

# Lisa M Woodward

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## EDUCATION

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### **Brigham Young University-Provo**

- Bachelors of Science, April 2012

### **Brigham Young University-Idaho**

- Associates of Science, April 2008

## VOLUNTEER ACTIVITIES

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### **El Centro de la Familia Head Start Menu Planning Group**

August–December 2011

- Worked with group to create a five-week cycle winter menu that met USDA, Head Start and El Centro nutrition guidelines

### **Americorps Internship at Food Bank**

May–August 2011

- Interviewed and counseled clients during intake and processed paperwork
- Spanish translation for Latino clients

### **Elementary School Nutrition Classes**

September–December 2009, September–December 2011

- Created and taught lesson plans for nutrition classes for after-school programs in the area
- Participated in the creation of a perpetual program and lesson plans to continue nutrition classes for a minimum of five years

### **Health Science Society of BYU-Idaho**

September 2007–April 2008

- Nominated as Research Committee Chairperson during the society's first semester
- Responsible for the production of a brochure promoting healthy breakfast

### **Heber J. Grant Scholarship Program**

September 2007–July 2009

- Volunteered mentor assistance to freshman scholar my second semester in college
- Assigned to write online training material for the pilot off-campus mentoring program for disadvantaged youth

## WORK EXPERIENCE

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### **Spokesperson, Utah Dairy Council, Salt Lake City, UT**

September 2011–Present

- Traveled to high school sports events to promote drinking chocolate milk as a recovery beverage
- Educated athletes and their parents of the exceptional benefits of drinking chocolate milk

### **Cook, The Charleston, Cedar Hills, UT**

May–August 2008, April 2010–September 2011

- Prepared meals for sixty to seventy residents without standardized recipes, including specialized meals for those with celiac' disease, diabetes, and dysphagia
- Managed kitchen staff of four to five employees and oversaw all kitchen activities during my shift
- Initiated and presented a training meeting for servers to increase professionalism and quality service to residents

### **Teaching Assistant, Brigham Young University-Idaho, Rexburg, ID**

January–April 2008

- Invited to teach Physical Science 100 lab by professor after my first semester in college
- Responsible for lab set up, teaching students, grading papers, and conducting make-up labs

## AWARDS

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- **Member of Phi Kappa Phi**

March 2010–April 2011

- **Heber J. Grant Scholar**

September 2007–April 2008

- **Horatio Alger Foundation Scholar**

September 2007–April 2012

