



LIAM ANDERSON

Senior Nutrition Consultant

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PROFESSIONAL SUMMARY

Accomplished Senior Nutrition Consultant with 7 years of expertise in developing tailored nutrition strategies and advancing public health initiatives. Proficient in delivering comprehensive nutrition assessments and education, fostering client engagement, and enhancing dietary practices. Committed to driving positive health outcomes through evidence-based methodologies and community outreach.

WORK EXPERIENCE

Senior Nutrition Consultant

Pineapple Enterprises

📅 Feb / 2021-Ongoing

📍 Santa Monica, CA

1. Evaluate eligibility for the Women, Infants, and Children Supplemental Nutrition Program, ensuring access to vital resources.
2. Conduct comprehensive nutrition and health assessments, including anthropometric measurements and lab tests.
3. Deliver nutrition counseling and education utilizing the Motivational Interviewing approach to enhance client engagement.
4. Facilitate referrals with healthcare providers to ensure holistic care for participants.
5. Develop individualized care plans and document assessments using the Crossroads system.
6. Champion breastfeeding initiatives by providing support to new mothers in the WIC Program.
7. Design and present nutrition education materials for community classes and health fairs.

Nutrition Consultant

Summit Peak Industries

📅 Feb / 2018-Feb / 2021

📍 Denver, CO

1. Served as a Contractual Regional Dietitian for five skilled nursing facilities, managing nutritional care.
2. Oversaw all aspects of nutritional care as a Clinical Dietitian at The Lemington Center, ensuring compliance with health standards.
3. Implemented a new computer-generated tray card system to enhance meal service efficiency.
4. Conducted nutrition and cooking classes for food stamp-eligible populations at the Greater Pittsburgh Community Food Bank.

EDUCATION

Bachelor of Science in Nutrition

University of Pittsburgh

📅 Feb / 2015-Feb / 2018

📍 Chicago, IL

Acquired foundational knowledge in nutrition science, dietary assessment, and community health.

SKILLS

Nutritional Meal Planning



Active Listening And Communication



Adaptability And Quick Learning



Chronic Disease Management



Nutrition Software Proficiency



INTERESTS

🎨 Art

🤝 Volunteering

🌲 Hiking

🧘 Yoga

STRENGTHS

🔍 Criticality

☰ Detail-oriented

🤝 Diplomacy

😊 Enthusiasm

LANGUAGES



English



Polish



Russian

ACHIEVEMENTS

★ Improved participant health outcomes by 30% through tailored nutrition programs.

★ Developed and implemented a community nutrition education initiative that reached over 500 families.