

Meghan F. Scura, RD, CLC

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EDUCATION

West Chester University of Pennsylvania, West Chester, PA
Bachelor of Science in Nutrition/Dietetics, May 2014
Graduated Cum Laude
Food Service Volunteer- Campabilities, 3 years
Presenter/Member- Student Dietetic Association

Immaculata Univeristy, Immaculata, PA
Masters of Arts in Nutrition Education, In Progress
Methods of Research, January 2017- May 2017

DIETETIC INTERNSHIP

Sodexo Health Care Services, Allentown, PA
September 2017 to July 2018

Pediatric Concentration- Nemours A. I. Dupont Hospital for Children, Children's Hospital of Philadelphia, Lehigh Valley Children's Hospital, Camp Red Jacket, Pennington Pediatrics Associates, Family Foods LLC, George School- 285 Hours

- Presented current research regarding medical nutrition therapy for infants diagnosed with neonatal abstinence syndrome
- Assessment/documentation of malnutrition using Nutrition Focused Physical Exam
- Interpretation of growth charts across multiple age groups and disease states
- Lead various dietary recalls and calorie counts for factors that affect health conditions and nutritional risk
- Calculation of nutritional requirements and assessed adequacy of diet and/or nutrition support
- Counseled patients regarding special dietary needs
- Collaboration with and shadowed interdisciplinary teams and modalities including physicians, speech therapy, wound care, respiratory therapy, case management, and pharmacy
- Observation of in-home or in-daycare nutrition assessments and interventions for pediatric populations
- Designed and performed daily nutrition education lessons to type I diabetic patients at 4-day summer camp

Clinical Rotations- Wellington at Hershey's Mill, UPMC Pinnacle Harrisburg, Lehigh Valley Health Network, St. Luke's Hospital Allentown, Capital Health Trenton NJ, Eagleville Hospital- 700 Hours

- Documented Medical nutrition therapy and provided nutrition counseling for patients with varying medical diagnoses.
- Collaborated with and shadowed interdisciplinary team and modalities including physicians, speech therapy, wound care, respiratory therapy, case management, and pharmacy
- Referred patients for outpatient counseling and community or home health services as appropriate
- Assessment/Documentation of malnutrition using Nutrition Focused Physical Exam
- Analyzed menus and recipes for nutritional adequacy

CERTIFICATIONS

Certified Lactation Counselor
AALP, 2016
ServeSafe Manager
2014-2019
ServeSafe Food Handler's
2017-2022

Molly Kellogg Motivational
Interviewing Intensive Training
Graduate, 2016

Food Service Management Rotation- Walt Disney World, Orlando FL- 240 Hours

- Conducted a 25-location food waste recycling project plan alongside Disney's Environmental Integration Assistant Director
- Supervised an employee appreciation meal for over 2,000 employees
- Developed and executed a 5-day "healthy" menu, including giveaways and nutrition education
- Performed all duties of the food service manager within Walt Disney World Resorts
- Participated in corporate presentations for new branding in employee cafes
- Conducted in-service of new menu to staff members

Community Rotation- Walt Disney World, Orlando FL, sites throughout

Eastern NJ and Chester County PA- 180 Hours

- Instruction of a six-week cooking class series, ages 6-15 years
- Creation of multiple recipes with foods provided by a food pantry and translated into Spanish
- Presented two nutrition education classes to Head Start and Early Head Start Programs
- Performed seasonal cooking classes with nutrition education pertinent to the elderly population
- Assisted in presentation of "Benefits of Beans" to an entire elementary school

WORK EXPERIENCE

Chester County Health Department, WIC Program, West Chester PA

Nutrition Education Coordinator, May 2014- Present

- Direct nutrition in-services and implement education programs, including staff development
- Coordinate nutrition students, dietetic interns and volunteer activities
- Certify applicants according to assessment of medical and clinical laboratory tests, performing anthropometric measurements and micro-hematocrit testing; documenting within the QuickWIC system
- Interpretation of growth charts across multiple age groups and disease states
- Counsel participants regarding diet and nutrition risk factors and provide relevant nutrition education
- Encourage/educate on breastfeeding

Carrabba's Italian Grill, Frazer PA

Server and Headwait, February 2012- November 2016

- Assist in analyzing financial data, product ordering/receiving, and supervision of staff
- Monitor daily operations including: assisting team members, clerical, POSI back office administration, nightly deposits
- Provision of the most unique and specialized dining experience

LANGUAGES

English and Intermediate Spanish

PROFESSIONAL ORGANIZATIONS

Academy of Nutrition and Dietetics, Pennsylvania Academy of Nutrition and Dietetics,
Pediatric Nutrition Dietetic Practice Group

REFERENCES

Available Upon Request