Rosa Villanueva

WIC NUTRITIONIST

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Summary

WIC Nutritionist with 4 years of community nutrition experience, including 3 years certifying and counseling WIC families in English and Spanish. Completes nutrition assessments, gives nutrition counseling and breastfeeding support, and keeps participant records accurate in the state WIC system with strong computer skills.

Skills

- **Nutrition Assessment**
- **Nutrition Counseling**
- **Nutrition Education**
- **Community Nutrition**
- **Breastfeeding Support**
- **Infant Feeding**
- **Excel**
- **Microsoft Office**
- **Computer Skills**

Experience

WIC Nutritionist 10/2023 - Present

Central Valley Family Health WIC Program Fresno, CA

WIC agency serving 14,000 families across 6 sites.

- Complete nutrition assessments and certifications for **20** to 25 participants a day, including height, weight and hemoglobin checks.
- Counsel about 450 families a month in English and Spanish on prenatal, infant and toddler nutrition.
- Write high-risk care plans for 60 participants a month and refer them to the agency dietitian.
- Teach breastfeeding and infant feeding classes that helped raise 6-month breastfeeding rates from 31% to 38% at 2 sites.

Nutrition Educator 06/2022 - 09/2023

Tulare Valley Nutrition Network Visalia, CA

Community nutrition nonprofit serving schools and farmworker families.

- Delivered nutrition education lessons in **18** elementary schools, reaching 2,000 students a year.
- Tracked attendance and pre/post surveys in Excel and Microsoft Office forms for state reports.
- Ran cooking demos at 12 farmers markets, handing out 3,500 recipe cards in English and Spanish.
- Partnered with 5 school nurses to set up family nutrition nights with 85% average attendance from invited families.

Nutrition Assistant (Part-Time) 09/2020 - 05/2022

Tower District Family Clinic Fresno, CA

Part-time role during college.

- Recorded height and weight for about **30** patients a day for the clinic nutritionist.
- Translated diet handouts into Spanish for 200 families.
- Scheduled follow-up nutrition visits and reminder calls for 3 providers.

Education

Bachelor of Science 05/2022

California State University, Fresno Fresno, CA

Dietetics

Certificates

Certified Lactation Counselor (CLC) 03/2024

Academy of Lactation Policy and Practice