



MARCIE ALLISTER BAsc, APPLIED HUMAN NUTRITION

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FOCUS: DIETITIAN INTERNSHIP, LEADING HOSPITAL

Diet Technician Experience | Canadian Food Safety Certified | Devoted Volunteer

Applied Human Nutrition graduate with strong communication and strategic planning skills. Clinical Diet Technician, educating and supporting patients with customized, balanced nutrition plans/practices while forging trusted relationships. Resourceful in preparing and serving healthy, nutritious meals for children and adults and coordinating special diets. Dedicated volunteer, creating innovative diet tools. Helps patrons make sound food ordering choices in restaurants.

CORE COMPETENCIES

- Nutrition Care Plans
- Meal Planning/Decision-Making
- Nutrition Assessments
- Nutrition Counselling
- Food Service
- Relationships/Team Collaboration
- Strategic Communications
- Diet Administration
- Nutritional Resources
- Vegetarian & Gluten-Free Meals
- Risk Control/Compliance
- Food Health/Safety
- Problem Solving
- Research Analysis & Reporting
- Community Leadership
- Customer Service

Specialties: Diabetic Resources, Dietetic Substitutions | Technological Skills: MS Office, Meditech Charts, Computrition

EDUCATION | CERTIFICATIONS | PROFESSIONAL AFFILIATIONS

Bachelor of Applied Sciences, Applied Human Nutrition – University of Windsor, Windsor, ON (2014–2018)
Dean’s Honours List (Fall 2015, Winter 2016, 2017) | University of Windsor Entrance Scholarship (2014)

Canadian Food Safety Certification Advanced Course (2014) – University of Windsor | Smart Serve Certification (2013)

Student Member – Dietitians of Canada (2016) | Canadian Association of Foodservice Professionals (2015–2016)

PROFESSIONAL EXPERIENCE

WINDSOR HEALTHCARE – WINDSOR MEMORIAL HOSPITAL, Windsor, ON 11/2018–Present

Clinical Diet Technician: Hired as part-time consultant to assess patients’ nutritional needs in regional healthcare organization. Liaise with nursing, SLPs, and healthcare team. Perform nutritional follow-ups to evaluate patient medical history/progress, determine supplements, and identify nutrition plan changes within: Rehab, Complex Transitional Care, Oncology, and General Medicine Units. Counsel patients on renal, calorie, fluid, and sodium restrictions for meal orders.

- Ensured patients’ meals followed guidelines by offering STRATEGIC suggestions/substitutions that balance their needs and preferences as well as health history. Fostered positive patient interactions. Wrote concise chart notes. 
- Modified special diets (diabetes) and provided complete meals via Computrition foodservice software. 
- Improved accuracy, reducing diet order entry errors by 40%. Created auditing tools and learning resources. 
- Provided customized diet orders and determined nutrition care plans by liaising with registered dietitians, speech language pathologists, and nursing staff. Calculated foods records from recorded food intake data.

RISTORANTE SPECIALE, Oakville, ON 9/2016–Present | 5/2015–8/2015

Server: Manage multiple tables to ensure timely and correct processing of orders in a casual fine dining restaurant. Commended on demonstrating a solid work ethic and positive attitude by management and guests.

- Increased customer satisfaction by managing service and food orders in a team atmosphere. Communicated with guests by answering questions, explaining menu options, and providing suitable recommendations for patrons.
- Quickly learned extensive menu consisting of gluten-free, dairy-free, and vegetarian or vegan diet options. 

CHANGE ADVOCATE—PROMOTING HEALTHY EATING HABITS & EDUCATING PEOPLE ON BEST DIET PRACTICES



CAMP FOR KIDDIES, Barrie, ON

6/2016–8/2016

Special Diet Coordinator: Managed and cooked special diet meals for ~50 campers and staff weekly for 50 hours. Communicated regularly with parents, children, and staff to assess dietary restrictions. Controlled cross-contamination for severe food allergies by following proper safety procedures.

- **Improved healthy eating knowledge 30%.** Helped campers efficiently track of diets by recording and monitoring lists.
- **Created Special Diet Meal Substitution Reference Guide.** Communicated with Special Diet Coordinators concerning all recipe substitutions made for every meal for 3 common special diets: gluten-free, dairy-free, and vegetarian.
- **Increased variety of special diet meals offered — established second Special Diets Cookbook.**

SUPER BURGER BISTRO, Hamilton, ON

4/2014–8/2014

Server: Served delicious burgers and meals at local bistro while delivering fast, hospitable service to customers.

- **Applied excellent interpersonal skills to help patrons decide among menu options** that met their needs.
- **Facilitated accuracy and efficiency** by successfully balancing accounts at end of each shift.



STARBUCKS COFFEE CANADA, Windsor, ON

4/2013–8/2014 | 7/2011-8/2012

Barista: Hired as barista to serve customers in a fast-paced retail environment at popular coffeehouse on a part-time basis.

- **Provided the highest level of customer service;** maintained a friendly, upbeat attitude and welcoming atmosphere.
- **Ensured cleanliness and proper food sanitation with food products** by leveraging excellent organizational skills.

COMMUNITY LEADERSHIP / VOLUNTEERISM

Volunteer, Windsor Diabetes Program, Windsor, ON

9/2016–Present | 5/2015–8/2015

Research and design informational pamphlets regarding physical activities and resources for patients with diabetes. Establish rapport with patients via phone and track class participation, assessing strengths and program needs (i.e. Healthy Heart Class), monitoring and recording accurate results. Increase dietetic and nutrition knowledge by dietitian-led workshops.

- **Drove program growth and supported dietitians with organizing and distributing program resources.**
- **Optimized operational efficiency 50%** by retaining, discarding, or updating handouts.
- **Raised awareness of the Rapid Eating Assessment Tool** by conducting thorough research.
- **Addressed gaps** by conducting reminder phone calls to candidates regarding class participation.



Research Assistant, ASA24: Validation Study for Preschool-Aged Children, Windsor, ON

11/2015–5/2016

Volunteered 4 hours weekly in research study validating online 24-hour recall under supervision of MSc. Thesis Student at University of Guelph at Child Care and Learning Centre.

- **Fostered healthy eating habits** by gathering data for dietary intake analysis and accurately weighing and recording meals and meal consumption. Observed patient child interactions; documented variables affecting data reliability.

Breakfast Club Volunteer, The Children’s Foundation, Toronto, ON

1/2015–4/2016

Prepared and served healthy breakfasts for 20+ elementary school-aged children, following set food/nutritional and safety guidelines. Supervised, observed, and interacted with children in a supportive environment.

- **Served as a positive role model** by educating children about healthy eating while engaging in positive conversations.
- **Accommodated children’s nutritional needs** by offering appropriate food substitutions (gluten-free, vegetarian).

DISTRIBUTED FLYERS, HEALTHY LIVING EXPO (2017) | OPERATED NUTRITIONAL BOOTH, SPECIAL OLYMPICS EVENT (2016)

NEW GRADUATE RÉSUMÉ STRATEGY

Marcie Allister is a successful graduate in Applied Human Nutrition seeking a growth-oriented internship as dietitian with a leading hospital that would lead to a full-time, high-paying position.

Marcie's passion is helping people of all walks of life achieve their diet and health/wellness goals. She is a strategic thinker with a focus on helping people eat healthy and balance their diet plans through supportive coaching and developing innovative tools and resources. Currently, the client is working part-time as a Clinical Diet Technician at a local hospital.

At the top of the résumé, the employer can see clearly her unique value. Marcie has diet technician experience and is food safety certified as well as a devoted volunteer to serving her community in fostering improved health and wellness. The résumé is keyword-optimized with specialties and technical skills outlined below.

Each section of the résumé is clearly structured and well-presented with appealing visuals as symbols representing her achievements. Her diverse academic and professional experiences as well as community leadership initiatives show Marcie's added value and contributions. Marcie's education and certifications are effectively highlighted for this role. Her customer service experience and excellent communication and organizational skills are also valuable assets for the dietitian internship. These particular skills are vital for strategizing clear diet plans to help patients achieve their health goals.

The achievements highlight both quantitative and qualitative results and are bolded for emphasis. Any potential gaps have been addressed as the candidate is competent and qualified to embrace her next career move.

The résumé effectively concludes with Marcie's additional experiences in the community related to her career focus and a tag line representing her values:

CHANGE ADVOCATE — PROMOTING HEALTHY EATING HABITS & EDUCATING PEOPLE ON BEST DIET PRACTICES