
ALYSSA LEIGH TORRES

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Hollister, CA 95023
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PROFESSIONAL PROFILE

- Diverse experiences in clinical nutrition, community nutrition and foodservice
- Basic understanding of the Spanish language
- Proficient in utilizing motivational interviewing in the counseling setting
- Self-starter with the ability to take charge of a project, task or assignment until completed

DIETETIC INTERNSHIP

California State University, Chico Dietetic Internship

May 2014

Chico, CA 95926

Intern

-8 weeks of food service administration, 16 weeks of clinical and 8 weeks of community rotations

- Successfully provided two weeks of extensive clinical staff relief in the Intensive Care Unit and Medical Unit, and one week of staff relief in the kitchen as a supervisor at Oroville Hospital
- Demonstrated excellent communication with the health care team to ensure patient care
- Developed and performed appropriate in-services for food service, community, and clinical staff members
- Made evidenced based recommendations using the nutrition care process, and offered suitable nutrition education for patients in the clinical and community settings
- Reviewed school menus and competitive foods for Chico Unified School District in order to verify if the schools are compliant with the Federal and California regulations
- Created nutrition education materials for participants and staff at Glenn County WIC
- Assisted in teaching a lesson on grains to kindergarten-3rd grade classes through UC Cooperative Extensions

EDUCATION

Bachelors of Science in Nutrition and Food Science

December 2012

Option in General Dietetics

California State University, Chico

Overall GPA 3.433

Associates of Arts in Liberal Studies/University Studies

May 2010

Gavilan College

Gilroy, CA 95020

RELATED EXPERIENCE

Windsor Chico Medical Center

May 2012-May 2014

Chico, CA.

Dietary Aid and Prep Cook

- Acquired an understanding for the importance of paying attention to detail and practicing sanitation while serving a high risk population
- Effectively demonstrated leadership through training of new employees
- Prepared meal trays according to patient specific diet orders
- Showed ability to handle difficult situations and improvise to better accommodate residents when supplies were limited

Veterans Executive Committee to Organize Rehabilitative Services

Chico CA

September-December 2012

Intern

- Introduced nutritious meals to residents while practicing proper sanitation techniques
- Provided nutrition education and materials for residents about fruits

Courtyard Marriott

November 2010-May 2012

Chico, CA

Bistro Cashier and Server

- Demonstrated the ability to multi-task efficiently in a fast-paced environment
- Presented exceptional customer service to a demanding clientele
- Effectively established leadership through training of new employees
- Established accuracy through processing payments using a cash register system (Micros)
- Prepared and served guests using proper sanitation techniques

Nutrition Counseling Training

July-December 2011

Chico, CA

Intern

- Participated in weekly role play activities to increase proficiency in motivational interviewing
- Gained additional knowledge in motivational interviewing through readings, videos, and shadowing counseling appointments

PROFESSIONAL CERTIFICATIONS AND SKILLS

- ServSafe Certified through the National Restaurant Association (2011)
- Hazard Analysis and Critical Control Points Certified (2011)
- Computer literate in diet analysis software, Microsoft Word, Excel, Power Point, Vista (Electronic Medical Record System)

HONORS AND AFFILIATIONS

- Member of the Academy of Nutrition and Dietetics Fall 2011-Present
- Events Coordinator Assistant for Nutrition and Food Science Association Fall 2012
- Member of Nutrition and Food Science Association Spring 2010-Fall 2012
- College of Natural Science Dean's List Fall 2011
- Employee of the Quarter at the Courtyard Marriott Chico, CA October 2011
- Member of California State University, Stanislaus Union Program Board Fall 2008