

2nd Annual Nontraditional Careers in Nutrition Alumni Showcase

Nutrition Program
College of Health Sciences



Edmund Chan: FACHE, MHA, RD

Oakland, California

Presenter, 2021 Nontraditional Careers in Nutrition panel

Position: Senior Vice President & Area Manager, Kaiser Permanente

Responsibilities: Hospital CEO for 2 medical centers in the Oakland Bay Area. Oversees daily operations for Kaiser Permanente Health Plan East Bay geographic area which serves 364,000 plan participants.

Preparation: Started as an RD clinician, with career progression into hospital support services management. Master of Healthcare Administration at the University of North Carolina at Chapel Hill. Fellow of the American College of Healthcare Executives.

Other Employment/Volunteerism: California Association of Healthcare Leaders-Volunteer Mentor, Executive Sponsor - Kaiser Permanente Asian Pacific Islander Business Resource Group



UD Undergrad

edmund.d.chan@kp.org

Nichole Dandrea-Russert: MS, RDN

Atlanta, GA

Presenter, 2021 Nontraditional Careers in Nutrition panel

Position: Plant-Based Dietitian and Recipe Developer, Author, Media Spokesperson

Responsibilities: Develops plant-based recipes and cooking videos. Authors plant-based nutrition and recipe books. Serves as nutrition spokesperson for magazines and television.

Preparation: MS in clinical nutrition, specialized in women's health and intensive care. Owned a plant-based dark chocolate company (recipe development, marketing/public relations, entrepreneurship). Obtained plant-based culinary certification. Lots of networking!

Other Employment/Volunteerism: Recipe book consultant, Best Friends Animal Society and Hatherleigh Publishing. Brand Ambassador, cooking videos with adoptable pets, Best Friends Animal Society. Guest speaker, University of GA. Dietetic Internship Preceptor, Georgia State.



UD Undergrad and DI

nichole@purelyplanted.com



Isaac Hicks III: RDN, CSSD, CSCS, LDN

Bloomington, IN

Presenter, 2021 Nontraditional Careers in Nutrition panel

Position: Director of Performance Nutrition at Indiana University

Responsibilities: Administrative oversight of Athletics Nutrition department that oversees the nutritional needs of 700+ NCAA D1 athletes over 24 sports in the B1G. Management of \$1 million + budget and staff of 15+ staff including Sports RDs, nutrition assistants and volunteers (some who are dietetics students!) Menu writing and collaboration with in-house athletic dining facility. Direct team responsibility for fueling needs of Football, Men's and Women's basketball teams including one on one and team counseling, presentations, nutrition activities, hydration testing and more!

Preparation: Undergraduate/DI at Delaware. Registered Dietitian, Certified Strength and Conditioning Specialist, Board Certified Specialist in Sports Dietetics (min 2y as RD, practice/specialty hours).

Other Employment/Volunteerism: Director of Sports Nutrition at Liberty University (1y), Outpatient Dietitian with Christiana Care for total of 7y, Extendicare (Arbors of New Castle) Nutrition Services Director (1.5y).



UD Undergrad and DI
Instagram: Indianafuel
ilhicks@iu.edu



Shari Bilt Boockvar: MS, RDN

Livingston, NJ

Presenter, 2021 Nontraditional Careers in Nutrition panel

Position: Nutrition Consultant, Private Practice

Responsibilities: Provides nutrition counseling to teens, college students, adults and families. Interviews as a nutrition expert for television, magazines, internet, and other media. Consults on nutrition projects and speaks at events for corporations and businesses.

Preparation: Undergraduate CUPD program in Nutrition and Dietetics, University of Delaware. Master's Degree in Counseling and Human Resources, University of Bridgeport.

Other Employment/Volunteerism: Speaks at select events gratis on nutrition related topics. Enjoys cooking, reading food magazines, and finding great new food products!



UD Undergrad

Shari@NutrifactsForYou.com

Stephanie Kramer: MS, PA-C

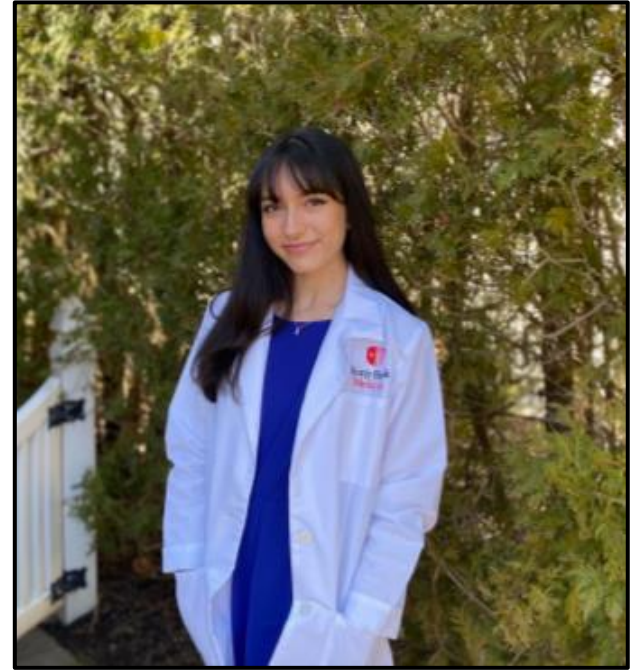
New Hyde Park, NY

Position: Internal Medicine Physician Assistant

Responsibilities: Manage medical care for patients in an inpatient hospital setting. This includes: prescribing and managing medications, responding to emergencies, communicating with family, collaborating with clinical support staff for discharge planning, and educating patients and families about their medical conditions and treatment plans.

Preparation: Honors BS in Nutritional Sciences & Dietetics; minor in biological sciences, 1,000 hours of patient care experience, clinical shadowing, volunteering, MS in Physician Assistant Studies at Stony Brook University.

Other Employment/Volunteerism: CNA, medical assistant, ED research intern at Christiana Care Hospital, nutrition research assistant in Dr. Chai's lab, volunteer with Lori's Hands, TA for food & nutrition lab, biology & chemistry tutor.



UD Undergrad

skramer.pa@gmail.com



Elsey Weisberg: MS, RDN, LDN

Boston, MA

Position: Private Practice Dietitian, Specialty in Disordered Eating

Responsibilities: Works 1:1 with clients, collaborates with outpatient teams and manages the referral line at a small group practice specializing in eating disorders and disordered eating.

Preparation: MS Human Nutrition University of Delaware, Newark, DE. Simmons University Dietetic Internship, Boston, MA. Boston Children's Hospital LEAH (Leadership Education in Adolescent Health) Nutrition Fellowship, Boston, MA.

Other Employment/Volunteerism: Adolescent Outpatient Dietitian, Nutrition Consultant at a Startup.



UD Undergrad and Graduate

elseyweisberg@gmail.com

Rose (DeLuccia) Dall: PhD, RD, LDN

Philadelphia, PA

Position: Associate Medical Writer at Envision Pharma Group

Responsibilities: Develop high-quality scientific content across various therapeutic areas (oncology, endocrinology, dermatology, rheumatology) for major pharmaceutical companies that meet legal/medical/client objectives to support business activities; stay up-to-date on product/market/regulatory developments in therapeutic areas.

Preparation: PhD in Nutrition Sciences (Drexel University); MS in Human Nutrition (UD); experience in the development and writing of peer-reviewed research publications/presentations; excellent written communication skills.

Other Employment/Volunteerism: Clinical Research Coordinator, Consultant Writer, Clinical Research Site Technician, Conference Poster Session Chair/Reviewer.



UD Undergrad and Graduate

rkdeluccia@gmail.com

Matthew M. Graziose: PhD

Northport, NY

Position: Director, Nutrition & Regulatory Compliance, Chobani, LLC.

Responsibilities: Leads reviews of product labels, marketing materials, ingredients, allergens, nutrition facts & product claims and certifications (e.g., Kosher, gluten-free, non-GMO). Analyze scientific literature to substantiate health, nutrition, & other advertising claims. Advise on domestic & international food regulatory compliance & requirements in all areas affecting the importation, distribution & sale of food products.

Preparation: BS Nutritional Sciences (University of Delaware), MS Nutritional Sciences (Penn State University), PhD Behavioral Nutrition (Columbia University).



UD Undergrad

mattgraziose@gmail.com

Lauren Sharpe: RD

Philadelphia, PA

Position: Owner and founder of Lauren Sharpe Nutrition

Responsibilities: Create and run group coaching programs for women struggling with disordered eating, coach dietitians on how to build a practice on Instagram.

Preparation: Dietetic Internship completed at New York-Presbyterian Hospital and coached by other RD's in online business.



UD Undergrad

hello@laurenrd.com

Jo Anna Popielarski: MS

Wilmington, DE

Position: Technical & Sales Service Leader for Nouravant Food Innovation Sales at Renmatix

Responsibilities: Supports business development by providing technical expertise to food manufacturers incorporating our ingredient into foods.

Preparation: Undergraduate independent research project: performance of baked good and consumer preference, teaching assistant for Food Concepts lab, on-the-job training to build on general science foundations.

Other Employment/Volunteerism: Food ingredient technologist, Product Development Scientist at private-label juice manufacturer, Food Scientist.



UD Graduate

JoAnna.Popielarski@gmail.com



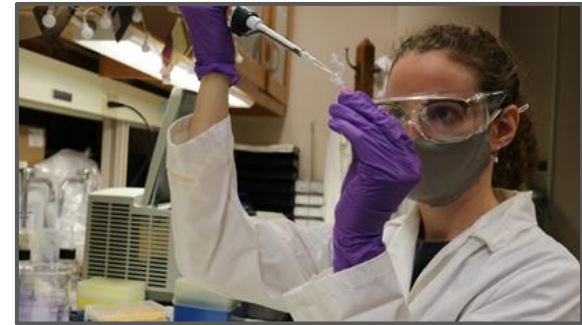
Violet Kiesel: PhD

Chapel Hill, NC

Position: Postdoctoral Researcher at University of North Carolina at Chapel Hill

Responsibilities: Performing hypothesis-driven research geared at understanding metabolic perturbations in cancer cells as they occur throughout cancer progression. Mentor graduate and undergraduate students on research strategies.

Preparation: MS and PhD in Nutrition Science, molecular nutrition and cancer prevention emphasis area, Purdue University.



UD Undergrad

violetkiesel@gmail.com



Caitlin Rulli: RDN

Midland Park, NJ

Position: Lead Nutrition Educator at HealthBarn USA

Responsibilities: Administers HealthBarn lessons to after-school programs, field trips, and assemblies. Assists in recipe testing/analysis and curriculum development.

Preparation: Coded data for a research study on eating disorder prevalence, teaching assistant for NTDT321, worked with and created events for the World Scholars program as a Senior Guide, tour captain with Blue Hen Ambassadors, Graduated from Montclair State University's Dietetic Internship in June 2021.

Other Employment/Volunteerism: HealthBarn USA Summer Camp Kitchen Lead - cooked breakfast, lunch, snack and taught kitchen skills to children age 4-13.



UD Undergrad

caitlinrulli@gmail.com

Alissa Rumsey: MS, RD, CDN, CSCS

Brooklyn, New York

Position: Founder and CEO of Alissa Rumsey Nutrition & Wellness P.C. and Author of *Unapologetic Eating: Make Peace with Food & Transform Your Life*.

Responsibilities: Runs a weight-inclusive practice that offers virtual counseling, group programs, and online trainings to help people liberate themselves from dieting, cultivate a peaceful relationship to food and their bodies, and live a more authentic, connected life.

Preparation: Trainings in feminist/values-based business practices, weight-inclusive care, weight stigma/bias, somatic work, trauma-informed care, motivational interviewing, body image, CBT, ACT, IFS, and a lot of clinical/professional supervision.

Previous Positions: Supervisor of Clinical Nutrition at NewYork-Presbyterian Hospital/Weill Cornell, Clinical Dietitian, Corporate Wellness Dietitian, Media Spokesperson for the Academy of Nutrition and Dietetics.



UD Undergrad

alissa@alissarumsey.com

www.alissarumsey.com



Emily Bumgarner: MEd, RDN, LDN

Harrisburg, PA

Position: In-store Dietitian for Weis Markets

Responsibilities: Nutrition classes (cooking alongs and presentations), nutrition counseling, TV segments, social media, podcasts, community events and speaking engagements.

Preparation: M Ed in Health Education from Penn State University.

Other Employment/Volunteerism: Previously worked as a chronic disease prevention program director at the YMCA.



UD Undergrad

emily.bumgarner@weismarkets.com



Benjamin Horstmann: BS

Wilmington, DE

Position: Center Director, Easterseals Adult Day Health Services

Responsibilities: Manage day-to-day operations of Adult Day program and supervise staff, manage financial operations of the program, provide direction, leadership, and supervision to the program and staff, monitor operation of the center to ensure compliance with Federal and State regulations and standard.

Preparation: Undergrad in Applied Nutrition, Healthcare Administration, Healthcare Risk Management.

Other Employment/Volunteerism: Health & Disability Services Coordinator, Deputy, Health Services.



UD Undergrad

benhorstmann@gmail.com

Caroline Bruce: RD, LDN, CDCES, NASM-CPT

Newark, Delaware

Position: Wellness Program Manager for Nemours Children's Health

Responsibilities: Development and management of an employee wellness program which serves more than 8,000 associates of Nemours.

Preparation: Currently pursuing Masters in Health Education and Promotion. Obtaining the Certified Personal Trainer credential has helped to create a niche.

Other Employment/Volunteerism: Outpatient Dietitian, Director of Health Promotion and Education.



UD Undergrad and DI

Caroline.Bruce@nemours.org



Shirley (Prettyman) Scrafford: RD, CPC

Burke, Virginia

Position: Owner/Founder My Chef Shirley

Responsibilities: Provide nutrition centered personal chef services, nutrition services, cooking classes, and student cooking classes for after school programs. Manage a staff of chefs that go into homes to provide personalized chef services.

Preparation: BS Coordinated Dietetics (UD), Culinary Business Academy, Certified Personal Chef.

Other Employment/Volunteerism: Clinical, outpatient, public health, congregate feeding, and private practice dietitian. Chef, Caterer, and President of Virginia Academy of Nutrition and Dietetics.



UD Undergrad

shirley@mychefshirley.com



Monica Marcial Gutierrez: BS

Newark, DE

Position: Maternal and Child Health MPH Student, University of Minnesota School of Public Health

Responsibilities: Building a public health skill set through the program curriculum, completing an Applied Practice experience, participating in community projects and research, building a strong foundation in maternal and child health knowledge and skills, particularly in the area of early childhood and prenatal nutrition.

Preparation: BS in Dietetics, experiences working for the Delaware Department of Public Health.

Other Employment/Volunteerism: WIC Nutritionist for the Delaware Department of Public Health, Spanish ServSafe Instructor, Spanish Community Interpreter, Executive Board member of the Maternal and Child Health Interest Group at the University of Minnesota.



UD Undergrad

marci110@umn.edu

Bari Stricoff: MS, RDN

London, UK

Position: Social Strategist for Second Nature, Podcast co-host and co-author of *Forking Wellness*, Owner of @barithedietitian (50k following)

Responsibilities: Second Nature: SN is a behavioral change health-tech startup helping people improve their health and achieve sustainable weight loss. I started as a dietitian/health coach working 1:1 with our members before I transitioned to the marketing team, where I now lead our creative strategy across all paid and organic socials. Forking Wellness: Leading UK nutrition podcast that discuss all things nutrition and wellness. @BaritheDietitian: Instagram page devoted to healthy recipes and highlighting a realistic representation of intuitive eating and an “All Foods Fit” approach.

Preparation: BS Dietetics, University of Delaware + Distance Dietetic Internship. Masters in Eating Disorders and Clinical Nutrition from University College London.



UD Undergrad and DI
info@barithedietitian.com

Stefanie Thomas: BS

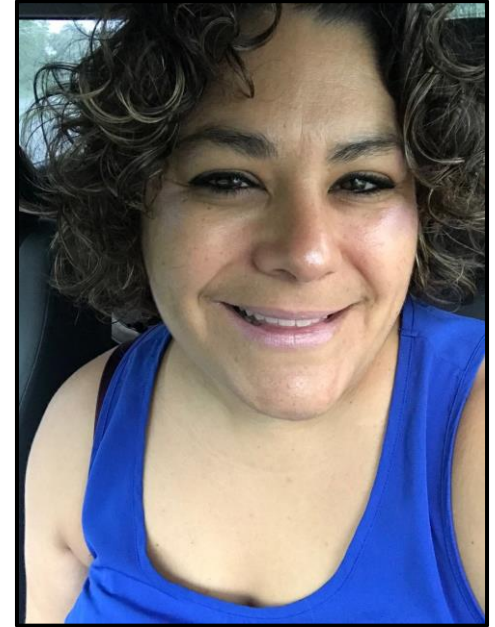
Newark, DE

Position: Nutrition Director/ Meals on Wheels Coordinator

Responsibilities: Menu plan and analyze to ensure that the meals meet $\frac{1}{3}$ of the DRI for an adult 50 years and older. Coordinate meal delivery to 160 homebound clients in the greater Newark area. Manage and coordinate 16 different routes and over 100 volunteers to ensure all meals are delivered in a timely fashion. Maintain client records by performing client assessments and home visits. Develop and maintain financial records for clients and contractors (payments billable and receivable). Prepare reports for grantors. Assist in fundraising efforts. Regularly train/supervise/mentor Nutrition and Dietetic students from the University of Delaware.

Preparation: BS Dietetics, University of Delaware.

Other Employment/Volunteerism: Delcastle High School girls soccer coach.



UD Undergrad

stthomas@newarkseniorcenter.com

Navika Grande: BS

New York, NY

Position: PhD/RD Student at Cornell University
(graduating May 2022!)

Responsibilities: Design and execute a research project (i.e., your dissertation). My dissertation is: "Understanding and improving the snacking behaviors of adolescents from urban communities." For my dissertation, I conducted interviews with adolescents at a Boys & Girls Club in NYC to understand the factors that influence their snacking behaviors. Then using this information I conducted a 12 session food justice and youth advocacy intervention at the Boys & Girls Club in NYC which had an overall goal to improve snacking behaviors and the local food environment.

Preparation: Significant undergraduate research experience. I did not do a Masters degree prior to starting my PhD program (this is fairly uncommon and may not be recommended by your program).



UD Undergrad

ng463@cornell.edu



Vinny Casey: DTR (not relevant to career)

Golden, CO

Position: Senior Divisional Manager

Responsibilities: Lead a team of 9 managers and 104 field sales representatives for TTI. We are one of the world's largest consumer goods manufacturers. I oversee hiring for the West Coast.

Preparation: I use my degree non traditionally. I learned how to interact with many different types of individuals of all cultures from my time at UD and I use that every day in my current role.

Other Employment/Volunteerism: I am very big into the outdoors, hence living in Colorado. I am a volunteer for Colorado Mountain Bike Association.



UD Undergrad

vcaseycf@gmail.com



Angela Pipitone Dempsey: RD, LDN, CNSC

Baltimore, MD

Position: Senior Nutritionist/Metabolic Dietitian,
The Johns Hopkins Department of Genetic Medicine

Responsibilities: Provide inpatient and outpatient medical nutrition therapy for patients with inborn errors of metabolism (IEM) through the lifespan. IEM's include (but are not limited to) phenylketonuria (PKU), maple syrup urine disease (MSUD), and galactosemia, which are briefly reviewed in undergraduate studies.

Preparation: Clinical experience with a focus on nutrition support.

Other Employment/Volunteerism: ICU Dietitian for four years prior to starting this position in 2013.



UD Undergrad
Apipito1@jhmi.edu



Pamela Malo: MHS, RDN

Bainbridge Island, WA

Presenter, 2020 Nontraditional Careers in Nutrition panel

Position: Dietitian, Yoga Teacher and Speaker

Responsibilities: Mind-body dietitian and kindness coach who supports others to find more ease and joy in their relationship with food and body. Speak to dietetic interns and nutrition students on the topics of leadership and career development.

Preparation: Learning to listen to and trust my heart has been my best preparation. It takes practice and courage and is a lifelong pursuit!

Other Employment/Volunteerism: Serve as the Mind-Body Co-Chair for Dietitians in Functional Medicine within the Academy.



UD Undergrad

pamela@pamelamalo.com

Lina Gigliotti: MS, RDN, CDCES, CSOWM, FAND

Irvine, CA

Position: Health and Wellness Consultant
Roman Catholic Diocese of Orange, CA

Responsibilities: Coordinate health and wellness programming for 3,000+ employees at 100 parish and school locations including group presentations, e-newsletter publication, digital communications and individual consultations.

Preparation: BS Home Economics Education and MS Nutrition Education University of Delaware.

Other Employment/Volunteerism: Weight Management Program Director, University of CA Irvine, Weight Management Dietetic Practice Group, Chair, Commission on Dietetic Registration, Chair.



UD Undergrad and Grad
lmgigliotti@gmail.com

Jennifer Linton: MS, RDN, LDN, CDM, CFPP

Dover, Delaware

Position: Clinical Dietitian (Second Career), Beebe Healthcare

Responsibilities: Evaluates and assesses nutrition status of patients, and screens patients for nutritional risk. Plans and implements nutrition interventions. Educates and counsels patients on nutritional issues. Communicates nutrition care plans to other healthcare providers.

Preparation: Military service, certified dietary manager, food safety certification, experience in various clinical settings, and MS in Health Promotion.

Other Employment/Volunteerism: Diet Technician, Clinical Dietetics Manager, Nutritional Medicine Superintendent and Hospital Patient Advocate, U.S. Air Force; Clinical Dietitian, Bayhealth and Peninsula Regional Medical Center; Adjunct Instructor, University of Delaware; Wellness Center Dietitian, Sussex Central High School.



UD Graduate and DI

jlinton@beebehealthcare.org



Kelly Moltzen: MPH, RDN

Washington, D.C.

Position: Program Manager, Bronx Health REACH / Institute for Family Health

Responsibilities: Manages program developing and implementing strategies increase demand for and access to healthy, affordable foods and opportunities for daily physical activity. Supports policy, communication, coalition building, and evaluation efforts.

Preparation: Master's of Public Health at New York University; Dietetic Internship at James J. Peters Veterans Affairs Medical Center.

Other Employment/Volunteerism: Convener, Interfaith Public Health Network; Abrahamic House Fellow 2021-2022; Professional Development Co-Chair, Religion Member Interest Group of the Academy of Nutrition & Dietetics; Secular Franciscan Order USA Ecumenical-Interfaith Committee.



UD Undergrad

kellym41122@yahoo.com

Lindsey Palmer: MBA, MS, RDN

Washington, DC

Position: Director of Nutrition Programs, The Office of the State Superintendent of Education, DC Government

Responsibilities: Oversees all federally funded US Department of Agriculture (USDA) Child Nutrition Programs and parts of Pandemic EBT, the development and execution of an agency wide five-year strategic plan, annual local and federal budget oversight, and communication with local and federal partners of program policies.

Preparation: Hands on food service operations (schools, child care and summer), adaptation to change, leadership training through GW.

Other Employment/Volunteerism: COVID-19 Emergency Management, DPG and AND Treasurer positions, Department of State Cultural Affairs Exchange Program (Philippines).



UD Undergrad

lindseypalmer51085@gmail.com



Dr. Shilpa Kulkarni-Devanhalli: BAMS,MS,RDN

Pune (MS) India

Position: Chief Nutrition Expert at Ayuvi Health, Founder-Director at NutriVedam

Responsibilities: Development of AI algorithm for holistic health platform with emphasis on food medicine and chronic disease reversal.

Preparation: Currently pursuing certifications on Machine learning and Understanding the role of behavior modification in the healthcare industry.

Other Employment/Volunteerism: Visiting faculty, Scientific journal reviewer, Research & Outreach dietitian, Ayurveda physician.



UD Graduate and DI

shilpj@udel.edu



Allison Lamma: MS, RDN, CSP, LDN

Philadelphia, PA

Position: Pediatric Office Sales Specialist at Abbott Nutrition

Responsibilities: Visit Pediatrician and OBGYN offices to educate healthcare providers on Abbott Nutrition products, such as Similac and PediaSure.

Preparation: BS in Nutritional Sciences and Dietetics from University of Delaware & MS in Human Nutrition from University of Alabama.

Other Employment/Volunteerism: 10 years of experience working as a pediatric Registered Dietitian, specializing in cardiology nutrition.



UD Undergrad

allisonlamma@gmail.com

Danielle Lehman, BS, BA

Marlboro, NJ

Position: Medical Student, Rowan School of Osteopathic Medicine

Responsibilities: Follow a double-pass system-based model, participate in a Problem-Based Learning curriculum which focuses on clinical case presentations and self-directed learning, complete courses focused on osteopathic clinical skills (patient care, physical exams, OMM), as well as longitudinal project-based courses

Preparation: MCAT, shadowing experience, participate in volunteer opportunities, gain research experience in areas of interest, involvement in extracurriculars, strong letters of recommendation

Other Employment/Volunteerism: Rothman Opioid Research Fellowship, Rowan Medicine COVID-19 Vaccination Clinic, Neurology Clinical Assistant, Atlantis Pre-Medical Fellowship



UD Undergrad

lehman22@rowan.edu

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Nutrition Program
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Stephanie Kramer: MS, PA-C

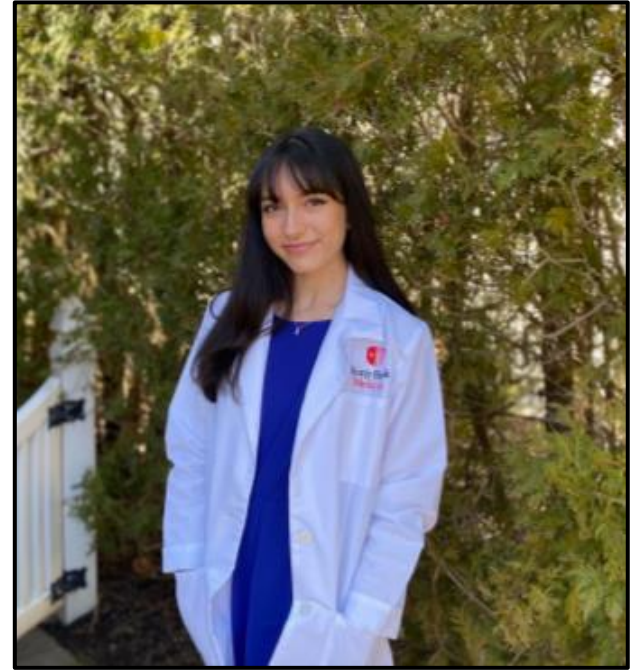
New Hyde Park, NY

Position: Internal Medicine Physician Assistant

Responsibilities: Manage medical care for patients in an inpatient hospital setting. This includes: prescribing and managing medications, responding to emergencies, communicating with family, collaborating with clinical support staff for discharge planning, and educating patients and families about their medical conditions and treatment plans.

Preparation: Honors BS in Nutritional Sciences & Dietetics; minor in biological sciences, 1,000 hours of patient care experience, clinical shadowing, volunteering, MS in Physician Assistant Studies at Stony Brook University.

Other Employment/Volunteerism: CNA, medical assistant, ED research intern at Christiana Care Hospital, nutrition research assistant in Dr. Chai's lab, volunteer with Lori's Hands, TA for food & nutrition lab, biology & chemistry tutor.



UD Undergrad

skramer.pa@gmail.com



Elsey Weisberg: MS, RDN, LDN

Boston, MA

Position: Private Practice Dietitian, Specialty in Disordered Eating

Responsibilities: Works 1:1 with clients, collaborates with outpatient teams and manages the referral line at a small group practice specializing in eating disorders and disordered eating.

Preparation: MS Human Nutrition University of Delaware, Newark, DE. Simmons University Dietetic Internship, Boston, MA. Boston Children's Hospital LEAH (Leadership Education in Adolescent Health) Nutrition Fellowship, Boston, MA.

Other Employment/Volunteerism: Adolescent Outpatient Dietitian, Nutrition Consultant at a Startup.



UD Undergrad and Graduate

elseyweisberg@gmail.com

Rose (DeLuccia) Dall: PhD, RD, LDN

Philadelphia, PA

Position: Associate Medical Writer at Envision Pharma Group

Responsibilities: Develop high-quality scientific content across various therapeutic areas (oncology, endocrinology, dermatology, rheumatology) for major pharmaceutical companies that meet legal/medical/client objectives to support business activities; stay up-to-date on product/market/regulatory developments in therapeutic areas.

Preparation: PhD in Nutrition Sciences (Drexel University); MS in Human Nutrition (UD); experience in the development and writing of peer-reviewed research publications/presentations; excellent written communication skills.

Other Employment/Volunteerism: Clinical Research Coordinator, Consultant Writer, Clinical Research Site Technician, Conference Poster Session Chair/Reviewer.



UD Undergrad and Graduate

rkdeluccia@gmail.com

Matthew M. Graziose: PhD

Northport, NY

Position: Director, Nutrition & Regulatory Compliance, Chobani, LLC.

Responsibilities: Leads reviews of product labels, marketing materials, ingredients, allergens, nutrition facts & product claims and certifications (e.g., Kosher, gluten-free, non-GMO). Analyze scientific literature to substantiate health, nutrition, & other advertising claims. Advise on domestic & international food regulatory compliance & requirements in all areas affecting the importation, distribution & sale of food products.

Preparation: BS Nutritional Sciences (University of Delaware), MS Nutritional Sciences (Penn State University), PhD Behavioral Nutrition (Columbia University).



UD Undergrad

mattgraziose@gmail.com

Lauren Sharpe: RD

Philadelphia, PA

Position: Owner and founder of Lauren Sharpe Nutrition

Responsibilities: Create and run group coaching programs for women struggling with disordered eating, coach dietitians on how to build a practice on Instagram.

Preparation: Dietetic Internship completed at New York-Presbyterian Hospital and coached by other RD's in online business.



UD Undergrad

hello@laurenrd.com



Jo Anna Popielarski: MS

Wilmington, DE

Position: Technical & Sales Service Leader for Nouravant Food Innovation Sales at Renmatix

Responsibilities: Supports business development by providing technical expertise to food manufacturers incorporating our ingredient into foods.

Preparation: Undergraduate independent research project: performance of baked good and consumer preference, teaching assistant for Food Concepts lab, on-the-job training to build on general science foundations.

Other Employment/Volunteerism: Food ingredient technologist, Product Development Scientist at private-label juice manufacturer, Food Scientist.



UD Graduate

JoAnna.Popielarski@gmail.com



Violet Kiesel: PhD

Chapel Hill, NC

Position: Postdoctoral Researcher at University of North Carolina at Chapel Hill

Responsibilities: Performing hypothesis-driven research geared at understanding metabolic perturbations in cancer cells as they occur throughout cancer progression. Mentor graduate and undergraduate students on research strategies.

Preparation: MS and PhD in Nutrition Science, molecular nutrition and cancer prevention emphasis area, Purdue University.



UD Undergrad

violetkiesel@gmail.com



Caitlin Rulli: RDN

Midland Park, NJ

Position: Lead Nutrition Educator at HealthBarn USA

Responsibilities: Administers HealthBarn lessons to after-school programs, field trips, and assemblies. Assists in recipe testing/analysis and curriculum development.

Preparation: Coded data for a research study on eating disorder prevalence, teaching assistant for NTDT321, worked with and created events for the World Scholars program as a Senior Guide, tour captain with Blue Hen Ambassadors, Graduated from Montclair State University's Dietetic Internship in June 2021.

Other Employment/Volunteerism: HealthBarn USA Summer Camp Kitchen Lead - cooked breakfast, lunch, snack and taught kitchen skills to children age 4-13.



UD Undergrad

caitlinrulli@gmail.com

Alissa Rumsey: MS, RD, CDN, CSCS

Brooklyn, New York

Position: Founder and CEO of Alissa Rumsey Nutrition & Wellness P.C. and Author of *Unapologetic Eating: Make Peace with Food & Transform Your Life*.

Responsibilities: Runs a weight-inclusive practice that offers virtual counseling, group programs, and online trainings to help people liberate themselves from dieting, cultivate a peaceful relationship to food and their bodies, and live a more authentic, connected life.

Preparation: Trainings in feminist/values-based business practices, weight-inclusive care, weight stigma/bias, somatic work, trauma-informed care, motivational interviewing, body image, CBT, ACT, IFS, and a lot of clinical/professional supervision.

Previous Positions: Supervisor of Clinical Nutrition at NewYork-Presbyterian Hospital/Weill Cornell, Clinical Dietitian, Corporate Wellness Dietitian, Media Spokesperson for the Academy of Nutrition and Dietetics.



UD Undergrad

alissa@alissarumsey.com

www.alissarumsey.com



Emily Bumgarner: MEd, RDN, LDN

Harrisburg, PA

Position: In-store Dietitian for Weis Markets

Responsibilities: Nutrition classes (cooking alongs and presentations), nutrition counseling, TV segments, social media, podcasts, community events and speaking engagements.

Preparation: M Ed in Health Education from Penn State University.

Other Employment/Volunteerism: Previously worked as a chronic disease prevention program director at the YMCA.



UD Undergrad

emily.bumgarner@weismarkets.com



Benjamin Horstmann: BS

Wilmington, DE

Position: Center Director, Easterseals Adult Day Health Services

Responsibilities: Manage day-to-day operations of Adult Day program and supervise staff, manage financial operations of the program, provide direction, leadership, and supervision to the program and staff, monitor operation of the center to ensure compliance with Federal and State regulations and standard.

Preparation: Undergrad in Applied Nutrition, Healthcare Administration, Healthcare Risk Management.

Other Employment/Volunteerism: Health & Disability Services Coordinator, Deputy, Health Services.



UD Undergrad

benhorstmann@gmail.com



Caroline Bruce: RD, LDN, CDCES, NASM-CPT

Newark, Delaware

Position: Wellness Program Manager for Nemours Children's Health

Responsibilities: Development and management of an employee wellness program which serves more than 8,000 associates of Nemours.

Preparation: Currently pursuing Masters in Health Education and Promotion. Obtaining the Certified Personal Trainer credential has helped to create a niche.

Other Employment/Volunteerism: Outpatient Dietitian, Director of Health Promotion and Education.



UD Undergrad and DI

Caroline.Bruce@nemours.org



Shirley (Prettyman) Scrafford: RD, CPC

Burke, Virginia

Position: Owner/Founder My Chef Shirley

Responsibilities: Provide nutrition centered personal chef services, nutrition services, cooking classes, and student cooking classes for after school programs. Manage a staff of chefs that go into homes to provide personalized chef services.

Preparation: BS Coordinated Dietetics (UD), Culinary Business Academy, Certified Personal Chef.

Other Employment/Volunteerism: Clinical, outpatient, public health, congregate feeding, and private practice dietitian. Chef, Caterer, and President of Virginia Academy of Nutrition and Dietetics.



UD Undergrad

shirley@mychefshirley.com

Monica Marcial Gutierrez: BS

Newark, DE

Position: Maternal and Child Health MPH Student, University of Minnesota School of Public Health

Responsibilities: Building a public health skill set through the program curriculum, completing an Applied Practice experience, participating in community projects and research, building a strong foundation in maternal and child health knowledge and skills, particularly in the area of early childhood and prenatal nutrition.

Preparation: BS in Dietetics, experiences working for the Delaware Department of Public Health.

Other Employment/Volunteerism: WIC Nutritionist for the Delaware Department of Public Health, Spanish ServSafe Instructor, Spanish Community Interpreter, Executive Board member of the Maternal and Child Health Interest Group at the University of Minnesota.



UD Undergrad

marci110@umn.edu

Bari Stricoff: MS, RDN

London, UK

Position: Social Strategist for Second Nature, Podcast co-host and co-author of *Forking Wellness*, Owner of @barithedietitian (50k following)

Responsibilities: Second Nature: SN is a behavioral change health-tech startup helping people improve their health and achieve sustainable weight loss. I started as a dietitian/health coach working 1:1 with our members before I transitioned to the marketing team, where I now lead our creative strategy across all paid and organic socials. Forking Wellness: Leading UK nutrition podcast that discuss all things nutrition and wellness. @BaritheDietitian: Instagram page devoted to healthy recipes and highlighting a realistic representation of intuitive eating and an “All Foods Fit” approach.

Preparation: BS Dietetics, University of Delaware + Distance Dietetic Internship. Masters in Eating Disorders and Clinical Nutrition from University College London.



UD Undergrad and DI
info@barithedietitian.com

Stefanie Thomas: BS

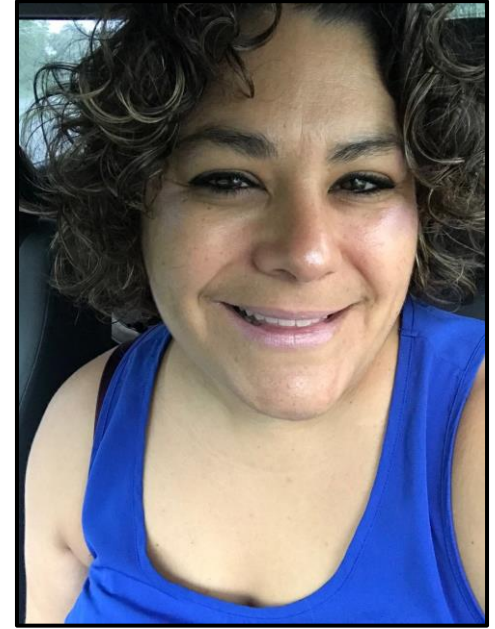
Newark, DE

Position: Nutrition Director/ Meals on Wheels Coordinator

Responsibilities: Menu plan and analyze to ensure that the meals meet $\frac{1}{3}$ of the DRI for an adult 50 years and older. Coordinate meal delivery to 160 homebound clients in the greater Newark area. Manage and coordinate 16 different routes and over 100 volunteers to ensure all meals are delivered in a timely fashion. Maintain client records by performing client assessments and home visits. Develop and maintain financial records for clients and contractors (payments billable and receivable). Prepare reports for grantors. Assist in fundraising efforts. Regularly train/supervise/mentor Nutrition and Dietetic students from the University of Delaware.

Preparation: BS Dietetics, University of Delaware.

Other Employment/Volunteerism: Delcastle High School girls soccer coach.



UD Undergrad

stthomas@newarkseniorcenter.com

Navika Grande: BS

New York, NY

**Position: PhD/RD Student at Cornell University
(graduating May 2022!)**

Responsibilities: Design and execute a research project (i.e., your dissertation). My dissertation is: "Understanding and improving the snacking behaviors of adolescents from urban communities." For my dissertation, I conducted interviews with adolescents at a Boys & Girls Club in NYC to understand the factors that influence their snacking behaviors. Then using this information I conducted a 12 session food justice and youth advocacy intervention at the Boys & Girls Club in NYC which had an overall goal to improve snacking behaviors and the local food environment.

Preparation: Significant undergraduate research experience. I did not do a Masters degree prior to starting my PhD program (this is fairly uncommon and may not be recommended by your program).



UD Undergrad

ng463@cornell.edu



Vinny Casey: DTR (not relevant to career)

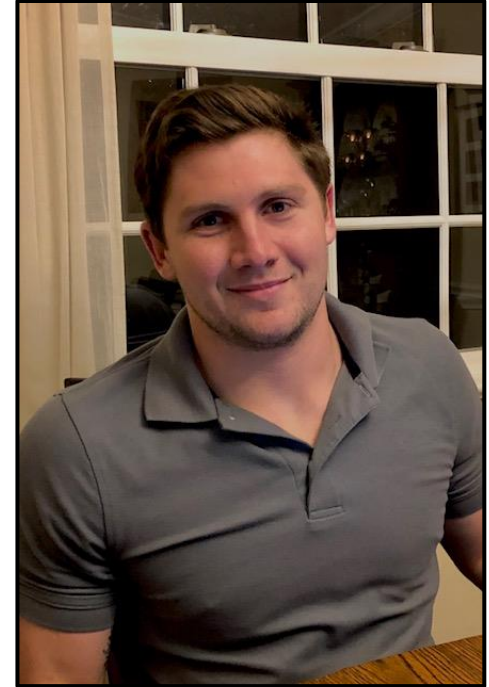
Golden, CO

Position: Senior Divisional Manager

Responsibilities: Lead a team of 9 managers and 104 field sales representatives for TTI. We are one of the world's largest consumer goods manufacturers. I oversee hiring for the West Coast.

Preparation: I use my degree non traditionally. I learned how to interact with many different types of individuals of all cultures from my time at UD and I use that every day in my current role.

Other Employment/Volunteerism: I am very big into the outdoors, hence living in Colorado. I am a volunteer for Colorado Mountain Bike Association.



UD Undergrad

vcaseycf@gmail.com



Angela Pipitone Dempsey: RD, LDN, CNSC

Baltimore, MD

Position: Senior Nutritionist/Metabolic Dietitian,
The Johns Hopkins Department of Genetic Medicine

Responsibilities: Provide inpatient and outpatient medical nutrition therapy for patients with inborn errors of metabolism (IEM) through the lifespan. IEM's include (but are not limited to) phenylketonuria (PKU), maple syrup urine disease (MSUD), and galactosemia, which are briefly reviewed in undergraduate studies.

Preparation: Clinical experience with a focus on nutrition support.

Other Employment/Volunteerism: ICU Dietitian for four years prior to starting this position in 2013.



UD Undergrad
Apipito1@jhmi.edu



Pamela Malo: MHS, RDN

Bainbridge Island, WA

Presenter, 2020 Nontraditional Careers in Nutrition panel

Position: Dietitian, Yoga Teacher and Speaker

Responsibilities: Mind-body dietitian and kindness coach who supports others to find more ease and joy in their relationship with food and body. Speak to dietetic interns and nutrition students on the topics of leadership and career development.

Preparation: Learning to listen to and trust my heart has been my best preparation. It takes practice and courage and is a lifelong pursuit!

Other Employment/Volunteerism: Serve as the Mind-Body Co-Chair for Dietitians in Functional Medicine within the Academy.



UD Undergrad

pamela@pamelamalo.com

Lina Gigliotti: MS, RDN, CDCES, CSOWM, FAND

Irvine, CA

Position: Health and Wellness Consultant
Roman Catholic Diocese of Orange, CA

Responsibilities: Coordinate health and wellness programming for 3,000+ employees at 100 parish and school locations including group presentations, e-newsletter publication, digital communications and individual consultations.

Preparation: BS Home Economics Education and MS Nutrition Education University of Delaware.

Other Employment/Volunteerism: Weight Management Program Director, University of CA Irvine, Weight Management Dietetic Practice Group, Chair, Commission on Dietetic Registration, Chair.



UD Undergrad and Grad
lmgigliotti@gmail.com

Jennifer Linton: MS, RDN, LDN, CDM, CFPP

Dover, Delaware

Position: Clinical Dietitian (Second Career), Beebe Healthcare

Responsibilities: Evaluates and assesses nutrition status of patients, and screens patients for nutritional risk. Plans and implements nutrition interventions. Educates and counsels patients on nutritional issues. Communicates nutrition care plans to other healthcare providers.

Preparation: Military service, certified dietary manager, food safety certification, experience in various clinical settings, and MS in Health Promotion.

Other Employment/Volunteerism: Diet Technician, Clinical Dietetics Manager, Nutritional Medicine Superintendent and Hospital Patient Advocate, U.S. Air Force; Clinical Dietitian, Bayhealth and Peninsula Regional Medical Center; Adjunct Instructor, University of Delaware; Wellness Center Dietitian, Sussex Central High School.



UD Graduate and DI

jlinton@beebehealthcare.org

Kelly Moltzen: MPH, RDN

Washington, D.C.

Position: Program Manager, Bronx Health REACH / Institute for Family Health

Responsibilities: Manages program developing and implementing strategies increase demand for and access to healthy, affordable foods and opportunities for daily physical activity. Supports policy, communication, coalition building, and evaluation efforts.

Preparation: Master's of Public Health at New York University; Dietetic Internship at James J. Peters Veterans Affairs Medical Center.

Other Employment/Volunteerism: Convener, Interfaith Public Health Network; Abrahamic House Fellow 2021-2022; Professional Development Co-Chair, Religion Member Interest Group of the Academy of Nutrition & Dietetics; Secular Franciscan Order USA Ecumenical-Interfaith Committee.



UD Undergrad

kellym41122@yahoo.com

Lindsey Palmer: MBA, MS, RDN

Washington, DC

Position: Director of Nutrition Programs, The Office of the State Superintendent of Education, DC Government

Responsibilities: Oversees all federally funded US Department of Agriculture (USDA) Child Nutrition Programs and parts of Pandemic EBT, the development and execution of an agency wide five-year strategic plan, annual local and federal budget oversight, and communication with local and federal partners of program policies.

Preparation: Hands on food service operations (schools, child care and summer), adaptation to change, leadership training through GW.

Other Employment/Volunteerism: COVID-19 Emergency Management, DPG and AND Treasurer positions, Department of State Cultural Affairs Exchange Program (Philippines).



UD Undergrad

lindseypalmer51085@gmail.com



Dr. Shilpa Kulkarni-Devanhalli: BAMS,MS,RDN

Pune (MS) India

Position: Chief Nutrition Expert at Ayuvi Health, Founder-Director at NutriVedam

Responsibilities: Development of AI algorithm for holistic health platform with emphasis on food medicine and chronic disease reversal.

Preparation: Currently pursuing certifications on Machine learning and Understanding the role of behavior modification in the healthcare industry.

Other Employment/Volunteerism: Visiting faculty, Scientific journal reviewer, Research & Outreach dietitian, Ayurveda physician.



UD Graduate and DI

shilpj@udel.edu



Allison Lamma: MS, RDN, CSP, LDN

Philadelphia, PA

Position: Pediatric Office Sales Specialist at Abbott Nutrition

Responsibilities: Visit Pediatrician and OBGYN offices to educate healthcare providers on Abbott Nutrition products, such as Similac and Pediasure.

Preparation: BS in Nutritional Sciences and Dietetics from University of Delaware & MS in Human Nutrition from University of Alabama.

Other Employment/Volunteerism: 10 years of experience working as a pediatric Registered Dietitian, specializing in cardiology nutrition.



UD Undergrad

allisonlamma@gmail.com

Danielle Lehman, BS, BA

Marlboro, NJ

Position: Medical Student, Rowan School of Osteopathic Medicine

Responsibilities: Follow a double-pass system-based model, participate in a Problem-Based Learning curriculum which focuses on clinical case presentations and self-directed learning, complete courses focused on osteopathic clinical skills (patient care, physical exams, OMM), as well as longitudinal project-based courses

Preparation: MCAT, shadowing experience, participate in volunteer opportunities, gain research experience in areas of interest, involvement in extracurriculars, strong letters of recommendation

Other Employment/Volunteerism: Rothman Opioid Research Fellowship, Rowan Medicine COVID-19 Vaccination Clinic, Neurology Clinical Assistant, Atlantis Pre-Medical Fellowship



UD Undergrad

lehman22@rowan.edu