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# CARLA ESCRIBANO, EDD, RDN, LDN

## CURRICULUM VITAE

Adietitian withover 12 years of experience in nutrition education and food service management, specializing in nutrition education courses, budgeting, team management, and quality control. Directed the food and nutrition services at a large school district, enhancing productivity by 20% and developing sustainable cafeteria designs. Mentored future nutrition professionals at the University of Pittsburgh, transforming educational approaches and increasing student success rates in the nutrition field.

## EDUCATION

AUG2008 - JAN2013

Bachelor's Degree in Nutrition and Dietetics, University of Puerto Rico, San Juan, PR  
GPA 3.2

JAN 2013 - MAY 2015

Master's of Science in Wellness and Human Performance, University of Pittsburgh, Pittsburgh,PA  
GPA 3.6

MAY 2020 - MAR 2024

Doctorate of Education in Health and Physical Activity, University of Pittsburgh, Pittsburgh, PA  
GPA 3.7

## LANGUAGES

English  
Spanish

## EMPLOYMENT HISTORY

MAY2024- PRESENT

### Nutrition Counseling Dietitian, CFE Nutrition

Provide individualized nutrition counseling to clients, offering guidance on balanced eating, lifestyle changes, and disease management. Develop personalized nutrition plans that support long-term health, wellness goals, and cultural food preferences.

MAY2018 - PRESENT

### Director of Food and Nutrition Services, Quaker Valley School District, Leetsdale, PA

Heading the food service department for a district of 2,000 students  
Controlling departmental finances and supervising a team of 25  
Upholding food safety and quality as per National Child Nutrition Program  
Contributing to the planning and development of a new high school cafeteria  
Successfully achieving compliance and operational goals  
Streamlined team workflows, enhancing productivity by 20%.  
Led the design of a new school cafeteria, focusing on sustainability and modern dietary needs.  
Developed a training program for staff, enhancing service quality and team morale.  
Pioneered nutritional programs aligning with modern health standards.  
Initiated farm-to-table partnerships, enriching student meals with local produce.  
Enhanced staff retention by implementing ongoing professional development programs.

JUN 2021 - PRESENT

### Preceptor of the Dietitian Nutritionist Program Department of Sports Medicine and Nutrition, University of Pittsburgh, Pittsburgh, PA

Guiding students to gain practical nutrition knowledge  
Enhancing competencies for future nutrition professionals  
Implementing innovative teaching methods  
Solving complex dietary challenges  
Boosting student success rates in the nutrition field  
Elevated student success rates through targeted dietary problem-solving.  
Mentored future nutritionists, fostering professional growth and competency.  
Transformed nutrition teaching approaches, preparing students for modern challenges.

MAR 2022 - SEP 2022

**College in High School Course Development Intern University of Pittsburgh, University of Pittsburgh, Pittsburgh, PA**

- Applied backward course design framework to develop a comprehensive course plan
- Implemented principles of nutrition education to create engaging course materials
- Conducted a thorough review and gap analysis of existing course materials
- Formulated an effective work plan to bridge the gap between current and target conditions
- Evaluated educational tools, enhancing course engagement by integrating innovative nutrition concepts.
- Meticulously assessed course gaps, ensuring curriculum excellence and relevance.
- Energized course development process with creative material design, fostering active learning.
- Enhanced course accuracy by refining educational content and assessments.
- Refined course assessments to ensure alignment with educational standards.
- Introduced multimedia tools to enrich the interactive learning environment.

MAY 2017 - MAY 2017

**Clinical Dietitian, Kane Regional Center, McKeesport, PA**

- Conducted comprehensive nutritional assessments for patients in a 200-bed facility
- Formulated personalized nutritional care plans
- Demonstrated collaborative approach in patient care
- Successfully addressed diverse dietary needs
- Enhanced patient recovery by tailoring diet plans to individual health needs.
- Partnered with healthcare teams to integrate dietary care into overall patient treatment.
- Implemented cutting-edge nutritional strategies to improve patient satisfaction and health.
- Provided ongoing support and education to patients and families on nutritional best practices.

MAY 2017 - MAY 2019

**Clinical Dietitian, Villa St. Joseph, Baden, PA**

- Conducted comprehensive nutritional assessments
- Devised strategic nutritional care plans
- Served a large-scale 200-bed facility
- Addressed diverse dietary needs
- Ensured patient satisfaction

AUG 2016 - MAY 2017

**Dietetic Internship, Adagio Health, Pittsburgh, PA**

- Rotated through diverse clinical and food service sectors
- Implemented innovative nutrition programs
- Excelled in educating varied population groups
- Demonstrated analytical problem-solving skills
- Contributed to health improvement through effective nutrition education
- Boosted community health outcomes by leading nutritional education sessions.
- Supported team to optimize food service operations, enhancing patient satisfaction.

JUN 2015 - AUG 2016

**Measurement Coordinator, Latino Family, Nutrition and Physical Exercise Research, University of Pittsburgh, Pittsburgh, PA**

- Collaborated with Dr. Ross to investigate weight management strategies in Latino families with preschoolers
- Focused on the role of physical exercise, cultural factors, and nutritional behaviors
- Utilized data analysis techniques to interpret research findings
- Identified key patterns and trends influencing weight management
- Contributed to the development of effective weight management strategies
- Analyzed cultural and nutritional elements in Latino family health.
- Led and oversaw a team of researchers to complete clinical and survey measurements with Latino parents and their preschool children

MAY 2013 - AUG 2013

### Clinical Nutritionist Intern, Neuromuscular Disorders Research Program, University of Florida, Gainesville, FL

- Collaborated with Dr. Barry Byrne, MD, Ph.D. on neuromuscular disorder research
- Developed a research protocol assessing nutritional and exercise impacts on Pompe Disease patients
- Applied innovative approaches to clinical nutrition
- Demonstrated detail-focused approach in drafting research protocols
- Incorporated cutting-edge nutritional strategies into clinical trials for Pompe Disease.

MAY 2012 - AUG 2012

### Intern at NACUFS Internship, Pennsylvania State University, State College, PA

- Selected for a highly competitive internship at Pennsylvania State University
- Worked in a fast-paced food service environment, showcasing adaptability
- Developed problem-solving skills in real-time operational issues
- Achieved significant improvements in food service processes
- The internship experience resulted in a positive impact on the university's food service management

## ACHIEVEMENTS AND CERTIFICATION

- 2024 Achieva Award of Excellence in Employment, Awarded by Achieva Empowering People with Disabilities
- 2023 School Nutrition State Director of the Year Award, Awarded by the School Nutrition Association
- Nominated as the 2023 Regional State Director of the Year Award, Nominated by the School Nutrition Association
- Registered Dietitian Nutritionist Certification
- Licensed Dietitian Nutritionist in Pennsylvania

## PUBLICATIONS AND ARTICLES

- Ross, S. E. T., Macia, L., Documét, P. I., Escribano, C., Naderi, T. K., & Smith-Tapia, I. (2018). Latino parents perceptions of physical activity and healthy eating: at the intersection of culture, family, and health. *Journal of nutrition education and behavior*, 50(10), 968-976.
- Macia, L., Documet, P. I., Escribano, C., Mirzakazemi, T., Sanchez, I., & Ross, S. E. T. (2016). Latino Parents Of Preschoolers' Perceptions Of Healthy Living: FocusGroup Findings To Inform Intervention: 614 Board#4 June 1, 1: 00 PM-3: 00 PM. *Medicine & Science in Sports & Exercise*, 48(5S), 159.
- Ask the expert; how do I pack a healthy lunch? (2024, January 24). *Pitt Magazine*, Winter 2024, pg. 8.

## PRESENTATIONS

### Professional Conference Presentation

1. Escribano, Carla. Training for Change: The Impact of Scratch Cooking Initiatives on Food Service Staff and Student Participation. 2024 Food and Nutrition Conference Expo. Minneapolis, MN. (Accepted)
2. Escribano, Carla. Nourishing the Future: Staff Skill Development to Integrate Scratch Cooking in School Cafeterias. 2024 School Nutrition Association of Pennsylvania Conference. Poconos, PA. (Accepted)
3. Escribano, Carla. Nourishing the Future: Staff Skill Development to Integrate Scratch Cooking in School Cafeterias. 2024 Council of Graduate Students in Education Spring Conference, University of Pittsburgh. Pittsburgh, PA. March 2024.
4. Escribano, Carla. Enhancing Production Records. 2021 School Nutrition Association of Pennsylvania Conference. Virtual. July 2021
5. Escribano, Carla. First Class Customer Service. 2021 School Nutrition Association of Pennsylvania Conference Virtual. July 2021

## ACADEMIC AND COMMUNITY SERVICES

May 2025- Present

Treasurer from the School Nutrition Services DPG, Academy of Nutrition and Dietetics

July 2024- Present

Treasurer and Secretary from the School Nutrition Association of Pennsylvania

July 2024- Present

Student Volunteer Coordinator from the Pennsylvania Academy of Nutrition and Dietetics

March 2024- Present

Member Committee, Public Policy, and Legislative Committee from the School Nutrition Association of Pennsylvania.

February 2023-Present

Member Board of Directors, Friends of Quaker Valleys

August 2020- May 2021

Co-Chairperson/Program Chairperson Conference Committee,

May 2016 - May 2019

Mentoring Co-Chair Position, Pittsburgh Academy of Nutrition and Dietetics

August 2012-May 2013

Student Liason, Academy of Nutrition and Dietetics

August 2008-May 2013

Vice-President ,Nutrition Circle of Puerto Rico

## PROFESSIONAL MEMERSHIPS AND AFFILIATIONS

### Organization Memberships

Academy of Nutrition and Dietetics. 2008-current

Academy of Nutrition and Dietetics of Pennsylvania. 2008-current

School Nutrition Association. 2018- current

School Nutrition Association of Pennsylvania. 2018- current

Pittsburgh Regional Food Service Directors. 2018- current

Pennsylvania Association of School Business Officials. 2018- current