

# LYDIA WEST, MPH, RD, LD



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## SUMMARY

Lydia West, is a chef and a registered dietitian who has worked in the fields of community health, child nutrition, and health management for more than 15 years. Currently she serves as a culinary nutrition consultant specializing in school nutrition programs, recipe development, quantity food production, culinary training and demonstrations, nutrition standards, customer service and merchandizing.

## EDUCATION

- |   |                            |
|---|----------------------------|
| <b>Associate of Applied Science</b><br>Emphasis in Culinary Arts Technology<br>Hinds Community College, Jackson, MS.<br>GPA 3.73/4.0  | May 2017                   |
| <b>Master of Public Health</b><br>Emphasis in Health Education and Communication and Maternal and Child Health<br>Tulane University School of Public Health and Tropical Medicine<br>New Orleans, LA.<br>GPA 3.62/4.0 | 2010                       |
| <b>Dietetic Internship</b> Sarasota Memorial Hospital<br>Sarasota, FL   | September 2002-April, 2003 |
| <b>Bachelor of Science in Human Sciences</b><br>Emphasis in Sciences with an emphasis in Food, Nutrition, and Dietetics<br>Mississippi State University, Starkville, MS.<br>GPA 3.64/4.0                              | 2002                       |

## PROFESSIONAL EXPERIENCE

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|---|----------------|
| <b>Culinary Solution Centers, LLC</b><br>Chef Cyndie K-12 Culinary Team | 2016 – 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 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.

**Healthy Regards, LLC, Jackson, MS**

May 2013 – present

K-12 Consultant

- ▣ Assist child nutrition professionals understand federal regulations related to the USDA FNS School Meals Program. Contribute to training course development and revisions.
- ▣ Edit quantity food recipes for use in schools.
- ▣ Compile resources for child nutrition training materials.
- ▣ Develop marketing and merchandizing tools promote child nutrition programs.
- ▣ Assist with demonstration class prep work and live demonstrations.

**PREVIOUS PROFESSIONAL EXPERIENCE****Education School Food Service Supervisor  
and School Health Administrator**

Feb., 2011 - April 2013

Mississippi Department of Education, Office of Child Nutrition

**Nutritionist**

June 2010 - Dec., 2010

Mississippi State Department of Health, Office of Preventive Health,  
Division of Nutrition, Physical Activity and Obesity, Jackson, MS**Registered Dietitian**

March 2009 - Jan., 2010

Children's Hospital Department of Endocrinology,  
New Orleans, LA**Health Educator**

April 2007 - Dec., 2008

Diabetes and Metabolism Center  
University of Mississippi Medical Center  
Jackson, MS**Consultant**

Dec., 2007 - April 2008

Chefs for Humanity *Every Kid C.A.N.* project  
New York, NY**Dietitian**

Dec., 2004 - Jan., 2007

Sarasota Family YMCA, Sarasota, FL

**Owner**

July, 2004 - May, 2005

Dinner Belles, Sarasota, FL

**Dietitian**

Nov., 2003 - July, 2004

Woman's Hospital, Baton Rouge, LA.

**CERTIFICATIONS**

Certificate of Training in Childhood and Adolescent Weight Management

The American Dietetic Association and Commission on Dietetic Registration

Body Works Trainer, Body Works Program

U. S. Department of Health and Human Services, Office of Women's Health

## PUBLICATIONS

The Efficacy of a School-Based Health Promotion Program (T.E.A.M. Mississippi) on Children's Physical Activity and Fitness abstract poster presented at the American Public Health Association Annual Meeting and Exposition November 9, 2009, Philadelphia, PA.

Bell C, Lambert L, Yunhee C, Carithers T, West L, Schneider D. (2017) An Evaluation of the Mississippi Recipes for Success Program from the Perspective of Child Nutrition Directors. *The Journal of Child Nutrition and Management*,41(2), 1-11.

## PRESENTATIONS

A Secret to Recipe Success; School Nutrition Association Annual National Conference; July 13, 2015, Salt Lake City, UT

Strategies for Accessing Healthier Food in Mississippi; Mississippi Public Health Association Annual Conference; September 4, 2014, Jackson, MS

Getting into the Game with Mississippi Recipes for Success; Mississippi School Nutrition Association Annual Conference; November 8, 2014, Natchez, MS

Customizing Recipes to Meet the Meal Pattern; School Nutrition Association Annual National Conference; July 13, 2013, Kansas City, MO

## INSTITUTIONAL SERVICE

FCS 468 Nutrition Research; Delta State University, College of Education, Division of Family and Consumer Sciences; Incorporation of an understanding and the application of research methods with emphasis on outcome-oriented research. The course required evaluation of current research and requires students to build on knowledge gained from other courses and apply it to research and evaluation. Spring semester 2012.

FCS 306 Experimental Foods; Delta State University, College of Education, Division of Family and Consumer Sciences; Experimental approach to study of physical and chemical properties of foods; recipe development, modification, and evaluation; food safety and technology; biotechnology and sensory evaluation. Fall semester 2018.

## PROFESSIONAL AFFILIATIONS

Academy of Nutrition and Dietetics

Mississippi Academy of Nutrition and Dietetics

- Let's Move Chair 2010-2012,
- Council on Professional Issues, Chair-Elect 2012, Council on Professional Issues, Chair, 2013,
- Website Committee Member 2013-2015,
- State Regulatory Specialist 2014-2017,
- President-elect 2017-2018
- President 2018-2019

Central District Academy of Nutrition and Dietetics (MS)

American Public Health Association

Mississippi Public Health Association

- Nutrition Section Chair Elect 2014, Nutrition Section Chair 2015, Parliamentarian 2016-2017
- National Public Health Week Committee Chair, 2015, 2016, 2017 (appointed)
- National Public Health Week Committee Member 2018
- Young Professionals Special Interest Group Committee
- 2015-2018, 2017 and 2018 Legislative Committee (appointed)
- Member at Large (elected) 2017-2019

Mississippi Breastfeeding Coalition

School Nutrition Association

Mississippi School Nutrition Association

- 2013 Annual Conference Education Session Chair

New Stage Theater Board of Directors

- 2016-2017 season, 2017-2018 Executive Board Secretary

Hunger-Free Jackson

Mississippi State Health Improvement Plan, co-chair of *Improve Infant Health* workgroup  
2015-2018

## HONORS

2015 Mississippi Public Health Association *Outstanding MPHA Member of the Year*

2012 Mississippi Dietetic Association *Emerging Dietetic Leader*