

# VAHISTA BHARUCHA USSERY, MS, MBA, RDN

PO Box 471482  
Fort Worth, TX 76147  
Tel: (469) 629.6708  
Email: [chefv@totaste.com](mailto:chefv@totaste.com)



## OBJECTIVE

To enhance the health of individuals through nutrition education and culinary experience.

## EDUCATION

Master of Food Systems Administration, Master of Business Administration	
Texas Woman's University	2008
Bachelor of Science Coordinated Program in Dietetics	
Texas Christian University	2006
Culinary Arts Certificate	
Culinary School of Fort Worth	2006

## EXPERIENCE

### **Culinary Solution Centers, LLC**

K-12 Culinary Team Consultant

August 2015-present

- 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 of K-12 school nutrition educational materials.
- Quantity, standardized recipe development for use in school meal programs. Special projects include NC K-12 Culinary Institute, NC Dept. of Agriculture Farm to School, Starkist®, & Y-pulse®.
- On-site kitchen operational evaluations for streamlining and optimizing school meal programs.

**To Taste Culinary Nutrition, LLC**

Co-Founder &amp; Culinary Nutrition Consultant August 2014-present

- Create family friendly recipes for the Blue Zones Project Fort Worth, Fit Worth and totaste.com.
- Develop and conduct community cooking demos.
- Develop and conduct kids cooking classes.
- Blog, write, and promote nutrition and the culinary arts.
- Developed and conducted numerous single and multi-day workshops for The Texas Department of Agriculture's Meal Appeal Universities.
- Developed and conducted single day workshops at the local school district level.
- Engineered standardized K-12 compliant recipes for California Dried Figs.

**PREVIOUS EXPERIENCE**

Education Service Center Region 11 Child Nutrition Consultant	July 2013-August 2015
Hurst Eules Bedford Independent School District Dietitian Supervisor & Chef	July 2010-June 2013
Dallas Independent School District Menu Planning Specialist	June 2008 – July 2010
Self Employed Caterer	May 2006-November 2014

**AFFILIATIONS**

Academy of Nutrition and Dietetics Food and Culinary Professionals Practice Group & School Nutrition Services Practice Group

**ADDITIONAL**

ServeSafe® Certified