

HEATHER KRICK

713 Champlain Drive, King of Prussia, PA 19406 | 610-937-8574 | heathermarie1022@gmail.com

EDUCATION

Drexel University, Philadelphia, PA

June 2016

B.S., Nutrition and Food Science, Minor in Culinary Arts – GPA 3.69

HONORS AND AWARDS

Dean's List

Spring 2014-Present

Pennoni Honors College and AJ Drexel Scholarship

2012-Present

Honors Distinction Award (*anticipated*)

June 2016

CLINICAL EXPERIENCE

Parkhouse Nursing and Rehabilitation Center, Royersford, PA

March-September 2015

- Participated in dietary, nutrition, food service, wound care, and social work department activities in a clinical long-term care facility with over 10 units and 400 residents (*20 hours/week*)
- Interpreted lab values, differentiated various diets, calculated anthropometric values and nutrient needs, determined tube feeding requirements, wrote progress notes, fed residents, and recommended supplementation and diet changes based on this information
- Conducted a research project on the efficacy of a newly implemented diet on over 60 residents and presented data and conclusions to the board of department heads

Clinical Shadowing at Mercy Suburban Hospital, Norristown, PA

Fall 2014

Shadowed Wendy Dickerman, RD, LDN for *30 hours* - inpatient and outpatient clinical nutrition

CULINARY/FOODSERVICE EXPERIENCE

Cook For Your Life, AstraZeneca Hope Lodge, Cheltenham, PA

January 2015 – Present

- Cook and prepare nutritious meals for over 50 recovering patients and caretakers (*monthly activity*)
- Educate patients and caretakers on healthful diets specific to their cancers, illnesses, and side effects
- Initiated and coordinated sponsorship with Severino Pasta Manufacturing Company

Severino Pasta Manufacturing Company, Cherry Hill, NJ (*20-30 hours/week*)

March 2015 – Present

- Maintain and update nutrition labels for consistent and accurate food product packaging
- Manage data for inventory, labels, and nutrition information

Master Culinary Course with Marc Vetri, Drexel University, Philadelphia, PA

January – March 2015

- Nominated for 10-week course with Chef Marc Vetri - included classroom/kitchen and field learning

2014 Philly Feastival, Philadelphia, PA

September 2014

- Selected by Drexel University chef to prepare and serve small plates for over 800 guests

Server and Cashier at **Vegetate**, Philadelphia, PA (*5-8 hours/week*)

September 2014 – March 2015

- Processed cash and credit transactions of up to \$2,000/day
- Prepared vegan and vegetarian meals, serving customers per individual requests

Kitchen Associate at Drexel University, Philadelphia, PA **September – October 2014**

- Sorted, inventoried, and cleaned storage freezer and refrigerator at the Center for Hospitality and Sport Management (*5 hours/week*)

COMMUNITY EXPERIENCE

HotBox Yoga, Philadelphia, PA **September 2015-Present**

- Build yoga community through Energy Exchange programs (*4 hours/week*)

MANNA, Philadelphia, PA **September 2014-Present**

- Prepare and pack meals for community members at nutritional risk due to illness

I Run 4 Michael, Philadelphia, PA **Fall 2015-Present**

- Dedicate daily exercise to children and adults with physical, mental, and developmental special-needs

Church of Saint Patrick, Norristown, PA **March 2015**

- Educated community members on making healthful food choices (*3 hours*)
- Instructed families on how to prepare nutritious meals at home using fresh ingredients

Gotwals Elementary School, Norristown, PA **September 2014**

- Educated elementary students and family and community members on making healthful food choices through the Mercy Health System (*3 hours*)

Philabundance Hunger Relief Center, Philadelphia, PA **October 2014**

- Packed and sorted donated food for community members

Healthy Kids Running Series, Philadelphia, PA **Fall 2014**

- Prepared race site and guided children participating in activities

RESEARCH EXPERIENCE

Drexel University, Philadelphia, PA **Fall 2015-Present**

- Conducting a research project titled "Comparison of Fitness Variables (VO_2 max, Body Composition, RMR, and Activity Level) in Athletes" to investigate the correlation between VO_2 max, body composition, age, and gender in groups of athletes under Dr. Stella L. Volpe

PROFESSIONAL AND LEADERSHIP ACTIVITIES

Drexel University Club Sports, executive board secretary, executive board vice president **2013 – 2015**

Drexel University Women's Club Volleyball, board member, secretary, vice president **2012 – Present**

Drexel University Club Swim Team, member **2014 – 2015**

Academy of Nutrition and Dietetics, member **2014 – Present**

Drexel Nutrition Association, member **2014 – Present**

CERTIFICATIONS AND SKILLS

ServeSafe Food Protection Manager, Optimus EMR, Millennium Pharmacy Systems, MealTracker, Matlab, Fundamental Culinary Skills, Institutional Review Board Training