

CAROLE FARINA ■ NUTRITIONIST

www.foodnyou.com

EMAIL: carolefarina@outlook.com MOBILE: +1 505 231 5066 HOME: +1 505 438 2886 SKYPE: cmfarina

CAREER SUMMARY

An accomplished and focused Registered Public Health Nutritionist (NSA) Registered Dietitian Nutritionist (CDR), with extensive experience gained predominantly in the public and community health sector. I specialise in health and wellness, weight management, allergies, digestive-related medical issues, indigenous health, breastfeeding, pregnancy and infants to school-aged children. By drawing on my vast amount of experience gained through many projects, I can work with communities to build knowledge for better health and well-being outcomes. I now seek an interesting public health nutritionist role, where I can be of service either at the state or community level.

KEY SKILLS

- Individual nutrition assessments & consultation (client centred nutrition communication)
- Wellness focus: specialise in weight management, digestive health, food allergies & breastfeeding
- Public health, indigenous health & community nutrition - all aspects including program, project, event management & organisation (collaborate, develop, implement, manage & evaluate)
- HRM (research & write policies & procedures, job descriptions, retirement plan, medical plans, new employee & safety training programs, computer file organisation, legal research)
- Facilitate train the trainer programs (nutrition & breastfeeding) to improve community health
- Facilitate nutrition education (research, evaluate & prepare graphic materials, one-to-one conversations, group events, food demo's etc.) to improve health and well being
- Food services management: facilities & menu review, quality improvement & menu writing
- Evaluate & write nutrition state plans, grant proposals & reports, and contract proposals
- Highly organised with strong business acumen & research ability
- High-level computer literacy (MS Office, graphics, web, nutrition software, QuickBooks)

KEY QUALIFICATIONS

1982 UNITED STATES AIR FORCE DIETETIC INTERNSHIP
COL. MARIAM E. PERRY AWARD

1981 BSc DIETETICS - WITH CLINICAL EMPHASIS
UNIVERSITY OF CALIFORNIA

KEY TRAINING

2016 Stronger Together: Strengthening Coalitions and Keeping Track Training

2016 New Mexico Breastfeeding Taskforce Conference (2015, 2014)

2015 Dietetic Code of Ethics: What to Do / Dietitian 360

2014 Adult Weight Management Self-Study E-Module

2014 Comparison of Effects of Long-Term Low-Fat vs High Fat Diets on Blood Lipid Levels in Obese and Overweight Individuals

2014 B-School - Building an Online Business

2013 Advances in Bariatric Medicine with an Interactive Focus on Clinical Medicine Conference

1993 Herbal Certificate

PROFESSIONAL ASSOCIATIONS

REGISTERED PUBLIC HEALTH NUTRITIONIST - NUTRITION SOCIETY OF AUSTRALIA (MARCH 2016-2019)

REGISTERED DIETITIAN NUTRITIONIST - USA CDR NO. R640220, STATE OF NM LICENSE NO.: 243

EMPLOYMENT HISTORY

JUN 1990 - CURRENT

DIETITIAN NUTRITIONIST

CM Farina, LLC, USA

www.foodnyou.com

I started my own small private practice, CM Farina, LLC, in 1990, which I ran part time simultaneously with other employment. In 2004 I transitioned to full time in my private practice and consulting business. In my practice and consulting I specialise in weight management, allergies, digestive related medical issues, indigenous health, breastfeeding, pregnancy and infants to school-aged children; teaching foundation nutrition skills so that clients can learn to listen to their bodies and manage their own health and well being. As well as running the practice, I also provide contracting services to various public and private sector organisations, such as Pueblo of San Felipe, National Water Services, Inc., New Mexico Department of Health, Santo Domingo Tribe, Life Healing Centre, Good Water Company, Inc., Los Alamos National Laboratory Wellness Centre, Davis Innovations, Dr. Lynore Martinez, State of Arizona Department of Health, Odyssey Hospice, Gentiva, Espanola School District and Heritage Healthcare.

Private Practice:

- Assessment
- Consultation
- Motivational interviewing / coaching
- Research and writing / maintaining website and blog
- Marketing - online and offline
- Insurance billing
- Scheduling
- Bookkeeping

Contracts:

- Nutrition, nutrition program, project, and grant management
- Health education for indigenous populations
- Breastfeeding consultations and program management
- Kitchen review and menu writing or approval, food service management contract oversight
- Weight management, eating disorder, mental health, addictions, food allergies, special needs and end of life nutrition assessment and counselling
- Program development, implementation, evaluation, management with graphic nutrition education materials and presentations and facilitate individual group education
- Nutrition training CEU certification application
- Staff training and education programs
- Event manager
- Research for writing nutrition state plan, implementation, evaluation, and collaborate and write grant proposals, implementation and evaluation (including fiscal)

ACHIEVEMENTS:

- I take pride in having built and maintained my own business, including moving from traditional to online business, and adjusting the business model to successfully incorporate web presence, online marketing, blogging and social media.
- Experiencing significant growth in indigenous clients due to superior and empathetic customer service and team effort; and noted by the USDA (US Department of Agriculture) highly rating my nutrition services and innovative educational tools.
- Worked with the Department of Health and Sequoyah Adolescent Treatment Center (lock-down facility for violent adolescent boys) to increase fresh and whole foods and reduce and/or remove processed and high-sugar foods, years before the school lunch program regulations required these changes.
- Surveyed School Wellness Policy & reviewed the food service of each school in the Espanola School District, collaborated with school staff and community organisations to provide suggestions for their wellness & nutrition service priorities such as improving their dining rooms, food choices, starting school gardens, starting health and activity program to improve the health and well-being of children.
- Recently successfully met a tight deadline to research and implement a 401(k) Retirement Plan with minimal costs for the principals and employees at National Water Services, Inc. In less than one month I provided the company with a solution for a 401(k) retirement plan that has the lowest costs in the marketplace for its type.

JUN 2002 - FEB 2004

STATE NUTRITIONIST

State of New Mexico, Aging and Long-Term Care Department, USA
www.nmaging.state.nm.us

This was one of my most recent roles with the State of New Mexico; where I was the only state public health nutritionist for the State of New Mexico Aging and Long Term Care Department. I researched and collaborated with Area Agencies and Aging Directors, Food Service Directors and the State of NM Purchasing department to offer cooperative food purchasing to 200 senior meal sites, through the current state cooperative food purchasing agreement with food vendors, with a cost savings to the area programs.

Responsibilities:

- Interpret federal regulations into State Policy
- Evaluate six Area Agency on Aging's Nutrition programs
- Develop and present training for food service, nutrition staff and the senior communities
- Locate, distribute and develop senior appropriate nutrition education materials
- Collate monthly meal count reports and analyse the trends
- Coordinate and collaborate with other state agencies and community organisations
- Develop and implement senior nutrition initiatives in New Mexico, including the opportunity for cooperative purchasing through the State of New Mexico's Purchasing Department for 200 senior meal sites

ACHIEVEMENTS:

- Increased the activity of the Agency on Aging Employees with a 30-day team pedometer challenge.
- Collaborated to organise Nutrition Analysis Software training for all Area Agency on Aging directors and nutrition program managers with the University of New Mexico, Albuquerque computer lab.

APR 1999 - MAY 2002

PUBLIC HEALTH NUTRITIONIST IV /
MEDICAL AND HEALTH SERVICES MANAGER

State of New Mexico, USA
www.ped.state.nm.us/nutrition/

This was a state level position to evaluate school districts' school breakfast, lunch and afternoon snack programs for nutritional adequacy and compliance with USDA nutritional regulations; interpret and provide technical assistance on USDA regulations, provide annual trainings to all school districts food service directors and staff, and provide nutritional assistance to colleagues. This was the only state level public health nutritionist position for the State of New Mexico Department of Education.

Responsibilities:

- Develop and present training programs for school service personnel
- Development of educational materials, such as PowerPoint presentations and posters
- Coordination with other state agencies and graphic design
- Evaluate and review Health Educator's nutrition reports
- Collaborate, research and co-write USDA grant proposal including in-kind fiscal contribution, budget and assist with implementation and evaluation.

ACHIEVEMENTS:

- Developed graphically appealing posts for the school cafeterias which continue to be used more than 10 years later.
- Converted the food production books into online forms for cooks to complete for every meal; the cycle menu only needed to be entered once thereby decreasing time required to complete and submit the forms each day, ultimately removing the cost of printing.
- Revised the Food Director's manuals to include sample menus, directions for completing the food production books (i.e. the math), information on special needs meals and added graphics.
- Worked with a contractor on a grant received for the Dietary Guidelines 2000 online course, PSA (Public Service announcement) and elementary school friendly poster for schools.

JAN 1996 - APR 1999

NUTRITIONIST / OFFICE MANAGER

Tony Kent, Sante Fe, USA

makeyourlifemagical.com

Tony Kent is a motivational speaker, author, internationally recognised fashion photographer and has a multi-level marketing business based around Cell Tech, an algae nutritional supplement. I was hired by Tony to provide nutritional support to his Cell Tech customers; as well as provide office management support whilst he was out on photo shoots.

Responsibilities:

- Nutritional counselling
- Sales
- Follow up with Cell Tech clients
- Set up and maintained office and personal accounting (QuickBooks), including payroll, reports, A/P, A/R and banking
- Organised office and set up filing system to meet the demands of the growing business
- Coordinated weekly national and international seminars
- Wrote and designed follow up materials using QuarkXPress, Photoshop and Freehand

ACHIEVEMENTS:

- Assisted with the publication of a book written by Tony Kent.
- Co-wrote and designed promotional package for Magic Moments Show and seminars.

OTHER EMPLOYMENT

JUL 1995 - FEB 1996

DISTRICT NUTRITION COORDINATOR

MAR 1995 - JUL 1995

FLOAT NUTRITIONIST

State of New Mexico DOH/PHD/DII/WIC Program, NM, USA

APR 1992 - DEC 1995

NUTRITION COUNSELLOR

Pinon Hills Mental Health and Addictions Hospital and Treatment Centre, NM, USA

JUL 1993 - DEC 1993

TEMPORARY P/T PUBLIC HEALTH NUTRITIONIST

State of New Mexico, Department of Health Farmer's Market Program, NM, USA

DEC 1984 - JUN 1990

NUTRITION EDUCATOR

Kaiser Permanente Wellness Center, Freedom From Fat Program, CA, USA

JUN 1982 - NOV 1984

USAF Lt CHIEF, MEDICAL FOOD SERVICE AND DIETITIAN

HEALTH EDUCATION COORDINATOR

United States Air Force Hospital, CA, USA

TECHNICAL SKILLS

Advanced: MS Office (Word, Excel, Publisher, PowerPoint), Nutrikids and other nutrition software

Intermediate: Quickbooks, Adobe In-Design, Quark

Beginner: Website management

PROFESSIONAL REFEREES

References on Request

Please see LinkedIn Profile or Website for recommendations/references:

<https://www.linkedin.com/in/cmfarinallc> or <http://foodnyou.com/References.php>