

# GABRIELLE MCDONOUGH

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## EXPERIENCE

### **SODEXO AT P&G GILLETTE/ Wellness Specialist & Registered Dietitian**

*Boston, MA / June 2018- Present*

- ❖ Provide one-on-one nutrition education and medical nutrition therapy to employees
- ❖ Implement corporate wellness initiatives and programs as needed
- ❖ Successfully led 35 participants in four groups through CORE4 by Sodexo
  - Grand total of 193 pounds lost and 1-4% body fat reduction upon completion
- ❖ Instruct group fitness classes 2 days per week
- ❖ Author a quarterly nutrition article that is distributed site-wide via e-mail

### **ENCOMPASS REHABILITATION HOSPITAL/ Clinical Dietitian**

*Woburn, Lowell, Beverly, MA / July 2018- Present*

- ❖ Promoted to clinical dietitian after three years as a diet technician
- ❖ Plan, provide, and educate patients on issued therapeutic diet and/or nutrition support
- ❖ Coordinate with patient's healthcare team and family concerning issued diets
- ❖ Monitor nutrition services provided to patients to ensure that standards of care are met
- ❖ Instruct patients on diets for home use prior to discharge

### **Dietetic Technician (unregistered)**

*June 2015-July 2018*

- ❖ Completed daily menu correction(s) adhering to appropriate diet and hospital protocols
- ❖ Collaborated thoroughly with nursing and pharmacy to monitor food and drug interactions
- ❖ Gathered information from patients about nutritional history, food preferences, and allergies
- ❖ Promoted to Clinical Dietitian upon receiving Massachusetts dietitian license

### **BILLERICA PUBLIC SCHOOLS/ Contracted Dietitian**

*Billerica, MA / January 2019- Present*

- ❖ Provide education and guidance to middle school student on the low glycemic index diet as ordered by a physician to treat seizures
- ❖ Develop modified school lunch menu for student
- ❖ Collaborate with wellness director, school nurse, head nurse, and food service personnel
- ❖ Directed student's parent on how to navigate the school website to find nutritional information

### **SODEXO/ Dietetic Intern**

*Distance Campus, MA / July 2017- April 2018*

- ❖ Successfully completed four internship rotations (1250+ hours):
  - Clinical at UMass Memorial Health Alliance- Clinton Hospital, UMass Children's Medical Center
  - Food Service Management at P&G Gillette
  - Community at the Boys and Girls Club Stoneham, Northwest Child Development Center, P&G Gillette, Encompass Rehabilitation Hospital
  - Elected concentration: Leadership at P&G Gillette (introduced CORE4 by Sodexo)

### **SODEXO/ Nutrition Research Assistant-Framingham Food Study**

*Framingham, MA / September 2014- January 2017*

- ❖ Digitally collected data on consumption of food at mealtimes
- ❖ Followed and applied food safety guidelines and HACCP regulations
- ❖ Worked with dietitians to ensure quality, accuracy, and prevention of allergen contamination

### **JOHN C. STALKER INSTITUTE / Nutrition Intern**

*Framingham, MA / January 2017-May 2017*

- ❖ Promoted workshops and development offerings using social media platforms
- ❖ Published blog posts highlighting "Workshops to Go" on JSI website:
  - *Keefe Tech Brings Flavor and Flair to School Meals*
  - *Northborough and Southborough Public Schools Explore the Essentials of Food Safety*
  - *Hingham Public Schools Find Fun at Work with FISH!®*
  - *Student-Approved Snack Recipes for Schools*

## EDUCATION

UNIVERSITY OF RHODE ISLAND

Master of Science in Dietetics

Graduated 2018- *summa cum laude*

FRAMINGHAM STATE UNIVERSITY

Bachelor of Science in Nutrition

Concentration- Dietetics, Minor- Psychology

Graduated 2017

## CERTIFICATIONS

- ❖ Registered Dietitian by the Commission on Dietetic Registration/ June 2018
- ❖ CPR and AED/ September 2018
- ❖ NASM Certified Personal Trainer/ January 2019
- ❖ Dementia Training/ March 2018

## LICENSE

Licensed Dietitian Nutritionist by the Commonwealth of MA/ June 2018

## ASSOCIATIONS

- ❖ Academy of Nutrition and Dietetics/ Sep 2016-present
- ❖ Massachusetts Dietetic Association/ Sep 2014-present

## SKILLS

ELECTRONIC MEDICAL RECORDS

- ❖ Epic
- ❖ Acelt

NUTRITION ANALYSIS SOFTWARE

- ❖ Food Processor

MEDIA

- ❖ Canva
- ❖ WordPress
- ❖ Piktochart
- ❖ Instagram

OTHER

- ❖ Microsoft Office Programs
- ❖ Google Docs