

# Elizabeth Richardson

## Registered Dietitian Nutritionist

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📍 San Antonio, TX 78209

### STRENGTHS

- 👥 **Community Education**  
Cooking sessions became easier to apply when lessons connected nutrition science with familiar foods and daily routines.
- ♥️ **Data Guided Programs**  
Participant records and feedback helped identify outreach gaps, giving program teams clearer next steps.
- ♥️ **Culturally Responsive Care**  
Bilingual resources and respect for food traditions helped families feel heard during difficult health decisions.
- 🗣️ **Trusted Communication**  
When misinformation surfaced, calm evidence based answers helped participants ask better questions and stay engaged.
- 🤝 **Partnership Building**  
Regular contact with clinics and neighborhood groups turned separate events into steadier referral pathways.

### SKILLS

Community Nutrition

Public Health Nutrition

Chronic Disease Prevention

Nutrition Education

Physical Activity Education

Cooking Demonstrations

Community Outreach

Program Evaluation   Data Analytics

Health Equity

Community Partnerships

Public Health Science

Health Services

### SUMMARY

Registered Dietitian Nutritionist with eight years supporting **community nutrition, chronic disease prevention, physical activity education**, and population health programs. Provides clear individual and group education, cooking demonstrations, movement guidance, workshops, and culturally responsive resources for diverse communities. Uses **public health science**, current nutrition research, assessment methods, and program data to shape services, monitor participation, prepare recurring reports, and guide practical improvements. Builds productive relationships with clinics, community centers, food access organizations, neighborhood groups, and multidisciplinary teams. Communicates in English and Spanish, addresses misinformation with respect, protects confidential information, and helps residents make informed health decisions. Experience with health equity, inclusion, outreach, presentations, Word, Excel, PowerPoint, and Outlook supports dependable community programming and meaningful health outcomes.

### EXPERIENCE

#### Senior Community Registered Dietitian

Vida Community Wellness Network 📅 June 2023 - Present 📍 San Antonio, Texas

Leads community nutrition and **chronic disease prevention** programming for adults and families across office, partner, and public settings. Guides education strategy, resource development, data review, partnership coordination, and confidential participant services.

- Led chronic disease classes with **cooking demonstrations** and movement guidance, improving practical participant learning.
- Created bilingual **workshops** and handouts for varied literacy levels and cultural food patterns.
- Reviewed attendance and referral data in **Excel**, shaping monthly, quarterly, and annual program reports.
- Built partnerships with clinics and food access groups, strengthening outreach participation across neighborhoods.
- Translated current **nutrition research** into updated lesson plans, demonstrations, and facilitator resources.
- Protected participant **confidentiality** across public events, office services, and partner coordination.

#### Community Registered Dietitian

South Texas Prevention Collaborative 📅 March 2021 - May 2023 📍 San Antonio, Texas

Delivered individual and group education focused on diabetes, cardiovascular risk, healthy weight, and practical meal planning. Coordinated outreach, partner communication, educational content, data review, and referrals supporting prevention services.

- Delivered diabetes and cardiovascular education through practical meal planning and group discussion.
- Planned neighborhood **outreach** calendars, adapting topics after partner feedback and community event observations.
- Created **PowerPoint** guides and cooking materials, translating nutrition science into actionable messages.
- Analyzed participation and outcome measures in Excel, identifying groups needing additional outreach.
- Addressed nutrition misinformation through respectful communication that strengthened trust and informed decisions.
- Coordinated referrals with health educators and organizations, reducing barriers to nutrition resources.

#### Registered Dietitian

Hill Country Health Education Center 📅 July 2019 - February 2021 📍 New Braunfels, Texas

Bilingual Communication

Confidentiality

## LANGUAGES

English Native

Spanish Proficient

## MY CAREER



Senior Community Registered Dietitian at Vida Community Wellness Network (3.2 Years)

Community Registered Dietitian at South Texas Prevention Collaborative (2.2 Years)

Registered Dietitian at Hill Country Health Education Center (1.6 Years)

Registered Dietitian at Rio Vista Family Nutrition Services (9 Months)

Provided counseling and group education for community wellness programs while managing documentation, partner events, educational resources, and routine outcome summaries. Connected evidence based guidance with practical goals shaped by culture, food access, and readiness.

- Provided counseling shaped by health goals, food access, culture, and readiness for change.
- Facilitated cooking and movement sessions, reinforcing practical behaviors for **chronic disease prevention**.
- Maintained confidential records and accurate documentation for routine activity and outcome summaries.
- Developed resources from current nutrition research, keeping **presentations** aligned with **evidence based** practice.
- Supported nonprofit events, strengthening referral pathways and extending community program reach.
- Used **Word**, Excel, PowerPoint, and **Outlook** for schedules, content, reports, and partner communication.

## Registered Dietitian

Rio Vista Family Nutrition Services 📅 September 2018 - June 2019 📍 McAllen, Texas

Delivered supervised nutrition education for individuals and small groups while preparing bilingual resources, supporting demonstrations, collecting program information, and coordinating referrals. Built early career skill through guidance from senior dietitians and direct community service.

- Delivered supervised nutrition education focused on balanced eating and chronic disease risk reduction.
- Prepared bilingual class materials using plain language for accessible community communication.
- Collected attendance and follow up information, supporting accurate program reporting and complete records.
- Supported **cooking demonstrations** with recipes, food safety steps, and take home resources.
- Maintained confidentiality during participant interactions and coordinated referrals when needs extended beyond nutrition.
- Reviewed approved nutrition guidance with senior dietitians, updating class and counseling materials.

## PROJECTS

### Bilingual Community Wellness Workshops 📅 2024

Developed bilingual workshop resources combining nutrition education, cooking demonstrations, physical activity guidance, and culturally relevant examples for community audiences.

### Population Health Reporting Initiative 📅 2022

Organized participation, referral, and outcome information in Excel, helping prevention teams identify outreach needs and communicate program progress.

## LEADERSHIP & AWARDS

- Recognized by community partners for clear bilingual nutrition education and dependable event coordination.
- Selected by prevention leadership to translate participant feedback into practical workshop improvements.
- Commended by senior dietitians for accurate documentation, respectful communication, and consistent confidentiality practices.

## EDUCATION

### Bachelor's Degree in Nutrition and Dietetics

Texas State University 🎓 GPA: 0 📅 2018 📍 San Marcos, Texas

**Coursework:** Community Nutrition, Public Health Nutrition, Nutrition Education, Dietetics Practice

## CERTIFICATIONS

- Registered Dietitian Nutritionist, CDR 📅 2018

- ServSafe Food Protection Manager 📅 2024
- Texas Driver's License 📅 2026

## TECHNICAL SKILLS

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- **Microsoft Office:** Word, Excel, PowerPoint, Outlook
- **Nutrition Education:** Group education, Individual counseling, Workshop development
- **Public Health Practice:** Public health science, Population health, Health promotion
- **Program Evaluation:** Needs assessment, Outcome measurement, Progress reporting
- **Data Analysis:** Excel analysis, Participation tracking, Trend review
- **Community Outreach:** Event planning, Outreach calendars, Resource connection
- **Educational Media:** Presentations, Handouts, Participant guides
- **Prevention Programming:** Chronic disease prevention, Physical activity, Healthy weight
- **Food Demonstrations:** Cooking demonstrations, Recipe development, Food safety
- **Community Partnerships:** Clinics, Food access groups, Neighborhood organizations
- **Professional Practice:** CDR credential, ACEND standards, Confidentiality

## PROFESSIONAL AFFILIATIONS

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- Community nutrition partnerships with clinics, food access organizations, and neighborhood groups.
- Multidisciplinary public health collaboration with educators, dietitians, staff, and local service organizations.

## ADDITIONAL INFORMATION

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**Work Status** : Authorized to work in United States. No sponsorship required.

## REFERENCES

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AVAILABLE ON REQUEST