**Relevant experience page:**

**Community Focused Dietetic Internship through Cedar Crest College**

**My rotations: (Turn table with photos of me OR cards/grid)**

**Clinical**

Lehigh Valley Hospital, Cedar Crest Campus

* The Lehigh Valley Hospital started my dietetic internship off with a fast-paced, acute clinical care experience. I’ve gained experience with inpatient nutrition counseling, patient charting using EPIC (an electronic health record system), many and layered disease states, and integrated healthcare.
* Sitting at desk

Lutheran Home of Topton

* My long-term clinical care rotation at the Lutheran Home of Topton provided experience in patient charting through Vision (an electronic health record system), pressure injury care and wound rounds, and some nutrition education.
* Photo doing wound rounds

**Food service management:**

Colonial School District

* My food service management rotation with the Colonial School District allowed me to gain experience in auditing kitchens, staff meetings and education, unions, budgets, and program develop and implementation. I took on the project of finishing the development of a breakfast cart program in one of the elementary schools, which proved to be successful in increasing the school breakfast participation by close to 50% in the elementary school. (COMPLETE IN WEBSITE!)
* Photo with food cards

**Community:**

The Food Trust

* I had the opportunity to intern with The Food Trust, a non-profit organization which primarily focused on food access for low income areas. I’ve gained experience in SNAP-Ed and nutrition education, grant proposal writing, program planning, and even some graphic design!
* Farm photo

ShopRite of Hempfield

* This short rotation offered a great experience in retail dietetics. I’ve gained experience with nutrition and cooking classes for groups with various needs, grocery store tours, and in-store nutrition counseling.
* Photo at the YMCA

WIC NORTH Inc.

* My community nutrition rotation with WIC NORTH Inc. in Philadelphia offered a wide variety of experiences in nutrition counseling in a low income setting, WIC benefits, group nutrition educations, food demonstrations, program planning, and some graphic design.
* After collaborating with the nutritionists to assess the need of WIC participants, I created a low budget cookbook program that targets the parents or guardians, primarily mothers, with the intent of increasing the amount of cooking done in the home. Along with this cookbook, I also created and taught a lesson at a handful of WIC offices around the Philadelphia area that offered a recipe taste test, information on cooking healthy meals at home, and how to use the booklet.
* Photo at table

St. Luke’s Rodale Institute Organic Farm

* This short rotation expanded my knowledge about the food system. While at the farm, I helped prepare for the upcoming growing season by seeding, preparing growing beds, and readying the hoop houses.

**Home page:**

Alexandra Kummerer

Large photo (me in front of green leaves, CCC photo)

I find myself drawn to many aspects of nutrition: clinical, community, and food service management and just about everything in between. Especially after completing my dietetic internship with Cedar Crest College, I realized that because of the nature of nutrition, every genre of nutrition has the ability to provide a positive impact to communities. As a kid thinking about what I wanted to grow up to be, I remember always thinking that I wanted to make an impact no matter what; I really wanted to make a difference in peoples' lives. I feel that almost any genre of nutrition can help me achieve that dream.

**About me:**

Introduction:

I am a graduate student studying at Cedar Crest College and a recent graduate from the Cedar Crest College Dietetic Internship Program. I received my B.S in Nutritional Sciences with a focus in dietetics and basic science from Penn State University where I was involved in a variety of different groups and activities like the Student Nutrition Association, the Student Farm Club, and the Penn State Rock Climbing Wall.

**Contact Me:**

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