

Savannah Lillian

Address:.....

Email:.....

Phone:.....

Education

Master of Public Health: Nutrition & Dietetics

2017-Present

University of Toronto, Toronto, ON

B.A.Sc. Applied Human Nutrition

2013-2017

University of Guelph, Guelph, ON

- Food Science Certificate

Research Experience

MPH: Nutrition & Dietetic Intern

2018-2019

University of Toronto, Toronto, ON

- Enhanced critical thinking skills by interpreting food insecurity measurement and surveillance data in Canada in order to develop evidenced-based policy interventions to help reduce the prevalence of household food insecurity.
- Improved interpersonal skills by facilitating the implementation and evaluation of a nutrition-risk screening tool and applying change management theories with multiple stakeholders such as nurses, registered dietitians, and unit managers.
- Advanced leadership skills by contributing to food service initiatives at Aramark Canada by reviewing menu labels with reference to updated Ontario Menu Labeling Legislation standards and suggesting improvements for team members.

Undergraduate Research Assistant

2016-2017

University of Guelph, Guelph, ON

- Enhanced analytical skills through the development of meal plans and menu analysis based on specific macronutrient ranges using online nutrition software.
- Developed time management skills through preparation of meal plans for Gene Blueprint (Nutrigenomics Company) under the supervision of a Master of Applied Nutrition (MAN) student.

Presentations

UHN Clinical Dietetic Intern

2018-2019

Toronto, ON

- Conducted education sessions for nurses, nurse educators, and clinical nurse specialist related to the implementation and process evaluation of a newly developed nutrition-risk screening tool aimed at addressing the needs of patients at high-risk of malnutrition.
- Demonstrated public speaking skills by presenting on compassion fatigue, burnout, and secondary traumatic stress for UHN staff members while collaborating with pharmaceutical, social work, and dietetic students.

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Teaching Experience

Supported Learning Group (SLG) Leader

2015-2017

University of Guelph, Guelph, ON

- Developed critical thinking skills through facilitation of weekly 90-minute sessions for first and second year courses through self-directed time management skills.
- Advanced written communication skills by formulating weekly handouts for chemistry, mathematics, and biochemistry for undergraduate students.

Community Involvement

MPH: Nutrition & Dietetic Intern

2017-2019

University of Toronto, Toronto, ON

- Conducted a situational analysis at Community Share Food Bank in Toronto, and collaborated with community partners to develop recommendations for improvements.

Certifications/Qualifications

Mental Health First Aid Certificate

2019

CPI Certified (Nonviolent Crisis Intervention Training)

2018

Canadian Red Cross Emergency First Aid CPR/AED Level C

2017

Trauma Informed Services and Conflict Resolution Training (Mandt Course)

2016