

## International Development & Food Security

Programme Implementation • Food & Health Systems • Caribbean & Regional Engagement • Analytics

### Summary

Registered Dietitian and MBA candidate in Analytics & Information Technology with experience spanning food security, nutrition and public health, Caribbean regional operations, healthcare systems, programme implementation, stakeholder engagement, and data-informed decision-making. Experience includes government and community food-security initiatives, school feeding, regional professional engagement, healthcare operations, and cross-functional programme delivery. Combines food and health subject-matter expertise with analytics, systems thinking, and operational experience to support international development, food systems, and public-health initiatives.

### Core Competencies

#### Programme Implementation & Operations

Programme Implementation • Needs Assessment • Process Improvement • Workflow Analysis • Project Coordination • Implementation Planning

#### Stakeholder & Partnership Engagement

Stakeholder Communication • Cross-Functional Collaboration • Community Engagement • Training & Facilitation • Relationship Management • Requirements Gathering

#### Analytics & Decision Support

Data Analysis & Interpretation • Data Visualization • Operational Reporting • Excel • SQL • Tableau • Evidence-Based Decision-Making

#### Food, Health & Public Systems

Food Security • Nutrition • School Feeding • Public Health • Food Safety • Healthcare Operations • Quality Improvement

#### Regional Operations & Programme Support

Caribbean Operations • Documentation & Reporting • Service Delivery • Systems Thinking • Process Mapping • Emergency Response

## International Development & Food Security Experience

**Country Representative — International Affiliate of the Academy of Nutrition and Dietetics (IAAND), formerly AODA**

**Barbados | September 2016–September 2019**

- Supported communication and engagement between Barbados-based nutrition professionals and the international organization, welcomed new members, and maintained stakeholder connections.
- Completed quarterly membership and country-information reporting and contributed ideas and information for regional communications and newsletter content.

### **Volunteer — HIV Food Bank**

#### **Bridgetown, Barbados | March 2018–October 2018**

- Secured a six-month complimentary supply of fresh fruit and engaged local supermarkets in an Adopt-a-Shelf initiative to support food access.
- Delivered nutrition education and practical recipe demonstrations for people living with HIV while supporting community food-access activities.

### **Youth Technical Officer — The Zero Hunger Initiative**

#### **Kingstown, St. Vincent & the Grenadines | July 2016–July 2017**

- Contributed to discussions with the Minister of Agriculture on using technology to expand community nutrition education through the Mandela House project.
- Edited the first issue of the Parliamentary Front Against Hunger (PFH) Newsletter — Caribbean Chapter.

### **School Feeding & Nutrition Workshops — Ministry of Health**

#### **Roseau, Dominica | 2016**

- Participated in workshops supporting standardization of national school-feeding policies and recipes for the school nutrition program.
- Presented group recommendations to strengthen food-safety procedures and improve school-kitchen operations.

### **Community Hurricane Relief Initiative — Hurricane Maria**

#### **Barbados → Dominica | 2017**

- Independently collected essential supplies for family and community members affected by Hurricane Maria and coordinated with employer LIAT (1974) Ltd. to secure transportation from Barbados to Dominica, personally accompanying and delivering the supplies.

## **Professional Experience**

### **Registered Dietitian**

#### **ATD Technology LLC / NYC Health + Hospitals — North Central Bronx | Bronx, NY | May 2025–September 12, 2026**

Supported nutrition and clinical operations for critically ill and medically complex populations through data-informed assessment, interdisciplinary coordination, and implementation of evidence-based recommendations.

- Analyzed clinical, laboratory, nutrition, and health information to identify risks and support evidence-based decision-making.
- Coordinated with physicians, pharmacists, nurses, case managers, social workers, and other disciplines to align interventions with operational and patient-care needs.
- Identified implementation gaps and barriers, recommended timely interventions, and followed through to verify that agreed interventions were carried out.
- Provided education and technical guidance to staff while contributing to continuous improvement of nutrition-support practices.

### **Registered Dietitian**

#### **Queens Boulevard Extended Care Facility | Queens, NY | November 2023–April 2025**

Provided nutrition services while contributing to quality improvement, regulatory compliance, staff development, interdisciplinary coordination, and resident education.

- Contributed to Quality Assurance and Performance Improvement initiatives and supported regulatory readiness through accurate documentation and compliant care planning.
- Coordinated with clinical, rehabilitation, foodservice, and administrative teams to address complex resident needs.
- Delivered staff training on food safety, sanitation, workflow improvement, and regulatory requirements.
- Designed a hydration education initiative that was subsequently adopted for ongoing resident programming.

### **Dietary Technician**

**Queen Elizabeth Hospital (QEH) | Bridgetown, Barbados | June 2020–August 2022**

Supported hospital-wide food and nutrition operations, contributing to digital-system implementation, workforce development, food-safety assurance, process improvement, and multidisciplinary service delivery.

- Supported implementation of the Vision Food Service Management System, helping redesign workflows, support staff adoption, and integrate the system into routine food and nutrition operations.
- Led implementation of the AIDET communication framework, supporting more consistent, patient-centered communication and service delivery.
- Designed and delivered staff training to strengthen technology adoption, nutrition practice, and professional development.
- Conducted HACCP audits and food-safety evaluations, identifying quality and compliance needs and supporting corrective improvement.
- Collaborated with foodservice, nursing, and hospital leadership on workflow improvement, nutrition policies, menu evaluation, and service-delivery initiatives.

### **Founder**

**Real Nutrition Solutions | Barbados / Virtual | 2020–Present**

Founded and manage a nutrition and health-education practice focused on translating evidence-based nutrition into practical programs, services, and behavior-change support for individuals and communities.

- Designed nutrition services, client workflows, educational programs, and digital resources to support accessible, evidence-based health education.
- Developed and delivered workshops and educational content that translate complex nutrition and health information into practical guidance for diverse audiences.
- Managed program and client delivery from initial needs assessment and onboarding through implementation, follow-up, and ongoing engagement.
- Led public-facing communication through media interviews, community outreach, workshops, and digital education.

### **KBDI — Komplete Business Dietetic Internship**

**Dietetic Intern | USA | August 2022–June 2023**

Completed multidisciplinary supervised practice across clinical, community, foodservice, and business settings, with emphasis on operational improvement, stakeholder coordination, and applied nutrition programming.

- Supported school foodservice operations with Pomptonian Foodservice at Clifton High School, evaluating inventory-management options, participating in compliance audits and operational planning, developing food-safety resources, and training staff on inventory practices to reduce waste.
- Developed the Rescued Food Associate Wellness Program at ShopRite, repurposing produce designated for disposal while supporting nutrition education, food-waste reduction, and employee wellness.

- Coordinated supervised-practice experiences across acute care, dialysis, long-term care, community nutrition, foodservice, and private-practice settings.
- Built relationships with healthcare organizations, community partners, preceptors, and operational leaders while developing improvement recommendations across multiple settings.

## **LIAT (1974) Ltd.**

### **Flight Attendant | Caribbean Region | November 2007–November 2020**

Supported safe and efficient regional airline operations across the Caribbean in a fast-paced, highly regulated, multicultural environment.

- Coordinated with pilots, cabin crew, ground operations, and airport personnel across regional locations to support safe, timely operations.
- Delivered safety, service, and operational information to diverse passenger groups, strengthening public-speaking, cross-cultural communication, and crisis-communication skills.
- Managed complex customer situations, service disruptions, and in-flight emergencies using clear communication, sound judgment, and established procedures.
- Promoted nutrition awareness among crew members through informal lunch-and-learn discussions.

## **Education**

- **Monroe University** | Bronx, NY  
**Master of Business Administration (MBA), Analytics & Information Technology (STEM)** | *Expected December 2026*
- **Kansas State University** | Manhattan, KS  
**Bachelor of Science in Nutrition & Dietetics** | *2018*
- **Barton Community College** | Great Bend, KS  
**Associate of Science, Pre-Dietetics** | *2014*

## **International Academic Experience**

### **FNDH 780 — Agriculture, Food Processing and Nutrition in Brazil**

#### **Kansas State University | Brazil | December 31, 2016–January 14, 2017**

- Completed an intensive international program examining agriculture, food processing, nutrition, and food systems through university instruction and field-based learning.
- Engaged with NGOs, food retailers, farms, grain-storage operations, and dairy, meat, and food-processing facilities.
- Participated in academic and laboratory activities at UNESP and UNICAMP covering agriculture, food engineering, food processing, nutrition, and agribusiness topics.

## **Professional Credentials**

- Registered Dietitian Nutritionist (RDN)
- Certified Dietitian Nutritionist (CDN) — New York State
- Certified Functional Nutrition Coach (CFNC)
- Certified Culinary Nutrition Expert (CCNE)