

**Charlotte A. Griffith**  
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## **Education**

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**Dietetic Internship at Medical University of South Carolina**, Charleston, SC Expected Completion: May 2020  
Concentration: Clinical Adult Medical Nutrition Therapy

**Tufts University**, Boston, MA Graduated: December 2018  
Master of Nutrition Science and Policy Cumulative GPA: 3.90  
Thesis: *Alternate day fasting to improve weight loss, body composition and metabolic health in obese individuals as compared to continuous energy restriction: a 6-month randomized control trial*

**Purdue University**, West Lafayette, IN Graduated: May 2017  
Bachelor of Science, Nutrition and Dietetics Cumulative GPA: 3.06

## **Work Experience**

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**Farmer's Fridge**, Chicago, IL May 2019-Present  
*Nutrition Consultant*

- Analyze ESDA Economic Research Service data sets to identify gaps in dietary intake of Farmer's Fridge target population compared to RDA's in order to develop a high-level perspective of company's public health impact goals
- Utilize ESHA Genesis R&D Food Analysis & Labeling Software to update menu item nutrition facts labels to meet new FDA ruling concerning food labeling regulations
- Conduct nutritional analysis of all products to define current overall health impact of Farmer's Fridge menu on target population dietary intake and to identify areas of opportunity to improve nutritional value of menu items
- Develop Farmer's Fridge nutritional and ingredient framework template to guide menu development and innovation to optimize nutritional value of menu items to achieve positive demonstrated health outcome goals

**Urban Science**, Detroit, MI June 2018-Present  
*Nutrition Consultant*

- Created multi-media presentations on a project-based contract to promote behavior change towards healthy decision-making by educating parents and children within the city of Detroit about the long-term benefits of maintaining a balanced diet and exercise regimen

**Advocate Condell Medical Center**, Libertyville, IL August 2018- May 2019  
*Diet Clerk*

- Processed physician orders by maintaining patient files, modifying menus, and preparing labels for enteral nutrition products
- Promoted adequate nutrient intake according to therapeutic diet by assisting patients with menu selections and entering selections into C-BORD foodservice system for over 250 patients per day
- Developed a new policy (implemented by Advocate) requiring all diet clerks to coordinate specialized therapeutic diet orders between dietitians, physicians, nurses and staff to prevent harmful eating environments and ensure patient safety

**Purdue University Department of Nutrition Science**, West Lafayette, IN February-May 2017  
*Undergraduate Research Assistant*

- Assisted in molecular cell line research in a laboratory setting by conducting assays and monitoring cellular function
- Observed and studied the mechanism by which exercise interventions alter the chromatin state of mitochondrial and nuclear compartments in the cell in an effort to understand the contribution of mitochondrial adaptations to the prevention and treatment of insulin resistance in obese populations

*Teaching Assistant-NUTR 424: Communication Techniques in Food and Nutrition* August-December 2016

- Provided support to the professor and students, attended all classroom and laboratory sessions, graded student assignment submissions and provided feedback to students
- Developed rapport with students by fielding all questions during tutoring sessions and office hours to ensure their understanding of complex nutrition communication concepts and encourage the achievement of class learning outcomes

**Food Finders Food Bank Inc., Lafayette, IN***Volunteer*

January 2016-May 2017

- Engaged with fellow volunteers within the Lafayette community to organize, re-package and store donated food items to be distributed to food insecure households in sixteen surrounding counties

**Purdue University Ben and Maxine Miller Child Development Laboratory School, West Lafayette, IN***Pediatric Nutrition Consultant*

February-May 2016

- Led interactive nutrition classes for 2-year-old children by developing a food sorting game and arts and craft activities to help children identify nutritious fruits and vegetables
- Developed and conducted a pre and post assessment to measure the effectiveness of the 5 week interactive nutrition course, which promoted healthy eating habits in adolescents

**Northwestern University Sport Performance Nutrition, Evanston, IL***Sports Nutrition Intern*

June-August 2016

- Provided nutrition education through food demonstrations to Northwestern University athletic programs to improve on-field performance during the off-season
- Developed sports nutrition infographics emphasizing performance-enhancing nutrition habits for student athletes

**Boilermaker Fuel: High Performance Sports Nutrition, West Lafayette, IN***Sports Nutrition Student Associate*

January 2014-May 2015

- Interacted with Purdue University athletes to encourage healthy nutrition habits by developing and implementing infographics tailored to topics of interest including pre and post workout nutrition and recipes to aid in meal preparations
- Distributed nutritious snacks to all Purdue University sports team athletes at weight room fueling station to improve on-field performance and foster a positive eating environment

**Certifications**

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## Collaborative Institutional Training Initiative (CITI) Program Certification

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|---|----------------|
| • Good Clinical Practices Social and Behavioral Research Best Practices for Clinical Research | September 2019 |
| • HIPAA Health Privacy  | February 2019  |
| • Human Subjects Research: Social-Behavioral-Educational Research                             | November 2018  |
| • ServSafe Food Protection Manager Training Certification                                     | May 2017       |

**Professional Involvement**

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| Student Member, American Society for Nutrition                      | January 2020-present      |
| Student Member, Charleston Trident Dietetic Association             | September 2019- present   |
| Student Member, Chicago Academy of Nutrition and Dietetics          | May 2018-present          |
| Student Member, The Academy of Nutrition and Dietetics              | September 2013-present    |
| Member, The National Society of Collegiate Scholars                 | January 2014-May 2017     |
| Member, Nutrition Society   | August 2013-May 2017      |
| Elected Member, Sigma Kappa Sorority Membership Selection Committee | August 2015-May 2017      |
| Member, Sigma Kappa Sorority, Beta Sigma Chapter                    | August 2013-May 2017      |
| Executive Council Member, Sigma Kappa Sorority                      | January 2014-January 2015 |