

RACHELLE CAVINESS

EDUCATION

Seattle Pacific University, Seattle, WA
Bachelor of Science in Food and Nutritional Sciences, Dietetics
Dean's Honors List- Autumn 2015-Spring 2017

June 2017

PROFESSIONAL AFFILIATIONS

Coastal Tri Counties District of CAND
Academy of Nutrition and Dietetics

July 2018-Present
December 2017-Present

SKILLS AND CERTIFICATIONS

Dietetic Technician, Registered
ServSafe Certification
CPR and AED Certification, American Heart Association
First Aid Certification, North American Learning Institute

Valid through May 2023
Valid through November 2020
Valid through September 2019
Valid through September 2019

WORK EXPERIENCE

- Dietetic Technician; Good Samaritan Hospital, Puyallup, WA** **March 2018-August 2018**
- Screen patient charts for the entire hospital and determine appropriate nutrition risk level using provided algorithm
 - Provide thorough diet education to patients as appropriate
- Dietetic Technician; University of Washington Medical Center, Seattle, WA** **October 2017-July 2018**
- Review patient records and provide appropriate diet guidance to 80 acute and chronic care patients each week
 - Adapt nutrition education materials to suit individual patient needs and learning styles
- Dietary Aide III; Good Samaritan Hospital, Puyallup, WA** **March 2016-September 2017**
- Advised acutely ill patients in ordering meals according to prescribed diet
 - Assembled and delivered meal trays and supplements to an average 50 patients each shift
- Registration Assistant; Student Academic Services, Seattle, WA** **March 2015-June 2017**
- Redesigned and edited layout of 11 registration forms for campus-wide distribution
 - Condensed extensive student data reports into simplified summaries
- Catering Team Member; Seattle Pacific University, Seattle, WA** **September 2013-June 2015**
- Demonstrated strong attention to detail in a fast-paced environment through elaborate catering events
 - Communicated effectively with coworkers when serving a plated dinner to over 200 guests

VOLUNTEER AND LEADERSHIP EXPERIENCE

- Food Pantry Volunteer; Sumner Food Bank, Sumner, WA** **June 2017-Present**
- Participate in client check-in, donation sorting and pantry stocking for 5 hours each month at a local food bank
- Funeral Reception Volunteer; St. Andrews Catholic Church, Sumner, WA** **September 2011-Present**
- Implement quantity food production strategies from purchasing to preparation and serving through coordination of funeral receptions
- Teacher's Assistant; Seattle Pacific University, Seattle, WA** **September 2016-June 2017**
- Graded and provided feedback on 10 class assignments over 2 academic quarters for 3 hours each week
- Nutrition Club Treasurer; Seattle Pacific University, Seattle, WA** **September 2016-March 2017**
- Managed club budget and purchased supplies for bi-monthly meetings
 - Collaborated with other leadership team members to plan and execute 10 nutrition-focused meetings during the academic school year
- Community Kitchen Team Member; Seattle Pacific University, Seattle, WA** **September 2015-June 2016**
- Administered approximately 200 hours of planning and meal service over the course of 10 events
 - Planned menus, recruited kitchen participants, and prepared meals alongside community members