

GARRETT BERDAN, RDN, LD



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EDUCATION

Culinary Arts Certificate

March 2005

The Culinary Institute of America, Greystone

- Accelerated Culinary Arts Certificate Program, recipient of the CIA Award for Culinary Achievement

Post Bachelor Studies

2003 - 2004

Oregon State University

- Graduate-level coursework and research in Food Science and Technology

Bachelor of Science

May 2002

Washington State University

Major: Food Science and Human Nutrition, Cum Laude

Associates Degree

May 1999

Wenatchee Valley College

Associates Degree

President of the Associated Students of Wenatchee Valley College

PROFESSIONAL EXPERIENCE

Nutrition Services Area Supervisor

2018 - present

Spokane Public Schools

- District registered dietitian responsible for menu planning, recipe development, staff training and child nutrition program compliance.

Chef Cyndie K-12 Culinary Team

2011 - present

Culinary solution centers, LLC

- Culinary educator providing interactive culinary skills training to K-12 school nutrition professionals in quantity food production including presentation, efficiency, quality and consistency, food safety, adherence to standardized recipes, and culinary techniques.
- Technical writer and developer for K-12 school nutrition educational materials.
- Quantity, standardized recipe development for use in school meal programs. Special projects include NC K-12 Culinary Institute, various local districts, and more.
- On-site kitchen operational evaluations for streamlining and optimizing school meal programs.

Culinary Nutrition Consultant

Garrett Berdan, RDN, Consulting, LLC

2010 - 2018

- Consulting dietitian and chef specializing in Federal Child Nutrition Programs and other non-commercial quantity foodservice operations with clients including school districts, county health departments, state agencies, commodity marketing commissions, and national food companies.
- Consulting services include quantity recipe development for school breakfast and lunch programs, development and delivery of training and technical assistance (culinary, compliance, behavioral economics, sodium reduction and flavor development), and development of marketing programs to support child nutrition programs.
- School nutrition culinary educator with experience training over 500 school nutrition professionals in 10 states.

PREVIOUS EXPERIENCE

Child Nutrition Specialist Oregon Department Of Education	2014 - 2017
Chef Instructor Cascade Culinary Institute	2013
Adjunct Faculty The Art Institute Of Portland	2009 - 2010
Nutrition Educator And Chef Oregon Dairy Council	2007 - 2010
Company Nutritionist New Seasons Market	2005 - 2007
Production Assistant Silver Plume Productions	2005
Clinical Dietitian Santa Rosa Memorial Hospital	2004 - 2005
Graduate Research Assistant Oregon State University	2003 - 2004
Corporate Dietitian Evergreen Healthcare Management	2002 - 2003

PUBLICATIONS

Legislation on Your Plate: School Lunch Edition. Tastings, Newsletter of the Food and Culinary Professionals Dietetic Practice Group. Summer 2015

Savor Duck. Food and Nutrition Magazine, November/December 2013

School Nutrition Programs: Challenges and Opportunities. American Journal of Lifestyle Medicine, October 2013. Co-authored with Dayle Hayes, MS, RD

LEADERSHIP

Membership Chair for the Culinary Institute of America Healthy Kids Collaborative	2015 - present
Chair-elect for the Food and Culinary Professionals (FCP) National Dietetic Practice Group	2017-present
Treasurer for FCP national dietetic practice group	2013-15
Past President of the Oregon Academy of Nutrition and Dietetics (OAND)	2013-14
President	2012-13
President-elect	2011-12
Nominating Committee Chair for FCP National Dietetic Practice Group	2011-12
Nominating Committee	2010-11
OAND Director of Communications	2010-11
Media Representative	2009-10

HONORS

- 2015 Outstanding Dietitian of the Year for the Oregon Academy of Nutrition and Dietetics
- 2013 Recognized Young Dietitian of the Year for the Oregon Academy of Nutrition and Dietetics
- White House Champion of Change for my work with school nutrition programs and volunteer work with Chefs Move to Schools 2011
- Academy of Nutrition and Dietetics Emerging Dietetic Leader for Oregon 2010