

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

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

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

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

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 [MHS], Johns Hopkins Bloomberg School of Public Health, Johns Hopkins Dietetic Internship.

Current Position: Pamela Malo Nutrition & Lifestyle Design.



UD Undergrad

pamela@pamelamalo.com

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

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

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

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

Salaries for Nontraditional Positions

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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

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)
Military Dietitian:	\$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

ihicks@iu.edu

Salaries for Nontraditional Positions

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**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

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)



Rachel Mahalow: BS

Morristown, NJ

Position: Fitness Instructor and Food Blogger

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

rachelmahalow@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. Kuczmariski!

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



UD Undergrad and Grad

skraff@gmail.com

Salaries for Nontraditional Positions

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**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

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
davisisk@udel.edu