

# Nontraditional Careers in Nutrition Alumni Showcase

## **Nutrition Program**

Department Behavioral Health and Nutrition  
College of Health Sciences



**Meet just a few of the  
many amazing  
University of Delaware  
Nutrition Alumni**

Positions as of August 2020

# Amanda Dell: RDN, SNS

Boston, MS

## **Position: Food Law and Policy Intern at Harvard Law School**

**Responsibilities:** Conducts legal research on the agricultural visa program. Crafts policy recommendations countries can implement to prevent unnecessary food waste and improve food distribution.

**Preparation:** Current M.S. candidate studying Food Policy and Programs at the Friedman School of Nutrition Science and Policy at Tufts University.

**Additional Position:** DC Central Kitchen-consultant at a scratch-cooked food service program for 14 low-income schools.



**UD Undergrad and DI**

[Amanda.dell210@gmail.com](mailto:Amanda.dell210@gmail.com)

# Dana Sivak: MS, RDN, LDN, EDOC, CSSD

Colorado Springs, CO

**Position:** U.S. Figure Skating Team, Contracted RDN

**Responsibilities:** Presents nutrition education webinars or live presentations to development level or Team USA athletes, parents and coaches. Collaborates with U.S. Olympic Committee Dietitian.

**Preparation:** UD minor in Coaching Science. M.S. Northern Illinois University. UD figure skater. Sports Science and Medicine Intern.

**Additional Position:** Contracted Outpatient Dietitian, Health First Wellness Center.



**UD Undergrad**  
DanaTSivak@gmail.com

# Daniel Frazier: RDN-AP, CNSC

Chicago, IL

**Position:** Business Development Manager

**Real Food Blends**

**Responsibilities:** Manages sales activity, business development, and clinical inquiries for meals for people with feeding tubes for the Midwest region.

**Preparation:** Certified Nutrition Support Clinician (CNSC) credential. Built a strong foundation as a clinician in a variety of settings.

**Previous Positions:** Nutrition Account Manager, Clinical Nutrition Manager, Clinical Dietitian.



**UD Undergrad and DI**  
danfrazierRD@gmail.com

# Carlie (Saint Laurent) Beaucejour: MS, RDN, LD

Philadelphia, PA

## **Position: Founder of Crave with Carlie, LLC**

**Responsibilities:** Counsels focusing on weight loss through food freedom. Currently promoting marketing and sales to build practice via social media.

**Preparation:** M.S. Clinical Nutrition, New York Institute of Technology.

**Additional Position:** Outpatient Renal Dietitian.



**UD Undergrad**

[Carlie@cravewithcarlie.com](mailto:Carlie@cravewithcarlie.com)

# Salaries for Nontraditional Positions

Salaries may be higher or lower depending on experience, level of responsibility, education and region of the country.

## **Nutrition Consultant:**

\$250 for a 1-hour consultation

\$900 for a 4-consultation package

Consulting rates vary per project

\$35-\$75/hr and higher

# Meghan Adler: MS, RDN, FAND

Alexandria, Virginia

**Position:** Nutritionist, USDA Center for Nutrition Policy and Promotion

**Responsibilities:** Works to improve the health and well-being of Americans by supporting the development and promotion of the Dietary Guidelines for Americans, which links scientific research to the nutrition needs of consumers.

**Preparation:** Extensive research experience at University of Delaware (MS degree/HANDLS) and USDA (WWEIA, NHANES).

**Volunteer Work:** Past-Chair of the Academy of Nutrition and Dietetics Committee for Lifelong Learning, which plans the educational sessions for FNCE.



**UD Undergrad and Grad**

**[Meghan.Adler@usda.gov](mailto:Meghan.Adler@usda.gov)**



# Emily Bumgarner: RDN, LDN

Harrisburg, PA

## Position: Weis Markets In-store Dietitian

### Responsibilities:

#### Provides:

- nutrition counseling (in person & telehealth)
- store tours, workshops
- community events/speaking engagements
- TV segments
- social media videos
- nutrition articles for website

**Preparation:** M.Ed. in Health Education, Penn State University in progress.



**UD Undergrad**

[ebumgarner@weismarkets.com](mailto:ebumgarner@weismarkets.com)

# Pamela Malo: MHS, RD

Bainbridge Island, WA

## Position: National and International Nutritionist

**Responsibilities:** Traveled the US collecting nutritional data for the CDC's National Health and Nutrition Examination Survey (NHANES). Conducted over 7,000 24-hour dietary recalls in over 60 cities on randomly selected survey participants in English and in Spanish. Planned and implemented nutrition workshops in Peru.

**Preparation:** Undergraduate international nutrition focus. Master of Health Science [MSH], Johns Hopkins Bloomberg School of Public Health, Johns Hopkins Dietetic Internship.

**Current Position:** Pamela Malo Nutrition & Lifestyle Design.



**UD Undergrad**

[pamela@pamelamalo.com](mailto:pamela@pamelamalo.com)

[www.pamelamalo.com](http://www.pamelamalo.com)

# Salaries for Nontraditional Positions

Salaries may be higher or lower depending on experience, level of responsibility, education and region of the country.

**DO (Doctor of  
Osteopathic  
Medicine)**

**\$100,000 – 400,000 (after close  
to 10 years of training)**

# Emily (Hartline) Craft: RDN, MS,LDN

Philadelphia, PA

**Position:** Private Practice Dietitian, Specialty in  
Disordered Eating

**Responsibilities:** Partners with another RD working with patients with disordered eating, creates and promotes outpatient packages and programs for patients.

**Preparation:** M.S. Health Education, St. Joseph's University.

**Previous Positions:** Pediatric Outpatient Dietitian, Home Visit Dietitian, Retail Dietitian, Nutrition Therapist, and Eating Disorders Dietitian.



**UD Undergrad**  
emhartline@gmail.com

# Eric Ciappio: PhD, RDN

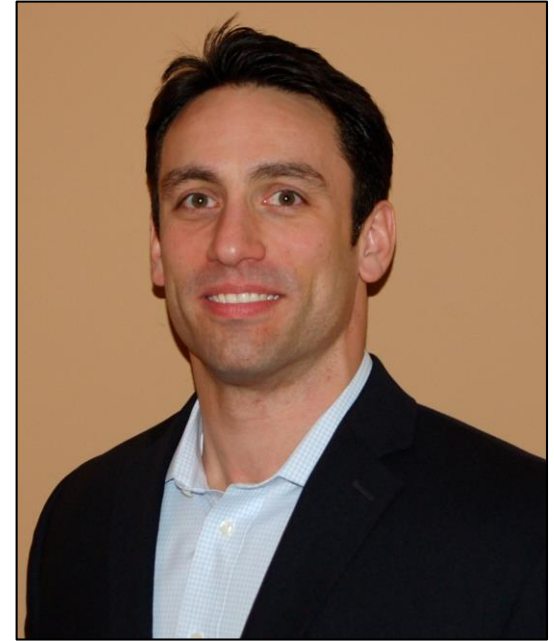
Surfside Beach, SC

## **Position: Technical Sales Manager, International Flavors & Fragrances (IFF)**

**Responsibilities:** Designs and implements strategic sales plans that expand company's customer base and ensure its strong presence and develop business strategies with each customer.

**Preparation:** M.S. Nutrition Science, University of Massachusetts, Ph.D. Biochemical & Molecular Nutrition, Tufts University, Postdoctoral Fellowship, National Cancer Institute.

**Previous Positions:** Nutrition Science Associate, Scientific Leader, Account Manager, Global Business Development Manager.



**UD Undergrad**  
eciappio@gmail.com

# Adrienne Fraczkowski, BS

Philadelphia, PA

**Position:** Medical Student, Philadelphia College of Osteopathic Medicine

**Responsibilities:** Completes all systems-based learning (cardiology, pulmonology, nephrology, gynecology, etc.), completes simulations of physical exams and is graded on exam skills and bedside manner.

**Preparation:** Take MCAT, accrue volunteer hours, clinical experience, extracurriculars, research experience, and complete residency and fellowship in desired specialty.

**Previous Positions:** INBRE Summer Scholar, Dietary Aide, Research Assistant.



**UD Undergrad**

Af7869@pcom.edu



# Whitney Bateson: MPH RD

Currently in Mauritius

## **Position: Owner, Whitney Bateson Digital Strategy**

**Responsibilities:** We deliver digital marketing services to small to medium-sized businesses and nonprofits in the public health, nutrition, and food and agriculture sectors. Our services include graphic design, website development, marketing strategy, and content development.

**Preparation:** Online courses for web development, masters marketing courses, on-the-job experience.

**Other Employment:** Chartwells K12 – Director of Nutrition and Wellness – Development and oversight of national programs.



**UD Undergrad**

[whitney@whitneybateson.com](mailto:whitney@whitneybateson.com)  
[whitneybateson.com](http://whitneybateson.com)

# Salaries for Nontraditional Positions

Salaries may be higher or lower depending on experience, level of responsibility, education and region of the country.

**Dentist**

\$100,000+

**Sales Manager**

\$130,000 and bonuses



# Major Justin D Kocher: BS, MHA, MS, RDN, LD, FACHE

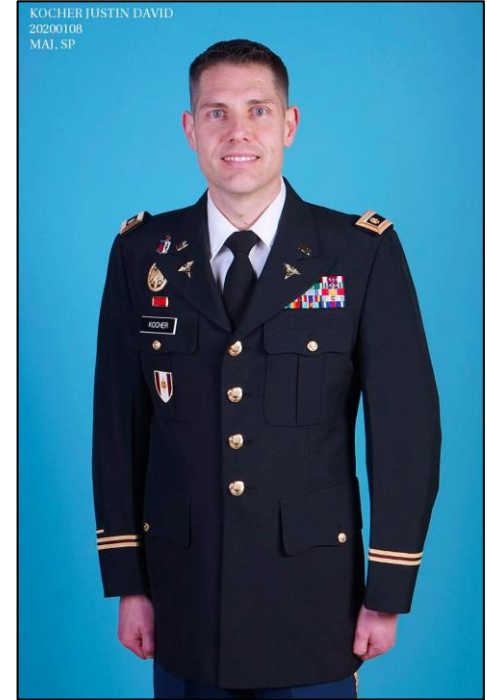
San Antonio, TX

**Position: Career Management Health Professions, Military**

## **Preparation:**

- Healthcare Administration Internship, University of Texas Health Science Center, San Antonio TX
- M.B.A. Healthcare Administration, Baylor University, Waco, TX
- M.S. Clinical Nutrition, Rosalind Franklin University, Chicago, IL
- Dietetic Internship, Walter Reed Army Medical Center, Washington D.C.

**Previous Positions:** Director, Nutrition Services, Hospital Operations Officer, Director, Outpatient Nutrition.



**UD Undergrad**

justin.d.kocher2.mil@mail.mil

# Kelly (Strogen) Bakes: MS, RDN, LDN

Wayne, PA

**Position:** Owner and Dietitian at Wayne Nutrition LLC

**Responsibilities:** Counsels clients one on one, bills insurance and clients, manages website and social media, schedules and communicates with clients.

**Preparation:** Worked at a health club and built their nutrition program. Self-taught and after 5 years opened own practice.

**Previous Positions:** Diet Technician, Dietitian, fitness club.



**UD DI and MS**

[kelly@waynenutrition.com](mailto:kelly@waynenutrition.com)

# Michael Mulvihill: RDN, LDN

Philadelphia, PA

**Position:** Director of BAYADA Physician Services

**Responsibilities:** Grows primary care and palliative care practice (census/revenue), and manages all operations marketing related to primary care and Part B palliative care.

**Preparation:** Furthered education (graduate level business courses), networked, treated finding a new job as a part time job.

**Previous Position:** Lead Dietitian, nutrition consulting company.



**UD Undergrad**

[mmulvihill@bayada.com](mailto:mmulvihill@bayada.com)

# Arnetta Fletcher: PhD, RDN, LDN

Frederick, Maryland

**Position:** Assistant Professor of Nutrition and Program Director at Shepherd University

**Responsibilities:** Teaches upper level nutrition courses; conduct research on community health needs; manages developing Nutrition program.

**Preparation:** PhD in Nutrition and Food Science, University of Maryland College Park; ISPP (Distance) at Iowa State University.

**Other Employment:** Standards and Regulatory Fellow with Grocery Manufacturers Association; Clinical Research Coordinator at the National Institutes of Health.



**UD Undergrad**

**Concentration in Pediatrics**

**[DrFletcherRDN@gmail.com](mailto:DrFletcherRDN@gmail.com)**

# Salaries for Nontraditional Positions

Salaries may be higher or lower depending on experience, level of responsibility, education and region of the country.

**Doctoral  
Student/Graduate  
Research Assistant**

PhD stipends: \$25,000 -- \$30,000



# Shari Bilt Boockvar: MS, RDN

Livingston, NJ

## Position: Nutrition Consultant, Private Practice

**Responsibilities:** Provides nutritional counseling, including one on one and groups, corporate workshops, media guest for nutrition related topics, social media, and recipe development.

**Preparation:** M.S. Counseling and Human Resources, University of Bridgeport.

**Previous Positions:** Rehabilitation Dietitian, JFK Medical Center, Outpatient Dietitian, Beth Israel, NYC, Senior Dietitian New York Hospital/Weill Cornell Medical Center, NYC.



**UD Undergrad**

Shari@NutrifactsForYou.com

# Suzanne Fredericks: MA, RD

Wallingford, CT

**Position:** Systems Director, Food and Nutrition Services, Yale New Haven Health System

**Responsibilities:** Develops budget, plans menus, oversees quality assurance programs, sanitation, adherence to regulatory expectations, and mentors others.

**Preparation:** M.A. Communications, Emerson College, Tufts University School of Medicine.

**Previous Positions:** Clinical Dietitian, Director of Food and Nutrition Services.



**UD Undergrad**

[suzannefredericks@iammorrison.com](mailto:suzannefredericks@iammorrison.com)



# Arianne Missmier: DPT, RD, LDN, RYT, CSCS

Downingtown, PA

## **Position: Owner/founder The Movement Paradigm**

**Responsibilities:** Provides physical therapy, nutrition counseling and movement coaching utilizing a functional medicine approach. Manage staff and tenants in the health care center.

**Preparation:** DPT, Physical Therapy, Neumann University

Graduate Certificate Applied Mindfulness, West Chester University

“Working with thousands of human beings, countless hours of continuing education, and never giving up on my dream to own a multidisciplinary health practice.”

**Previous Positions:** Owner, CORE Fitness, Clinic Director, Kinetic Physical Therapy.



**UD Undergrad**

Drarianne@themovementparadigm



# Salaries for Nontraditional Positions

Salaries may be higher or lower depending on experience, level of responsibility, education and region of the country.

	\$63,500 (2nd Lieutenant with 1 year of service and not married)
<b>Military Dietitian:</b>	\$130,000 (20 years of service and married)
	\$180,000 (Colonel with 30 years of service and married)

# Caitlin (Woglom) Martinez: MS, RD

Chapel Hill, NC

## **Position:** UNC Chapel Hill's Weight Research Program, Ph.D. Candidate

**Responsibilities:** Assists with ongoing studies and builds own research profile focusing on the use of technology to characterize differential responses in behavioral weight loss interventions.

**Preparation:** M.S. Nutritional Science, California State University, Long Beach, DI Simmons College.

**Previous Positions:** Outpatient Dietitian, Down Syndrome Program, Interdisciplinary Pediatric Weight Management Program, Nutrition Outreach Coordinator, Nutrition Consultant for App Development, Massachusetts General Hospital.



**UD Undergrad**  
cmartinez@unc.edu

# Christina (Plyler)Quinn: MHA, LNHA

Kennett Square, PA

**Position:** Center Executive Director at Nursing Facility

**Responsibilities:** Leads and directs all operations of the skilled nursing facility in accordance with State & Federal regulations. Administration, management, supervision, and coordination of all departments.

**Preparation:** M.S., Health Administration, St. Joseph's University.

Assistant Nursing Home Administrator

Licensed Nursing Home Administrator (LNHA)

**Previous Positions:** Clinical Dietitian and Assistant Administrator.



**UD Undergrad**

caplyler@gmail.com

# Isaac Hicks: RDN, CSSD

Bloomington, IN

**Position:** Director of Performance Nutrition,  
Indiana University

**Responsibilities:** Manages the nutritional needs of student athletes competing nationally and internationally on the Olympic and US national team stage. Oversees staff and budget supporting nutritional status of athletes.

**Preparation:** Completed continuing education focused on sports nutrition and shadowed Sports Nutrition RD. Certified Specialist in Sports Dietetics.

**Previous Positions:** Nutrition Services Director, Outpatient Dietitian/School Based Health Center Nutritionist, Director of Sports Nutrition.



**UD Undergrad and DI**

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# Salaries for Nontraditional Positions

Salaries may be higher or lower depending on experience, level of responsibility, education and region of the country.

**Outpatient renal  
dietitian**

**\$60,000**

# Julia Horowitz: BS

Silver Spring, MD

## Position: Management and Program Analyst for the FDA, Center for Biologics Evaluation and Research (CBER)

### Responsibilities:

- Coordinates employee performance appraisals
- Participates in budget planning (center and biologics advisory committees)
- Organizes Delegations of Authority
- Prepares reports and talking points for office directors
- Updates databases
- Assists in contingency planning

**Preparation:** Completed FDA pathways internship program summers 2018, 2019 and winter 2020.



**UD Undergrad**

juliahorowitz98@gmail.com

# Ashley (Reynolds)Desrosiers:

## MS, RD

Boston, MA

### **Position: Vice President, FoodMinds**

**Responsibilities:** Develops science translation materials and social media content, builds relationships with academics and influencers, and develops and implements campaign leader education programs for food and nutrition consulting and communications company.

**Preparation:** M.S. Nutrition Communication, Tufts University. Communications [8-wk internship part of graduate program].

**Previous Positions:** Clinical Nutrition Specialist, Massachusetts General Hospital Pediatric Epilepsy Program, Account Director, MullenLowe.



**UD Undergrad**

[ashley.a.desrosiers@gmail.com](mailto:ashley.a.desrosiers@gmail.com)



# Ethan Yerger: RDN

Middletown, DE

## **Position:** RD at Candid Nutrition Inc.

**Responsibilities:** Provides virtual nutrition counseling, creates educational presentations, manages accounting and website maintenance.

**Preparation:** Networked with other businesses and advertised.

**Previous Position:** Outpatient Dietitian, Weight Loss Clinic.



## **UD Undergrad and DI**

ethany@udel.edu

Website: <https://candidnutrition.com>



# Salaries for Nontraditional Positions

Salaries may be higher or lower depending on experience, level of responsibility, education and region of the country.

**Directors-(variety of settings)-\$80,000-\$140,000**

**Private Practice- \$70,000-100,000 (must pay own taxes)**



## Morristown, NJ

**Responsibilities:** Teaches and creates low-impact workouts, designs online, digital content for Instagram, and online resources (eBooks, websites, handouts).

**Preparation:** M.S./DI, Saint Elizabeth University in progress.



**UD Undergrad**  
rachelnmahalow@gmail.com

# Eileen Daugherty: MHA, MS

Jacksonville, FL

## Position: Clinical Research Assistant

**Responsibilities:** Coordinates research department's federally funded studies; analyzes clinical study metrics and develops dashboards for organization's leadership team.

**Preparation:** M.S. Applied Nutrition, Northeastern University and Masters in Healthcare Administration, University of Florida.

**Previous Positions:** Nutrition Program Coordinator, University of California Cooperative Extension, Nutrition Educator FL Dept. of Health, WIC, Program Coordinator, HCA.



**UD Undergrad**

[linkedin.com/in/eileen-daugherty-mha-ms-a7a98089](https://www.linkedin.com/in/eileen-daugherty-mha-ms-a7a98089)

# Kate (Raffensperger)Craig:

## DMD, MS

Lancaster, PA

### Position: Dentist

**Responsibilities:** Performs exams and oral cancer screenings, removes and fills cavities, performs root canal treatments, and removes teeth.

**Preparation:** Complete required basic sciences (Biology, Chemistry, Organic Chemistry, Physics), complete the DAT entrance exam.

**Previous Positions:** Research Assistant for Dr. Kuczmarski!

**Additional Education:** M.S. Human Nutrition, DMD, University Of Pittsburgh School of Dentistry.



**UD Undergrad and Grad**

skraff@gmail.com

# Salaries for Nontraditional Positions

Salaries may be higher or lower depending on experience, level of responsibility, education and region of the country.

## **Nutrition consulting and communications company**

Entry level (0-3ish years): \$40,000-60,000

Mid-level (3-8ish years): \$70,000-100,000

Senior level (8-15ish+ years):  
\$110,000-175,000

# Jing Luo: MS, RDN, LDN

New York, NY

## **Position: Nutrition Program Director/Consultant**

**Job responsibilities:** Plans, directs, implements and evaluates nutrition education; writes and implements policies and procedures for service delivery.

**Preparation:** M.S. Human Nutrition, Columbia University  
Vagelos College of Physicians and Surgeons.

**Previous Position:** Clinical Dietitian.



**UD Undergrad**

luojingrd@hotmail.com

# Amalia Karmvis: MS, RD

Cherry Hill, NJ

## **Position: Hospital Nutrition Business Manager at RB/Mead Johnson Nutritional Enfamil Brands**

**Job responsibilities:** Identifies customer needs in hospital accounts and provides creative solutions through contract lifecycle; implements the sales utility of clinical data, competitive intelligence, and marketing initiatives.

**Preparation:** M.S. Human Nutrition, University of Delaware

### **Previous Positions:**

- Clinical Pediatric Dietitian
- Dietitian Consultant/Coordinator of Nutrition Services
- Outpatient Consultant Dietitian
- Graduate Teaching Assistant for University of Delaware DI



**UD Undergrad and Grad**

[amalia.karmvis@rb.com](mailto:amalia.karmvis@rb.com)



# Sara Strout: RDN

Doylestown, PA

**Position:** Peace Corps Volunteer (Botswana, Africa)

**Clinic and Health Team Specialist**

**Responsibilities:** Managed HIV prevention and outreach education, community health education, food security through permagardening and nutrition education.

**Preparation:** Networked with Peace Corps recruiters and attended information sessions at UD to learn about the mission of Peace Corps.

**Current Position:** M.S. candidate Nutrition for Global Health, London School of Hygiene and Tropical Medicine.



**UD Undergrad and DI**

sarastrout1@gmail.com



# Kristina Davis: MS, RDN, LDN

Newark, DE

## Position: Research Dietitian

### Responsibilities:

- Plans individual menus for research participants based on controlled study protocols
- Prepares and distributes food to research participants
- Counsels participants on low sodium diets
- Utilizes meal planning and diet analysis software

**Preparation:** M.S. Human Nutrition, University of Delaware

DI, Iowa State University

**Previous Position:** Clinical Dietitian.



**UD Undergrad and Grad**

davisk@udel.edu