

Andrea Tait

Licensed Dietitian, Registration Eligible

Licensed dietitian with experience developing personalized nutrition plans that positively affect patient outcomes. Highly-qualified and well-trained practitioner with detailed approach to client care and nutrition education. Diligent in staying updated on latest medical research and nutrition solutions.



Work History

**2020-09 -
Current**

Clinical Dietitian

Crestwood Medical Center, Huntsville , AL

- Complete detailed nutritional assessments of each patient based on health history, medical conditions and energy requirements.
- Develop nutrient-dense recipes and flexible meal templates to meet nutritional objectives.
- Coach individuals on methods for managing chronic diseases with effective dietary plans.
- Determine client-specific nutrient and energy requirements, with consideration to specific lifestyles, physiology and medical concerns.
- Develop nutrition plans addressing individual patient conditions, including diabetes and food allergies.

**2020-09 -
Current**

Dietitian

Huntsville Nutrition Collective, Madison, AL

- Assist patients clients with meal plan development, addressing individualized dietary requirements.
- Coach individuals on methods for managing chronic diseases with effective dietary plans.
- Determine client-specific nutrient and energy requirements, with consideration to specific lifestyles, physiology and medical concerns.
- Develop nutrient-dense recipes and flexible meal templates to meet nutritional objectives.
- Develop nutrition plans addressing individual



Contact

Address

[REDACTED]

Phone

[REDACTED]

E-mail

[REDACTED]



Skills

Diet modification

Nutrition needs
assessment

Relationship
development

Communications

Problem resolution

patient conditions, including diabetes and food allergies.

- Plan nutritious meal options for individuals with various health needs.
- Complete detailed nutritional assessments of each patient based on health history, medical conditions and energy requirements.

**2016-09 -
2018-01**

Intern

Food Bank Of North Alabama, Huntsville, AL

- Conducted an ongoing child hunger needs assessment for twelve counties in Central Alabama to identify areas of high need
- Tracked and reported free and reduced lunch eligibility and participation
- Assisted school staff members in expanding program outreach for students
- Coordinated with food bank staff to expand outreach efforts throughout the community
- Educated food pantry clients on feeding programs
- Assisted food pantry clients with SNAP and WIC applications
- Visited backpack program sponsor sites for data collection and food inspection
- Assisted in new agency orientation on food bank policies and food safety

**2017-02 -
2017-04**

Intern

Blue Roof Cafe At Redstone Federal Credit Union, Huntsville, AL

- Prepared food for café line breakfast and lunch
- Prepared food for catered meetings
- Stored clean equipment and utensils
- Delivered prepared food to meeting hall
- Adhered to sanitation control issues and ServSafe guidelines for proper food handling
- Assisted with putting away stock
- Assisted with maintaining sanitation in preparation and service areas

2015-03 -
2015-12

Seed-to-Plate Educator

Deep Roots Of Alabama, Huntsville , AL

- Provided seed-to-plate education to 100+ elementary aged children in Spring 2015
- Created interactive seed-to-plate lesson plans correlated to Alabama state standards
- Conducted outreach activities at community events with an estimated attendance of over 500

2009-05 -
2012-08

Operations Manager

Home-Towne Suites, Decatur, AL

- Implemented policies and standard operating procedures for continuous improvement.
- Developed and submitted strategy and initiative reports to highlight current actions and proposed changes to corporate committee.
- Partnered with vendors and suppliers to effectively manage and budget
- Evaluated upcoming program plans to forecast expected resource needs.
- Evaluated suppliers by assessing quality, timeliness and compliance of deliveries to maintain tight cost controls and maximize business operational efficiency.
- Directed day-to-day operations focused on attainment of key business metrics, continuous improvement initiatives and 9-member team with related direct reports.



Education

2015-06 -
2018-11

Bachelor of Science: Food And Nutrition

University of Alabama - Tuscaloosa, AL

- Member of Sigma Alpha Lambda Honor Society
- Member of Phi Sigma Theta Honor Society
- Graduated *summa cum laude*
- Member of Distance Student Dietetic Association

2019-08 -

Master of Science: Nutrition

2020-07

Sciences/Dietetic Internship

*University of Alabama At Birmingham - Birmingham,
AL*

- Member of Alpha Eta Honor Society

2019-08 -

2020-08

No Degree: Dietetic Intern

*University of Alabama At Birmingham - Birmingham,
AL*



Affiliations

- Academy of Nutrition and Dietetics
- North Alabama Dietetic Association



Certifications

2019-06

First Aid/CPR Certified

2016-06

ServSafe

2020-09

Licensed Dietitian