

Zoe Nicole Mastromihalis

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E-portfolio: www.zoemastromihalis.com

EDUCATION

Rutgers University - New Brunswick

Expected Graduation: May 2024

School of Environmental and Biological Sciences – B.S. in Nutritional Sciences - Dietetics Option, Minor in Biological Sciences

WORK EXPERIENCE

Sammy's Steakhouse

Mendham, NJ

Server (11 hours/week)

June 2019 – Present

- Serve food and beverages while maintaining high-quality formal table service to 100+ customers daily
- Work closely with staff to provide exceptional service as a team and ensure orders are served in a fast and efficient manner
- Trained 10+ incoming staff members regarding the restaurant's procedures, culture, and practices
- Maintain a clean and sanitary work environment in a fast-paced setting

B&G Foods, Inc.

Parsippany, NJ

Research & Development Intern (37.5 hours/week)

June 2022 – August 2022

- Worked closely with the R&D team to assist in innovating new and existing food products within a budget and time-frame
- Conducted shelf-life and analytical tests, compiled data from experiments and procedures, interpreted data, drew conclusions, and reported findings back to the team
- Enhanced knowledge in formulation, ingredient functionality, analytical testing, sensory methods, and organoleptic testing

LEADERSHIP AND COMMUNITY SERVICE

Healthy Kids of New Brunswick

New Brunswick, NJ

President (prev. Meeting Chair [2022-23], prev. General Member [2021-22])

September 2023 – Present

- Volunteer weekly at a local elementary school to educate 50+ underserved youth of New Brunswick each year about healthy lifestyle habits to help prevent chronic illnesses such as diabetes, obesity, cardiovascular diseases
- Work with New Brunswick Public Schools and Youth Services System to coordinate volunteering sessions, and keep records to ensure all volunteers are in compliance with the required background checks and training
- Assist in creating lesson plans consisting of health presentations and free fitness workouts for each session with the children
- Plan and execute executive board meetings, general body meetings, and social events for club members
- Develop and implement communication and marketing materials including emails, social media content, and flyers

Kappa Omicron Nu (KON) - Omicron Beta Alpha Chapter - National Honor Society for Human Sciences

New Brunswick, NJ

Vice President & Volunteering Committee Chair (prev. Corresponding Secretary [2022-23])

September 2023 – Present

- Plan and coordinate general body meetings and manage communications with members through email
- Lead volunteering committee to seek out and organize nutrition-related volunteering opportunities for members to participate in
- Manage marketing and communication materials for the public about the organization's activities and events

Rutgers Aresty Research Assistant Program

New Brunswick, NJ

Research Assistant

September 2022 – April 2023

- Conducted a research project under Dr. Sanjib Bhuyan that analyzed food consumption behavior of Americans and how socioeconomic factors such as household income and government assistance programs may be associated with nutrient intake
- Formulated research objectives and hypotheses, used SPSS to analyze data from the USDA National Household Food Acquisition and Purchase Survey, and drew conclusions based on correlations and associations found among the tested variables
- Collaborated with a team of research assistants to write a paper and create a poster detailing the research process and results for each of our subtopics, and presented our findings at the annual university-wide undergraduate research symposium

Rutgers Sports Nutrition Department

New Brunswick, NJ

Sports Nutrition Volunteer

September 2022 – December 2022

- Invested 60+ hours assisting Sports Dietitians and developing nutrition education materials for Division I student athletes
- Managed fueling station operations for 7 sports teams and interacted with student athletes regarding making nutritious choices

Lambda Kappa Sigma - Professional Pharmacy Fraternity

New Brunswick, NJ

Fundraising Co-Chair (prev. Professional Fraternity Council Rep [2020-21], PR Committee Member [2020])

January 2020 – May 2022

- Coordinated merchandise supply chains from start to finish, including conceptualizing products, coordinating with manufacturers, sourcing supplies, distributing products to customers, and calculating profit margins
- Helped raise \$2,000+ for the organization's philanthropies Project HOPE, Rutgers Dance Marathon, RU4Kids, Malala Fund

- Invited guest speakers for professional development events to educate pharmacy students on various health topics and to provide networking opportunities with professionals in those fields

Martinsville Rescue Squad

Martinsville, NJ

Emergency Medical Technician (prev. Cadet [2017])

August 2018 – March 2021

- Invested 1,500+ hours on call and responded to 911 calls from local community members in need of medical attention
- Assessed each patient to arrive at a preliminary diagnosis and delivered appropriate treatment while transporting to the hospital
- Effectively communicated verbal reports of each case to the ER staff and wrote and filed written reports for squad records

SKILLS, CERTIFICATIONS, AND MEMBERSHIPS

Skills: Proficient in Microsoft 365, Google Workspace, patient assessment, measuring and interpreting vital signs, documentation, confidentiality, sensory evaluation, quantitative and qualitative research, statistical data analysis, IBM SPSS Statistics, food safety and sanitation procedures, customer service, POS systems, professional communication, lab safety, aseptic technique, cell culture plating, pipetting, gram staining, microscopy, chromatography, polymerase chain reaction, and gel electrophoresis

Awards & Certifications: ServSafe Food Protection Manager Certification (2023-present), Dean's List (Fall 2023), American Heart Association Basic Life Support Certification (2023-present), Kappa Omicron Nu Honor Society - Omicron Beta Alpha Chapter Recognition Award (2023)

Memberships: Kappa Omicron Nu Honor Society (September 2022-present), student member of Academy of Nutrition and Dietetics (March 2022-present), student member of Institute of Food Technologists (March 2022-present)