 2013, May 2014, 2016

FUNDED GRANTS

Caring for Children with Special Health Care Needs: A Focus on Nutrition and Feeding. Career Services Center Faculty and Staff Career Innovation Grant (role: co-PI with Dr. Trabulsi). 2018-2019.

Learning about World Cultures through Food. Unidel funded (role: co-PI with Dr. Setiloane). Complete.

Real-time Decision Making of WIC Participants while Food Shopping: Use of Think Aloud Methodology. Delaware Department of Social Services funded (role: develop and implement method for thematic analysis, PI: Dr. Robson). Complete.

Store Training Grant. Produce for Better Health Foundation funded (role: Co-PI with Dr. Fang). Complete

PUBLICATIONS

Peer-Reviewed Journal Articles

Grimes, M., Fanelli-Kuczmarski, M., Bodt, B., **Baker, S.**, Fang, C., Zonderman, A., & Evans, M. Breakfast habits and diet quality in economically diverse African American and Whites. *Topics in Clinical Nutrition*, (in press).

Jerome, D., **Baker, S.**, & Fang, C. S. (2018). Peer Teaching Promotes Improved Knowledge and Attitudes about MyPlate and SuperTracker among College Students and Increases Self-Efficacy in Peer Nutrition Educators. *Creative Education*, 9(86), 979-992.

Baker, S., Trabulsi, J., Evans, T., & Smith, E. (2018). Improving nutrition students' knowledge and perceived competence to provide nutrition education to adults with disabilities via experiential learning. *Journal of the Academy of Nutrition and Dietetics*, 118(1), 23-29.

Cowperthwait, A., Saylor, J., Carlsen, A., Schmitt, L. A., Salam, T., Melby, M. K., & **Baker, S. D.** (2015). Healthcare theatre and simulation: Maximizing interprofessional partnerships. *Clinical Simulation in Nursing*, 11(9), 411-420.

Grimes, M, **Baker, S.D.**, & Fanelli-Kuczmarski, M. (2014) Peer mentoring contributes to career growth of undergraduate nutrition and dietetics students. *Creative Education*, 5(14), 1286-1295.

Masullo, L., Papas, M. A., Cotugna, N., **Baker, S.**, Mahoney, L., & Trabulsi, J. (2014). Complementary and alternative medicine use and nutrient intake among individuals with multiple sclerosis in the United States. *Journal of Community Health*, 40(1), 153-160.

Baker, S. D., & Cotugna, N. (2013). Students entering internship show readiness in the nutrition care process. *Journal of Human Nutrition and Dietetics*, 26(5), 512-518.

Publications for Lay Public

Baker, S. *Eating Disorders: What? Why?* 2002, Revised 2008, Reviewed 2013. ETR Associates.

Baker, S. *Eating Vegetarian*. 1999, Revised with new title *MyPlate Vegetarian* 2013. ETR Associates.

PEER REVIEWED POSTER SESSIONS

Baker, S., Setiloane, K., & Siemienski, K. *Learning about World Cultures Through Food*. Food Nutrition Conference Expo (FNCE), Academy of Nutrition and Dietetics National Conference, Washington, D.C., October 21, 2018.

Conklin, P. C. L., Giuliano, J., & **Baker, S.** *College Students Find Social Media Effective in Promoting USDA's MyPlate Guidelines*. Society of Nutrition Education and Behavior Conference, Minneapolis, MN, July 23, 2018

Robson, S, DeLuccia, R., **Baker, S.**, Trabulsi, J., Bodt, B., *Real-time Decision Making of WIC Participants at the Grocery Store: Use of Think Aloud Methodology*. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA, Presented by Dr. Robson, April 2018.

Baker, S., Fang, C., Jerome, D. *Undergraduates have Favorable Views towards MyPlate and SuperTracker after Peer Teaching by Nutrition Majors*. Food Nutrition Conference Expo (FNCE), Academy of Nutrition and Dietetics National Conference, Chicago, IL, October 23, 2017.

Fraczkowski, A., Tsugranes, M., Fang, C. R., **Baker, S.** *Undergraduate Nutrition Students Gain Knowledge and Skills by Leading Grocery Tours*. Society of Nutrition Education and Behavior National Conference, Washington, D.C., July 22, 2017.

Baker, S. *Curriculum Equips Nutrition Majors to Share MyPlate on Campus*. Society of Nutrition Education and Behavior National Conference, San Diego, CA, August 2, 2016

Grimes, M., **Baker, S.**, Fanelli-Kuczmariski, M., *Peer Mentoring: an Essential Component of Training Future Nutrition Professionals*. 2014 Mentoring Conference, Mentoring Institute, Albuquerque, New Mexico, October 23, 2014.

Baker, S. *Suggestions for Teaching MyPlate and its Website in University Nutrition Courses*. Food Nutrition Conference Expo (FNCE), Academy of Nutrition and Dietetics National Conference, Atlanta, Georgia, October 21, 2014.

Baker, S., Cowperthwait, A. *Nutrition Students Gain Real-World Experience in an Interdisciplinary Simulation*. Food Nutrition Conference Expo (FNCE), Academy of Nutrition and Dietetics National Conference, Atlanta, Georgia, October 20, 2014.

Evans, T., Smith, E., Livingstone A., **Baker, S.**, Trabulsi, J. *Evaluation of Nutrition Students' Knowledge, Attitudes and Perceived Competence to Provide Nutrition Care to Individuals with Disabilities and Limited Mobility*. Delaware Dietetic Association Annual Meeting, Dover, Delaware, May 9, 2014

Bakers, S. *College Students' Perceptions of MyPlate and ChooseMyPlate.gov*. Food Nutrition Conference Expo (FNCE), Academy of Nutrition and Dietetics National Conference, Houston, Texas, October 22, 2013.

Baker, S., *Faculty Advising Enhanced with Personalized Website*. National Association Academic Advisors (NACADA) National Conference, Denver, Colorado, October 4, 2011.

Baker, S. & Cotugna, N. *Survey of Pre-Internship Readiness in the Nutrition Care Process*. Food Nutrition Conference Expo (FNCE) American Dietetic Association National Conference, Boston, Massachusetts, November 6, 2010.

Baker, S. *Beyond Graduation...Advising in a Post-Baccalaureate Distance Internship Program.* National Association Academic Advisors (NACADA) National Conference, Baltimore, Maryland, October 21, 2007.

Baker, S., “*Finding Your Way*” *an Innovative Freshman Seminar.* National Association Academic Advisors (NACADA) National Conference, Indianapolis, Indiana, October 20, 2006.

Baker, S., “*Finding Your Way*” *an Innovative Freshman Seminar.* National Association Academic Advisors (NACADA) Regional Conference, Lancaster, Pennsylvania, March 23, 2006.

SELECTED RECENT UNDERGRADUATE PROJECTS SUPERVISED

Faculty Mentor for First Step Grand Challenges Grant Award: *Use of Instagram to Promote Healthy Eating Decisions* \$500 award. (student team: Kimberly Loftis, Patricia Conklin, Erin Alexander, Valerie Choy, Julia Katcher) 2016-2017.

Laura Sahd, dance capstone project: *Nutrition Lesson Plans Healthy Eating Tips for Dancers.* 2015.

Faculty Mentor for First Step Grand Challenges Grant Award: *The Lightcap Lifestyle* \$500 award. (student: Hannah Lightcap, co-mentor with Professor Beth Schwenk) 2013-2014.

MASTERS STUDENT PROJECTS

Jessica Eosso: *Retrospective assessment of the nutrition professional’s cultural sensitivity after participating in a travel study abroad program during undergraduate careers at the University of Delaware* (thesis committee member, Human Nutrition MS Program). 2018.

Laura Sahd: *How barriers to cooking affect culinary attitudes and culinary self efficacy among young adult male athletes* (co-advisor scholarly project with Dr. Fang, Human Nutrition MS Program). 2018.

Danielle Jerome: *Evaluation of university students’ knowledge and attitudes about the USDA’s MyPlate and SuperTracker tools before and after peer teaching by a nutrition major.* (co-advisor scholarly project with Dr. Fang, Human Nutrition MS Program). 2017.

Samantha Elliott: *Growth and breastfeeding in infants with congenital heart defects* (scholarly project second reader, Human Nutrition MS Program). 2016.

Kelley Foulke: *Millennial use of communication technology to address interpersonal conflict* committee member (*Health Promotion MS Program*). 2016

Lauren Mahoney: *Health Practices among Individuals with Limited Mobility*, (Dr. Trabulsi advisor). 2012.

Kelly Strogon: *Z Trim® Multifunctional Fiber as a Fat Substitute in Pound Cake*, (thesis committee member, Human Nutrition MS Program) 2010.

Megan Laurent: *Perceptions of Vitamin-Enhanced Water in College Age Americans. Dietetic Internship Research Project* (project advisor). 2010.

SELECTED PUBLICATIONS REVIEWED

Journals:

Journal of Society of Nutrition Education and Behavior (poster session abstracts, 2016-present)

Journal of Human Nutrition and Dietetics, 2014, 2018

British Journal of Nutrition Review, 2015

Textbook Chapters:

Wiley. *Nutrition: Science and Applications*, 2017

Cengage Active Learning, *Understanding Nutrition*, 2015, 2017

Jones and Bartlett, *Nutrition*, 2015, 2017

Jones and Bartlett, *Nutrition across the Lifespan*, 2016

Jones and Bartlett, *Lifestages Nutrition*, 2015

Wolters Kluwer Health, *Nutrition Counseling and Education*, 2015

SELECTED RECENT PROFESSIONAL DEVELOPMENT

Society of Nutrition Education and Behavior 2018 Annual Conference, Minneapolis MN, July 21-24, 2018

Delaware Academy of Nutrition and Dietetics 2018 Annual Conference, Dover, DE, April 27, 2017.

Food Nutrition Conference Expo Annual Conference of the Academy of Nutrition and Dietetics, Chicago, IL, October 22-24, 2017

Academy of Nutrition and Dietetics Webinar: *The Mighty Microbiome: What We Know and What We Need to Learn*, August 16, 2017

Delaware Academy of Nutrition and Dietetics 2017 Annual Conference, Newark, DE, May 5, 2017.

Abbott Nutrition Health Institute: Overview of Cultural Competency Certificate, January, 2017

Society of Nutrition Education and Behavior 2016 Annual Conference and preconference workshop, San Diego, CA, July 29-August 2, 2016

Delaware Academy of Nutrition and Dietetics 2016 Annual Conference: Making Waves in Nutrition, Lewes, DE, May 6, 2016.

Pre-conference Session: Best Practices Conducting Focus Groups: Society of Nutrition Education and Behavior, Pittsburgh, PA, July 28, 2015

Society of Nutrition Education and Behavior 2015 Annual Conference, Pittsburgh, PA, July 29-August 2, 2015

Academy of Nutrition and Dietetics: *Leadership, Coaching, Communicating with Confidence* Certificate, May 11, 2015

Delaware Academy of Nutrition and Dietetics Annual Conference: Homegrown Nutrition, Newark, DE, May 1, 2015

Academy of Nutrition and Dietetics Webinar: *Fodmap Diet*, January 16, 2015.

Food Nutrition Conference Expo Annual Conference of the Academy of Nutrition and Dietetics, Atlanta, GA, 2014

2014 Summer Faculty Institute, University of Delaware, June 2-4, 2014

“Documenting Teaching Effectiveness,” workshop, University of Delaware, April 11, 2014.

Advising Workshop, NACADA, University of Delaware, March 14, 2014.

SERVICE

Presentations

Community

- *Healthy Eating for Moms*, interactive lecture, Mothers of Preschoolers, Landenberg, PA, April 20, 2018
- *Nutrition for Preschoolers*, lecture, Mothers of Preschoolers, Lancaster, PA, April 10, 2018
- *Real-time Decision Making of WIC Participants while Food Shopping: Use of Think Aloud Methodology Research Results*: DE Women Infant and Children (WIC) staff with Dr. Robson. Dover, DE, January 30, 2017
- *Where's the Sugar?* interactive lecture: HPCA School 2nd grade students, Philadelphia, PA, June 12, 2017
- *What Moms Need to Know for Family Meals*: interactive lecture Mothers of Preschoolers (MOPS, Inc.) Landenberg, PA, November 17, 2016
- *Portions for Healthy Kids* interactive lecture: HPCA School 2nd grade students, Philadelphia, PA, June 15, 2016.
- *Healthy Eating for Second Graders* interactive lecture: HPCA School 2nd grade students, Philadelphia, PA, June 5, 2015.
- Coordinator Nutrition Display, Alumni Weekend, October 17, 2014. Coordinate overall department participation and Nutrition and Dietetic Club planning and participation
- *What Should I Eat?* interactive lecture: HPCA School 2nd grade students, Philadelphia, PA, January 17, 2014.

- *MyPlate and Tips for Health Eating and Exercise for Kids* interactive lecture: HPCA School 2nd grade students, Philadelphia, PA, November 16, 2012.
- *Healthy Habits for Families*. Newark Chapter of Mothers of Preschoolers, January 13, 2012.
- *Healthy Eating for Multiple Sclerosis Patients*, Lancaster, PA, March 1, 2011.
- Numerous speaking engagements on topics including: wellness, diabetes, cardiovascular disease, cancer prevention, eating disorders and sports nutrition to community organizations (1982-2010).

University

- *Choose MyPlate: Your Online Source for Healthy Eating for Employee Wellness* Nutrition Workshop Series, November 10, 2014
- *Supplements, Exercise and Food Safety during Pregnancy* for Nutrition through the Lifespan NTDT 305 (Dr. Chai), September 22, 2014.
- *Nutrient Needs During Pregnancy* for Nutrition through the Lifespan NTDT 305 (Dr. Chai), September 19, 2014.
- *Sodium Controlled Diet* for Introduction to the Nutrition Care Process NTDT 250 (Dr. Lennon-Edwards), April 30, 2014.
- *MyPlate and Principles of Healthy Eating* for Nutrition Concepts NTDT 200 (Professor Beth Schwenk), February 20, 2014.
- *Guidelines and Principles of Healthy Eating* for Nutrition Concepts NTDT 200 (Dr. Alicia Rovner), March 12, 2013.
- *Smoothies for Good Health and Great Taste* at Ray St. C dormitory, November 15, 2012.
- Keynote speaker for Kappa Omicron Nu Honor Society Induction, October 14, 2011.
- *Cultural Sensitivity* for Health Promotion graduate students, September 20, 2010.
- *MyPyramid for College Students* at New Castle dormitory, October 29, 2009.
- *Introduction to Nutrition Care Process* for dietetic interns, August 24 & 26, 2009.
- *Healthy Eating on Campus* at Cannon dormitory, March, 13, 2007.

National

- *University of Delaware Distance Program* Southern California Nutrition Program Meeting, Long Beach, CA, May 5, 2007.
- *Nutrition and Fitness Education as a Bridge to a Healthy Lifestyle*. National Assembly on School Based Health Care, Los Angeles, California, June 26, 1998.

Committees/Projects

Community

- Nominations and Governance Committee, Delaware Academy of Nutrition and Dietetics Board, member, 2015-2016; chair, 2017-2018
- Yes U Can, supervise students in nutrition program development for individuals with limited mobility and disabilities (co-mentor with Dr. Jillian Trubulsi), oversee students in presenting workshops, cooking demonstrations and other projects, 2012-present
- Delaware Academy of Nutrition and Dietetics Board, Newsletter Assistant Editor, 2011-2013
- Fresh Air Fund, Host, 2003
- UrbanPromise of Wilmington, Volunteer.

- American Cancer Society, Delaware Chapter, Volunteer, 1998
- American Heart Association, Maryland Chapter, Volunteer, 1983-1986

University

- Office of Student Conduct (faculty representative Appellate Board) 2016-present.
- Decision Days, 2011-present
- Blue and Golden Days, 2011-present
- Discovery Days, 2011-present
- Advising Task Force, 2017-2018
- Unified Food Drive, fall 2012
- Associate in Arts Program Majors on the Main, 2012-2013
- Advisor, Gymnastics Club, 2007-2009
- Eating Disorder Council, 1997-2005

College of Health Sciences

- Star Gala Volunteer, May 5, 2017
- Search Committee for UD Employee Wellness Director, summer 2016
- Health Science ad hoc Committee, 2015-present
- New Faculty Orientation Planning ad hoc committee, 2015
- Interdisciplinary Health Care Theatre Team member, 2014-present
- BISC courses for College of Health Sciences ad hoc committee, July, 22, 2014
- Coordinator Nutrition Display, Alumni Weekend, October 17, 2014. Coordinate overall department participation and Nutrition and Dietetic Club planning and participation
- Undergraduate Studies Committee, 2010-June, 2014
- Search Committee member for Academic Program Manager, spring 2013
- Alumni Planning Weekend, 2013
- Interdisciplinary Pilot Study: Evaluating the Impact of Interprofessional Education
- Coordinator for nutrition display with student volunteers at the Garden Health Fair sponsored by the DE Dept of Agriculture and Health and Social Services, August 8, 2013
- Co-author *Healthy Eating Tips* for College of Health Science's Pinterest communication effort (with Dr. Jillian Trabulsi), September, 2013
- Parents and Family Weekend Committee, fall 2008

Department

- Chair, Search Non-Tenure Track Temporary Assistant Professor Nutrition, winter 2017
- Member, Search Non-Tenure Track Continuing Position Health Behavior Science, 2017
- Ad Hoc Committee for Nutrition Panel for Undergraduate Students, 2017-present
- Advisor, Nutrition and Dietetics Club (120 member club), 2009-2016
- Nutrition Curriculum ad hoc committee, 2015-2017
- Search Committee, Non-Tenure Track Clinical Instructor, 2015
- Search Committee, Administrative Assistant, 2015
- Search Committee, Academic Advisor, 2015
- Ad Hoc committee member Continuing Non-Tenure Track Promotion Document, 2015
- Oversight set up of Sakai site for BHAN faculty/staff resources, 2015
- Oversight creation of training materials for BHAN 120 instructors, 2015-present
- Ad Hoc Graduate Program Committee Administration, 2015

- Alumni Planning Weekend, Coordinated Department activities for Alumni Day, 2014
- Chair, Honors Award Committee (ad hoc), January 2014-2016
- Nutrition Clinic Organizing Committee (ad hoc), 2014-2015
- Search Committee, Administrative Assistant, fall 2013
- Co-mentor for BHAN 120 Teaching Assistants, 2010-present
- Co-organize nutrition 1st Annual Promotion of ADA Membership Event, May 14, 2012
- Senior Visits, Fridays in April, 2013
- Health and Wellness Minor Committee (ad hoc), May 2011-November 2011, April 2014
- NTDT 200 Coordinator, 2010, 2014
- Chair, Honors and Awards Ad Hoc Committee, 2014-2016
- Co-coordinator March National Nutrition Month Display, McDowell Hall, March 2011
- Coordinator Women's Health Awareness Day display, Bob Carpenter Center, February 20, 2011
- Ad hoc member, Undergraduate Studies Committee, 2009-present
- Coordinator for department outreach and calls to minority and high achieving admitted students, 2008-2012
- Coordinator of focus groups to determine nutrition students' views on curriculum, 2008
- Nutrition Undergraduate Studies Coordinator, Nutrition Program, 2006-2010