

**Meredith Mannix, MS, RD, LD**

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**EDUCATION**

M.S. in Nutrition, August 2020

University of Central Arkansas

*Research topic:* “Effect of professional standards on recruitment, retention, and hiring practices in school nutrition programs”

Advisor: Alicia Landry

B.S. in Nutrition (Dietetics), May 2019

Texas Woman’s University

Honors Scholar Program, *Cum Laude*

*Capstone topic:* “Evaluation providing feeding advice via text messaging in primary care to prevent onset of early pediatric obesity”

Advisor: Kathleen E. Davis

**PROFESSIONAL EXPERIENCE**

August 2024-Current: Clinical Instructor and Dietetics and Nutrition Therapy (DNT) Coordinator  
The University of Central Arkansas, College of Health and Behavioral Sciences, Nutrition and Family Sciences

- Ensuring that the program meets the accreditation criteria established by the Accreditation Council for Education in Nutrition and Dietetics
- Teaching 3 classes a semester
- Managing the schedules of 7 DNT cohort students
- Advisor for Dietetics and Nutrition Therapy Association

January 2021-August 2024: Nutrition Consultant

Arkansas Department of Education, Division of Elementary and Secondary Education,  
Child Nutrition Unit

- Provide training, technical assistance, and program monitoring for 31 school districts in Arkansas as they implement United States Department of Agriculture (USDA) federal school meal programs
- Lead trainings and present to over 150 school districts statewide
- Liaison for partnerships related to Wellness
- Develop resources and trainings to assist school districts statewide
- Use of Microsoft Excel, Word, and PowerPoint
- ServSafe testing

September 2020-September 2021: Tutor

Varsity Tutors

- Used online tutoring software resources
- Enhanced student’s knowledge on desired topics
- Developed examples and materials for success

November 2020-December 2020: Clinical Dietitian (PRN)

Sodexo - Texoma Medical Center

- Performed nutrition screening, assessment, & education
- Calculated tube feeding
- Contributed ~150 total hours

October 2020-December 2020: Substitute Teacher  
UME Preparatory Academy

- Provided instruction to a variety of grades on different subjects
- Managed both classroom and Zoom students

May 2019-August 2020: Dietetic Intern  
University of Central Arkansas

- *Foodservice:*
  - Conway Regional, Conway, AR - Developed standardized recipes, planned special events, developed family meal program
  - Conway Public Schools Conway, AR - Planned and implemented foodservice training to a staff of 80 employees
  - Department of Human Services
  - Catering Projects
- *Community:*
  - K-12 Culinary Connection (private Arkansas company who contracts with rural school districts) - Observed school nutrition management duties (purchasing, menu planning, budgeting)
  - Cooperative Extension State Office, Little Rock, AR - Developed research protocol
  - Local community classes on diabetes, weight management, and other nutrition classes
- *Clinical:*
  - Easterseals Arkansas, Little Rock, AR (long term care facility for children with special needs) - Conducted weight checks, yearly nutrition assessments, calculated tube feeds, developed clinical resources
  - Aramark at University of Central Arkansas - Observed and conducted student outpatient counseling
  - Arkansas Children's Hospital, Little Rock, AR - Rotations: Cardiac ICU, burn unit, general pediatric, neurology, calculating EN and TPN
  - White River Medical Center, Batesville, AR - Rotations: General adult, adult psychiatric, adult rehab
  - WIC State Office, Little Rock, AR
  - NCPRO Online Case Studies - Weight management, diabetes, malnutrition, oncology, enteral nutrition, chronic kidney disease, liver disease, diverticular disease, cystic fibrosis

August 2016-May 2019: Statistics Tutor  
Texas Woman's University

- Explained math concepts to students
- Answered questions
- Used Microsoft Excel
- Tutored students with disabilities and provided resources

## **LICENSE/CERTIFICATES**

**Licensed Dietitian**, Arkansas Dietetics Licensing Board (Licensure Number: 2633)

**Registered Dietitian**, Commission on Dietetic Registration (Registration ID: 86118550)

**Arkansas Certified Child Nutrition Director**, Arkansas Department of Education, Division of Elementary and Secondary Education, Child Nutrition Unit

**Certified ServSafe Instructor & Registered ServSafe Examination Proctor**, National Restaurant Association (Certificate No. 6786187)

## TEACHING RESPONSIBILITIES

*University of Central Arkansas*

FACS 6350	Statistical Methods in Family and Consumer Sciences (Fall 2024)
NUTR 4325	Medical Nutrition Therapy 1 (Fall 2024)
NUTR 5317	Community Nutrition Practicum (Fall 2024)

## PROFESSIONAL MEMBERSHIPS, ASSOCIATIONS, AND COMMITTEES

2024-current	Interprofessional Education (IPE) Committee at the college level, <i>Member</i>
2024-current	Dietetics and Nutrition Therapy Association, <i>Faculty Advisor</i>
2020-2024	Arkansas School Health Services Initiative, <i>Partnership Liaison</i>
2018-2021	Academy of Nutrition and Dietetics, <i>Member</i>
2019-2020	Dietetic Intern Association, <i>Member</i>
2018-2019	Phi Upsilon Omicron, TWU, <i>Initiation Committee</i>
2018-2019	Food and Nutrition Network, TWU, <i>President</i>
2017-2018	Food and Nutrition Network, TWU, <i>Member</i>
2017-2019	Texas Student Dietetic Association, <i>Member</i>
2018-2019	Athenian Honor Society, TWU, <i>Member</i>
2016-2018	Athenian Honor Society, TWU, <i>Social Committee</i>

## TEACHING EXPERIENCE

*Child Nutrition Unit Webinars, Zoom Sessions, and Digital Learnings*

2023	Digital Learning <i>Meal Pattern and OVS for Managers</i> , ~200 participants
2023	Digital Learning <i>Food Buying Guide Introduction</i> , ~300 participants
2023	Virtual Manager's Recertification <i>Preschool Meal Pattern and Afterschool Snack Program</i> , ~200 participants, 1 hour
2022	Digital Learning <i>Preschool Meal Pattern</i> , ~200 participants
2022	Digital Learning <i>Key Performance Indicators</i> , ~180 participants
2021	Virtual ServSafe Study Group, 16 participants, 2.5 hours
2021	Virtual Director Certification - <i>Key Performance Indicators</i> , 28 participants, 6 hours
2021	Virtual Director's Conference – <i>Meal Pattern Updates</i> , ~200 participants
2021	Virtual Manager's Recertification, ~125 participants <ul style="list-style-type: none"><li>• <i>School Breakfast Program and Afterschool Snack: Meal Components, Meal Patterns, Reimbursable Meals, and Offer Vs. Serve</i></li><li>• <i>Meal Pattern Documentation, Standardized Recipes, and Food Crediting</i></li></ul>
2021	Virtual Manager's 1 and 2 <ul style="list-style-type: none"><li>• <i>Productions Records, Assist</i>, ~30-40 participants</li><li>• <i>Basic Culinary Math</i>, ~30-40 participants</li></ul>
2021	Virtual ServSafe Study Group, ~40 participants, 2.5 hours

*Child Nutrition Unit Workshops and Trainings*

2024	Managers Part 1 <ul style="list-style-type: none"><li>• <i>Intro to Child Nutrition</i> ~160 participants, 4 Days</li></ul>
2024	<i>Tray Day Training: A Menu Planning Workshop</i> , ~5 hours taught <ul style="list-style-type: none"><li>• Taught 4 breakout sessions, ~24-48 participants each</li><li>• Developed lesson plans, content material, and activities for a breakout session</li></ul>
2024	Education Cooperative Training Workshop <i>Financial Management</i> , 3 participants, 3.5 hours
2023	<i>The Price is Right: Procurement Training</i> , ~2 hours taught <ul style="list-style-type: none"><li>• <i>Product Specifications</i>, ~160 participants</li></ul>

- 2023 • Developed lesson plans, content material, and activities for a session  
Education Cooperative Training Workshop *Verification for SY2023-2024*,  
15 participants, 3.5 hours
- 2023 Education Cooperative Training Workshop *Food Safety*, 3 participants, 3 hours
- 2023 Managers Part 1 and 2
  - *Intro to Child Nutrition - Preschool and Afterschool Snack*,  
~200 participants, 1 hour
  - *Production Record Review*, ~90 participants, 1.50 hours
  - *Handwashing*, ~30 participants, 2.75 hours
- 2023 Education Cooperative Training Workshop *Food Buying Guide and Recipes*,  
2 participants, 3.5 hours
- 2023 Education Cooperative Training Workshop *Wellness and Smart Snack  
Compliance*, 8 participants, 3 hours
- 2022 Education Cooperative Training Workshop *Verification Training*,  
11 participants, 3 hours
- 2022 Education Cooperative Training Workshop *Establishing Meal Eligibility for  
SY2022-2023*, 7 participants, 3 hours
- 2022 Manager's 1 ~60-100 participants
  - *Production Records*, 2 weeks
  - Developed lesson plans, content material, and activities for 3 days
- 2021 Staff Development Training: *Indistar – What to Look for an Administrative Review*,  
~14 participants, 0.25 hours

#### **SPEAKING ENGAGEMENTS**

- 2024 Guest Speaker, School Health Services Coordinated School Health Quarterly  
Statewide Meeting *Triennial Assessment Requirements*,  
Zoom, ~90 participants, 0.75 hours
- 2023 Presenter, Arkansas Department of Education Annual Summit Conference  
*Feeding Preschool Students and Accountability in USDA Child Nutrition  
Programs*, ~200 participants, 1 hour

#### **PUBLICATIONS**

April 2022 Key Performance Indicators Training Website including 3.25 hours worth of training videos and compiled resources

#### **PROFESSIONAL DEVELOPMENT TRAINING**

- 2024 USDA Procurement/FSMC Training  
USDA Southwest Regional Office, Baton Rouge, LA, February 2024
- 2023 Arkansas Department of Education Summit  
Arkansas Department of Education, Hot Springs, AR, July 2023
- 2022 Arkansas Department of Education Summit  
Arkansas Department of Education, Hot Springs, AR, July 2022
- 2021 Arkansas Child Nutrition Unit Annual Directors' Conference  
Arkansas Department of Education, Child Nutrition Unit, Virtual, July 2021
- 2021 Child Nutrition Procurement Series (5 Sessions) with Barry Sakin  
Arkansas Department of Education, Child Nutrition Unit, Virtual, July 2021
- 2019 Food and Nutrition Conference and Expo  
Academy of Nutrition and Dietetics, Philadelphia, PA, October 2019
- 2018 Food and Nutrition Conference and Expo  
Academy of Nutrition and Dietetics, Washington, DC, October 2018

**SERVICE**

2022-Present            Teaching Faith Formation Classes (5th grade SY22-23, 8th grade SY23-24)  
2024                      St. Joseph Flea Market Volunteer  
2020                      UCA MSDI Mentorship Program  
2018-2019              Volunteer, Our Daily Bread, Denton TX  
2016-2019              Volunteer, Texas A&M AgriLife Extension  
                              • Dinner Tonight Program Volunteer/Planning Committee  
2016-2017              Helping Hands, TWU Service Organization

**HONORS AND AWARDS**

2020                      Outstanding Dietetic Intern, UCA  
2018                      Phi Upsilon Omicron, TWU  
2018, 2017, 2016      Dean's List, TWU (Fall 2016, Spring 2017, Spring 2018)  
2016, 2015              Chancellor's List, TWU (Fall 2015, Spring 2016)  
2013                      Gold Award, Girl Scouts