

Jamie Bommarito Daugherty PhD, RDN, CSSD

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Objective: Seeking continued education, research, community outreach, and management experience with collegiate and professional organizations focusing on health, wellness, physical performance, and building culinary confidence.

Education:

Doctor of Philosophy (Ph.D.) in Higher Education & Student Affairs Leadership, August 2017
University of Northern Colorado

Dissertation: 'Having Enough': College Students' Understanding of Food Insecurity and Campus Food Pantry Use

Masters of Science (M.S.) in Nutrition and Physical Performance, May 2010
St. Louis University

Thesis: Effects of Body Weight Status and Exercise Habits on Orthostatic Hypotension and Electrolytes in Patients with Anorexia Nervosa or EDNOS

Certificate in Culinary Arts, *Boston University* April 2006

Bachelors of Science in Human Nutrition, *University of Illinois at Chicago* Dec. 2003

Bachelor of Arts in Psychology, Biology minor, *St. Louis University* May 2001

Grants & Awards:

- ❖ Fontbonne University Community Connection Grant (\$7,000.00) Summer 2020
Commerical Kitchen Concept
- ❖ Fontbonne University Community Connection Grant (\$8,000.00) Summer 2019
Teaching Kitchen Concept
- ❖ Fontbonne University Community Connection Grant (\$12,000.00) Summer 2018
Campus Food Pantry
- ❖ Fontbonne University Community Connection Grant (\$2,000.00) Sumer 2017
Student Professional Development
- ❖ Outstanding Registered Dietitian of the Year: Spring 2015
Colorado Academy of Nutrition and Dietetics (CAND)
- ❖ Kids Eat Right Grant Recipient for "MyPlate: How Do I Rate?" Fall 2014
- ❖ Colorado Campus Compact Grant Recipient for Service-Learning Project Spring/Fall 2012
- ❖ Young Professional Award for L'Academie Brillat-Savarian & Chaîne des Rotisseurs Foundation from Boston University April 2006

Professional Experience:

- Fontbonne University* Aug 2016-current
St. Louis, MO
- Assistant Professor, Department Chair
- ❖ Teach various food and nutrition courses: including Principles of Nutrition, Lifecycle Nutrition, Community Health and Food Systems, Nutrition and Physical Performance, Food Science Theory and Application, Experimental Foods
 - ❖ Assist in various faculty duties within the department including advising students, community outreach, committee work, and study abroad opportunities
 - ❖ Established a campus food pantry for community use
 - ❖ Develop additional usage and programming for the foods lab to include aspects of a teaching kitchen by connecting students, athletes, faculty, and community members with local foods, understanding around various food systems and functionality of culinary ingredients, and promoting healthy lifestyles by building cooking skills, knowledge, and comfort in the kitchen
 - ❖ Collaborate with the athletics department on nutrition educations, cooking demonstrations and other meal planning opportunities

❖ Faculty Advisor for Study Abroad Opportunities to Ireland and Italy

McDaniel Nutrition
Nutrition Therapist

Sept 2020-current
St. Louis, MO

- ❖ Consult weekly with a variety of MNT clients including IBS, disorderd eating, family nutrition, and sports nutrition

Major League Baseball Organization: Colorado Rockies
Team Dietitian

Jan 2013-Dec 2017
Denver, CO

- ❖ Assist baseball players in meeting their nutritional needs throughout the season by providing nutrition education and specific meals plans
- ❖ Developed original menu and recipes to meet nutrition parameters and needs of players for the season
- ❖ Assist chef in continued menu and recipe development monthly
- ❖ Work with MuscleSound Team on glycogen content data and its nutritional application for players

Johnson & Wales University
Associate Professor

Sept 2010 – Aug 2016
Denver, CO

- ❖ Teach various culinary and nutrition courses: including Athletic Performance Cuisine, Spa Cuisine, Nutrition and Sensory Analysis, Food Science, Quantity Food Service Production, How Baking Works and Introduction to Nutrition
- ❖ Assist in various faculty duties within the department including advising students and community outreach
- ❖ Completed Engaged Faculty Institute and Colorado Network of Women Leaders – Academic Management Institute programming
- ❖ Faculty Council Representative
- ❖ Wellness Council Representative
- ❖ Service-Learning Faculty Representative
- ❖ Curriculum Committee Representative for Denver campus
- ❖ Educate collegiate athletes and club sports on proper nutrition

Saint Louis University Nutrition Department
Faculty Instructor; RD/Chef

Sept 2006 - Sept 2010
St. Louis, MO

- ❖ Program Coordinator for grant project, Healthy Eating with Local Produce (HELP), using local produce from various area farmers in school systems - facilitate production and management of graduate students, of this operational processing center that provides local menu items to a local school district
- ❖ Faculty Advisor for Interprofessional Education (IPE) Program
- ❖ Facilitate dietetic interns' rotation through the HELP grant
- ❖ Teach culinary lecture component of Garde Manger, Baking & Pastry undergraduate culinary classes.
- ❖ Dietitian at University Health Center – counseling on eating disorders, heart health, celiac disease, sports nutrition and weight management; Member of Eating Disorders Support Team and Athletics Collaborative Nutrition Team
- ❖ Assist in managing day-to-day operations of Fresh Gatherings Café, a local food focused community café, within the Nutrition & Dietetics Department serving 300-350 breakfast and lunch to students, faculty, staff and community members
- ❖ Research Assistant with the Calorie Restriction, Exercise and Gulcoregulation in Humans(CREG)study

McCallum Place Eating Disorders Treatment Center
Nutrition Therapist & Dietitian

10/09-9/10; 6/06-9/07; 1/04-12/05
St. Louis, MO

- ❖ Develop and implement cooking classes, recipes and culinary education for the intensive outpatient program
- ❖ Provide nutrition therapy to clients and facilitate nutrition education classes

Publications & Invited Conference Presentations:

Daugherty, J. (2020). "Cultivating Healthy Relationships with Food Across the Lifespan by Building Kitchen Confidence." Nebraska Academy of Nutrition and Dietetics Annual Virtual Conference, Lincoln, NE. August 2020.

- Daugherty, J. (2020). "Cultivating Healthy Relationships with Food Across the Lifespan by Building Kitchen Confidence." St. Louis Academy of Nutrition and Dietetics Monthly Meeting, St. Louis, MO. August 2020.
- Daugherty, J., Birnbaum, M. & Clark, A. (2019). "Having Enough": College Students' Understanding of Food Insecurity and Campus Food Pantry Use." *Journal of Poverty* published in Summer 2019.
- Daugherty, J. (2019). "Having Enough": College Students' Understanding of Food Insecurity and Campus Food Pantry Use." Continuums of Service Conference – Campus Compact. San Diego, CA. March 2019.
- Linsenmeyer, W. & Daugherty, J. (2018). "Career Exploration of Culinary Nutrition: Motivations and Career Aspirations of Undergraduate Students." *Journal of Family and Consumer Sciences Education* published in the Fall 2018 edition.
- Daugherty, J. (2018). "Having Enough": College Students' Understanding of Food Insecurity and Campus Food Pantry Use." Wisconsin Health and Hunger Summit. Wisconsin Dells, WI. April, 2018.
- Daugherty, J. (2018). "Workforce Development through Service-Learning Experiences in Culinary Arts and Nutrition Science." Nutrition and Dietetics Preceptors Group. St. Louis, MO. April 2018.
- Daugherty, J. (2017). "Workforce Development through Service-Learning Experiences in Culinary Arts and Nutrition Science." 27th Annual Art & Science of Health Promotion Conference. Colorado Springs, CO. March, 2017
- Daugherty, J. (2016). "The Experiences of Students Utilizing a Campus Food Pantry." National Association of Student Personnel Administrators (NASPA). St. Louis, MO. November, 2016
- Daugherty, J., Broghammer, R., DeCosmo, A., Giberson, P. & Birnbaum, M. (2015). Perceived Benefits of Participation in the "Class of" Facebook Pages. *The Journal of Social Media in Society* published in the Summer 2015 edition
- Daugherty, J. (2015). The Impact of Service-Learning Experiences in Culinary Arts and Nutrition Science - published in the Fall 2015 edition of the *Journal of Public Scholarship in Higher Education*
- Daugherty, J., Broghammer, R., DeCosmo, A., Giberson, P. & Birnbaum, M. "Perceived Benefits of Participation in the "Class of" Facebook Pages." Accepted for presentation at Annual meeting of National Association of Student Personnel Administrators (NASPA). New Orleans, LA. March, 2015
- Daugherty, J. "Re-tooling Your Curriculum through Service Learning Experiences in Culinary Arts and Nutrition Science." Center for the Advancement of Foodservice Education (CAFE) Health and Food Symposium. New Orleans, LA. October, 2014
- Daugherty, J. "Workforce Development through Service-Learning Experiences in Culinary Arts and Nutrition Science." 17th Annual Continuums of Service Conference. Honolulu, HI. April, 2014
- Daugherty, J., Broghammer, R., DeCosmo, A., Giberson, P. & Birnbaum, M. "Perceived Benefits of Participation in the "Class of" Facebook Pages." College Personnel Association of Colorado Drive-In Conference. Denver, CO. January, 2014.
- Daugherty, J. "Combining Fundamentals of Culinary Arts and Nutrition Science." Poster Presentation at the Service-Learning Showcase at the National Youth Leadership Council. Denver, CO. March, 2013
- Daugherty, J. & Villalobos, A. "Community Engagement: Combining Fundamentals of Culinary Arts and Nutrition Science." College Personnel Association of Colorado Drive-In Conference. Denver, CO. January, 2013.

Daugherty, J. & Davies, E. "Combining Fundamentals of Culinary Arts and Nutrition Science, while Making a Difference in the Lives of Students." Campus Compact Heartland Conference. St. Louis, MO. October, 2012.

Daugherty, J., Weiss, T. & Ridley, C. "Effects of Body Weight Status and Exercise Habits on Orthostatic Hypotension and Electrolytes in Patients with Anorexia Nervosa or EDNOS." Paper presented at the Graduate Student Research Symposium. St. Louis, MO. March, 2010.

Certifications

- ❖ Board Certified Specialist in Sports Dietetics (CSSD) July 2011
- ❖ ServSafe Certification Dec 2016

Professional Affiliations:

- ❖ Nutrition Entrepreneurs Dietetic Practice Group June 2019 – current
- ❖ Les Dames d’Escoffier Member Sept 2018 – current
- ❖ Nutrition Dietetics Educators and Preceptors Group June 2017- current
- ❖ Research Dietetic Practice Group June 2014 – current
- ❖ Colorado Campus Contact Member Feb 2011 – Aug 2016
- ❖ Collegiate and Professional Sports Dietitian Association Dec 2010 – current
- ❖ Colorado Academy of Nutrition and Dietetics/Denver Dietetic Association Oct 2010 – May 2017
- ❖ Sports and Human Performance Nutrition (SHPN) Dietetic Practice Group June 2009 – current
 - formally SCAN
- ❖ Food & Culinary Dietetic (FCP) Dietetic Practice Group June 2006 – current
- ❖ St. Louis Culinary Society Sept 2006 - Dec 2010
- ❖ Missouri Dietetic Association/St. Louis Dietetic Association Jan 2004 - current
- ❖ Academy of Nutrition and Dietetics Member (#931980) Jan 2004 - current

Professional Activities:

- ❖ AND-STL Nominating Committee Member June 2021 - current
- ❖ FCP Webinar Chair June 2020 - current
- ❖ FCP Webinar Co-Chair March 2019- current
- ❖ Accreditation Council for Education in Nutrition and Dietetics (ACEND) Program Reviewer June 2018 - current
- ❖ Past-President for Colorado Academy of Nutrition and Dietetics June 2017 – June 2018
- ❖ President for Colorado Academy of Nutrition and Dietetics June 2016 – June 2017
- ❖ President-Elect for Colorado Academy of Nutrition and Dietetics June 2015 – June 2016
- ❖ President for the Denver Dietetic Association June 2013 - June 2014
- ❖ President-Elect for the Denver Dietetic Association June 2012 - June 2013
- ❖ Speaker’s Bureau Chair for the Denver Dietetic Association June 2011 - June 2012
- ❖ Continuing Education Chair for SCAN May 2011 - May 2012
- ❖ Program Co-Coordinator for St. Louis Culinary Society August 2009 - Sept 2010
- ❖ Nominating Committee for St. Louis Dietetic Association July 2009 - July 2011
- ❖ Recording Secretary for St. Louis Dietetic Association July 2007 - July 2009

Extracurricular Activities & Media Engagements:

- ❖ Channel 7 News – Denver – various topics Spring 2011 – May 2016
- ❖ Dietitian speaker for Colorado Agriculture Day Spring 2011
- ❖ Research Assistant for Dave Grotto RD Book: *Optimal Life Foods* Winter 2010
- ❖ Various Cooking Demos for local organizations – St. Louis, Denver October 2009 – May 2016
- ❖ Articles for various sources at St. Louis University Fall 2009 - May 2010
- ❖ Great Day St Louis: “Local Produce: Caramel Apples” Fall 2009
- ❖ Healthy Lifestyles & Career Days ~ Various Local High Schools – St. Louis Fall 2009 - May 2010
- ❖ Normal Eating & Sports Nutrition for Medical Students - St. Louis Spring 2009 - May 2010
- ❖ Career Explorations: Nutrition Therapist & Food/Culinary – St. Louis Spring 2009 - May 2010
- ❖ Undergraduate Students: Eating Disorder Presentations – St. Louis Fall 2008 - May 2010

Volunteer Experience:

BJC Hospice Care

Oct. 2017-current

- ❖ Visit with hospice patients and conduct duties as patient's family sees fit.

Healthy Cooking Series – Golden, CO

Sept 2013 – May 2016

- ❖ Collaborate with an area doctor to plan and execute a culinary and nutrition curriculum developed for patients and community members

Brent's Place

Sept 2011-May 2016

- ❖ Create dinners with students for families residing at this facility receiving bone marrow transplants

Girls on the Run

Sept 2008 - current

- ❖ Girls on the Run of St. Louis and the Rockies is a non-profit program for girls in grades 3 through 8. Encourage pre-teen girls to develop self-respect and healthy lifestyles through running. Help with training for a 5K (3.1 mile) race.

Skills/Interests:

- ❖ Knowledge of SPSS statistical program, StatCrunch and SAS
- ❖ Extensive experience with Microsoft Word, Excel and Canva
- ❖ Traveling, Food & Culture, Running, Biking, Photography, Hosting Social Events