Jasmine Carter

Nutritionist

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Summary

Nutritionist with 3 years of community nutrition experience, providing nutrition counseling and medical nutrition therapy to adults with diabetes, hypertension and heart disease. Plans group nutrition education, tracks outcomes for grant reports in spreadsheets and Microsoft Office, and works independently across 5 clinics.

Experience

Nutritionist

05/2024 - Present

Schuylkill Community Health Network — Philadelphia, PA

Nonprofit health center network with 5 neighborhood clinics.

- Counsel **8** to 10 adults a day with diabetes, hypertension and high cholesterol, in person and by video.
- Run 6-week healthy cooking classes for 150 participants a year, with 72% completing all sessions.
- Track A1C, weight and blood pressure outcomes in spreadsheets and report quarterly results to 2 grant funders.
- Created nutrition education handouts in English and Spanish at a 5th-grade reading level, now used in all 5 clinics.

Nutrition Educator

06/2023 - 04/2024

Fairmount Food Access Coalition — Philadelphia, PA

Food access nonprofit working with 40 food pantries.

- Delivered nutrition workshops at **40** food pantries, reaching 2,300 adults and children.
- Completed nutrition assessments for 120 clients in a produce prescription pilot.
- Built Microsoft Office intake templates that cut data entry time by 30%.
- Trained 35 pantry volunteers to run healthy recipe tastings on their own.

Nutrition Assistant (Part-Time)

09/2021 - 05/2023

Spruce Hill Family Clinic — Philadelphia, PA

Part-time role during graduate school.

- Measured height, weight and BMI for about **40** patients a week before dietitian visits.
- Prepared 300 diet handouts a year and filed visit notes for 2 dietitians.
- Called 25 patients a week to confirm nutrition appointments, lowering no-shows.

Education

Master of Science

05/2023

Drexel University — Philadelphia, PA

Nutrition Sciences

Skills

- Nutrition Counseling
- Medical Nutrition Therapy
- Nutrition Assessment
- Nutrition Education
- Community Nutrition
- Spreadsheets
- Microsoft Office
- Critical Thinking
- Interpersonal Skills

Certificates

Registered Dietitian Nutritionist (RDN)

08/2023

Commission on Dietetic Registration

Licensed Dietitian-Nutritionist (LDN)

09/2023

Pennsylvania State Board of Nursing