**Rachel A. Reid**

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Online Portfolio: rachelreid.weebly.com

Special Feature on: www.portlandrd.com

**Qualifications:**

* Experience in a variety of nutrition-related areas including outpatient counseling and nutrition education.
* Able to handle a variety of tasks and responsibilities simultaneously in quickly changing environments.
* Effective at working individually as well as within a team; detail oriented; learns quickly.

**Education:**

Bachelor of Science, Nutrition and Dietetics, *Seattle Pacific University*: Graduated June 2010

Dietetic Internship, *Oregon Health and Science University*: Graduated: June 2011

**Dietetics Related Experience:**

**Nutrition Instructor** Providence Healthcare Systems ***04/2011***

* Developed and taught a nutrition lesson for prostate cancer patients using ADA evidence based guidelines.
* Performed cooking lessons which demonstrated nutrition guidelines in a practical and tangible way.

**Nutrition Instructor** African American Reach and Teach Ministry: *Seattle, WA* ***04/10 – 07/10***

* Design nutrition lessons applicable for African American churches in Rainier Valley, Washington.
* Teach a vast array of nutrition topics including ‘Management of Diabetes with Diet’ and ‘CVD Diet’.

**Child Wellness Clinic Coordinator** Seattle Children’s Hospital: *Seattle, WA* ***10/09 – 06/10***

* Assist healthcare team in implementation of programs designed to treat obese children aged 2 – 11.
* Shadow RDs using the “Ellyn Satter Approach” in patient consultations and counseling sessions.
* Build relationships with children and provide relational support to parents before and after clinic sessions.
* Organize binders and paperwork, systemize patient scheduling, and maintain efficiency of clinic.

**Nutrition Instructor** Solid Ground – Operation Frontline: *Seattle, WA* ***02/09 – 08/09***

* Taught nutrition education classes called “Eating Right” for individuals at risk of hunger or malnutrition.
* Selected appropriate weekly lesson plans and activities according to the developmental stage of students.

**Nutrition Assistant** American Diabetes Association: *Camp Sealth, Vashon Island, WA* ***08/09***

* Monitored children’s blood sugar levels and assisted RNs in prescribing insulin dosage amount.
* Taught young children how to count their carbohydrates, providing examples of foods and basic guidelines
* Responsible for providing CHO snack to children who were “low” in routine12 and 2 AM blood sugar checks.

**Anthropometric Measuring Assistant** Northwest Kidney Health Festival: *Seattle, WA*  ***05/09***

* Recorded height and weight of incoming guests at risk of kidney disease at medical station.
* Provided guests with information on the relationship between a high BMI and the risk for kidney disease.

**Additional Experience:**

**Uni-Com Employee** Seattle Pacific University: *Student Union Building, Seattle, WA* ***09/08 – 06/10***

* Greeted visitors to the University and provide directions around SPU campus and the Seattle area.
* Multitasked by directing incoming phone calls, conducting ticket sales, refunds, and bus pass purchases.
* Maintained organization and efficiency of front desk.

**Orientation Core Team Member** Seattle Pacific University*, Seattle, WA* ***09/09***

* Created and planned orientation for 1,000 incoming freshman and transfer students.
* Designed and produced all marketing propaganda and was responsible for signage projects.
* Designated as the University Information representative and directed people about the campus.

**SPRINT Intern** Dalit Freedom Network/ OM India: *Hyderabad, India* ***06/08 – 08/08***

* Taught in schools built for Dalit, low caste, children.
* Participated in events seeking justice and human rights for Indians deprived of basic human need