

Lauren Zendarski

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**Education:** Bachelor of science in dietetics, December 2010  
State University of New York, College at Oneonta, Oneonta, NY

Baptist Health System Dietetic Internship, Present (April 2012)  
San Antonio, TX

**Certifications/Special Training:**

ServSafe certified April 2010  
ESHA (computer nutrient analysis)  
STAR Hospital Information systems  
McKesson Hospital Information Systems (Charting)  
Computer Aided Design (foodservice restaurant design program)  
Trained in use of bioelectrical impedance and Bod pod  
Implementation of nutrition care process and standardized language  
H-E-B recipe/product development  
Menu Pro (professional menus, pamphlets)  
Microsoft publishing software

**Experience:**

**Baptist Health System Dietetic Internship**, San Antonio, Tx **Aug 2011- Present**  
-Clinical, neonatal, pediatrics, bariatrics, food management and leadership, and community.

**Waitress, Blue Dolphin**, Apalachin, NY **Jan 2011-July 2011**  
-Managed through ServSafe expectations, served customers, accounted for inventory.

**Independent Research with Dr. Allan Green**, State University of New York College at Oneonta  
-Diabetes research measuring the release of glycerol from fat cells in order to discover a new glucose assay. **Aug 2010-Dec 2010**

**Part time volunteer nutritionist at WIC**, Owego, NY **June 2010-Aug 2010**  
-Planned sample menus for new parents, printed WIC checks, counseled patients

**Camp Counselor, Boys and girls club**, Owego, NY **June 2010-Aug 2010**  
-Role model/counselor for children ages 7 to 12, promoted healthy lifestyles through physical activity.

**Waitress, Sabatini's Little Italy**, Oneonta, NY **May 2009-Aug 2009**  
- Managed through ServSafe expectations, waited on customers, served and prepped food.

**Summer intern, Creative Nutrition Solutions**, Binghamton, NY **May 2008-Aug 2008**  
-Mini summer internship shadowed her news conference, designed pamphlets for healthy grocery shopping, chose healthy food items for school districts.

**Cashier, Price Chopper**, Owego, NY **Dec 2004-Aug 2009**  
-Supervised, managed and carried out monetary transactions

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**Scholarships/Awards:**

Best and Brightest Award	December 2010
College at Oneonta Foundation 20th Anniversary Scholarship	August 2010
Phi Upsilon Omicron National Honor society in Family and Consumer Sciences	Novemeber 2008
Price Chopper's Golub Foundation Scholarship	2007, 2008, 2009
Price Chopper employee of the month	2007

**Activities/leadership skills:**

Presented H-E-B Food Fair cooking demonstrations  
Developed wellness core education  
Supervised and trained employees in a high pace environment.  
Presented material to professors on research that was carried out in a team environment  
Implemented information learned from nutrition classes to real life work with a dietitian.  
Fundraised money for local boys and girls club  
Communicated healthy meal options to clients at WIC; planned sample meal patterns.  
Member of Food and Nutrition Association

**Professional Organizations:**

Academy of Nutrition and Dietetics  
New York State Dietetic Association  
San Antonio Dietetic Association

**References:** Available upon request