

# Alexandra C. Sanchez, MS, RD, LDN

Owner of Nutrition Harmony LLC • Registered Dietitian • [Alex@Nutrition-Harmony.com](mailto:Alex@Nutrition-Harmony.com) • (781) 469-1088

**CORE COMPETENCIES:** Outpatient Nutrition counseling and education, Behavior modification, Cultural competency

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## RELEVANT EDUCATION

### **FRAMINGHAM STATE UNIVERSITY, Framingham, MA**

- MS in Food and Nutrition, May 2018; Coordinated Program in Dietetics; Overall GPA: 3.74
  - Member of Academy of Nutrition and Dietetics; Founder of FSU Diabetes Connection Group
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## EXPERIENCE:

### **SALEM HOSPITAL HEART & WELLNESS CLINIC, Salem MA** *Clinical Dietitian*

## OUTPATIENT DIETITIAN

- Develop medical nutrition therapy (MNT) plans in collaboration with patients pre- and post-bariatric weight-loss surgery with a weight-inclusive and culturally-relevant approach.
- Provide nutrition education and counseling services in both private and group sessions, helping patients to better understand and optimize their changing nutritional needs.
- Provide MNT and diabetes education for the Diabetes Self-Management Education Program.

**October 2023**  
– Present

### **NORTH SHORE PHYSICIANS GROUP, Peabody, MA and Lynn, MA** *Outpatient Registered Dietitian*

- Implemented patient-focused nutrition care plans with culturally-appropriate, trilingual nutrition education, counseling, and individualized meal plans for positive health outcomes.
- Counseled patients with a variety of conditions, including diabetes, weight management, CVD, CKD, GI conditions, disordered eating, and more in both individual and group settings.
- Collaborated care with allied health professionals, clinical supervisors, administrative staff and community members to improve patient care and referrals to nutrition and health-related resources.

**August 2018**  
– October 2023

## PRIVATE PRACTICE

### **NUTRITION HARMONY LLC, Swampscott, MA (virtual private practice)** *Private Practice Owner / Registered Dietitian Nutritionist / Nutrition Consultant*

- Provide virtual individual and group Nutrition counseling services in English, Spanish, French as well as virtual meal planning classes, healthy pantry makeover experiences, and grocery store tours.
- Provide Nutrition Consultant services for community non-profit organizations and food access organizations to empower guests and staff to select and provide nourishing, nutritious foods that meet cultural, dietary, and religious needs.
- Public-speaker for community events and a Dietitian CEU Nutrition Entrepreneurs webinar.

**February 2021**  
– Present

## NUTRITION CONSULTANT

### **THE SALEM PANTRY, Salem, MA** *Registered Dietitian Nutritionist / Nutrition Consultant*

- Assisted with strategic planning and implementation of Nutrition services within this client-choice food pantry, including creating a Nutrition Policy and nutrition education plan implementing Nudges, preventative nutrition services, and Food is Medicine programming to improve health outcomes.

**March –**  
**September 2024**

**April 2021**  
– May 2024

### **LAZARUS HOUSE MINISTRIES, Lawrence, MA** *Registered Dietitian / Nutrition Consultant*

- Provided menu-planning support, nutrition content creation, nutrition trainings and workshops, and implementation of Supporting Wellness at Pantries (SWAP) program to improve nutrition education and the quality of meals served to soup kitchen, food pantry, homeless shelter, and transitional housing guests while working to meet cultural, dietary, and religious needs.

**March 2023**  
– April 2024

### **SNAQ DIABETES FOOD TRACKER, Virtual / Switzerland** *SNAQ Community Dietitian / Nutrition Consultant*

- Provided support to diabetes community members within SNAQ phone app, responding to Nutrition-related questions and routing members to authoritative websites and diabetes information.
- Wrote evidence-based articles on nutrition and diabetes-related topics for the SNAQ Blog.

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- April – September 2023**      **GREATER LYNN SENIOR SERVICES / PHOENIX FOOD HUB, Lynn, MA**  
*Registered Dietitian Nutritionist / Nutrition Consultant*
- Consulted on the creation of multicultural Nutrition programming and Food and Thought program, including providing oversight and guidance on nutrition screening, nutrition education materials, implementation of Nutrition counseling and Teaching Kitchen Nutrition classes, and outcome data collection.
- September 2021 – June 2022**      **SALEM PUBLIC SCHOOLS, Salem, MA**  
*Registered Dietitian / Nutrition Consultant*
- Provided Latinx school lunch meal designs and recipes for the 2021-2022 school year following school nutrition standards and including commodity and locally grown foods when possible.
  - Provided trainings and workshops for the Chefs of the Salem Public Schools Food and Nutrition Services Department on how to prepare the Latinx school lunch designs.
- February 2021 – April 2021**      **ROOT, Salem, MA**  
*Registered Dietitian / Nutrition Consultant*
- Created culturally appropriate and nutrition-focused Latinx meal-designs for adults and youth for Root’s Community Catering program, providing hunger relief during COVID-19 pandemic.
  - Served as a one-time Guest Chef in Root’s Youth Culinary Training Program, executing some of the meal-designs together with Root’s Chef Educator and youth Trainees.
- FOODSERVICE WORKSHOPS**      **THE JOHN C. STALKER INSTITUTE OF FOOD AND NUTRITION, Framingham, MA**  
*Workshop Instructor*
- September 2022 – Present**      • Lead virtual 1.5-hour Spanish-language Nutrition workshops to Massachusetts School Nutrition professionals on food allergies and food safety.
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## VOLUNTEER EXPERIENCES

- 2023 – Present**      **BOARD OF DIRECTORS MEMBER FOR ROOT, NORTH SHORE**
- Provide expertise regarding food and nutrition to further Root’s mission around helping young adults create a pathway to independence through foodservice training/employment.
- 2018 – Present**      **MEMBER OF MASS GENERAL BRIGHAM FOOD SECURITY TASK FORCE**
- Assisted with food access and community initiatives, including starting the Lynn Community Farm, distributing produce grown from farm to patients, and providing handouts and recipes to increase nutrition education and access to healthy, local foods.
- 2019 – 2023**      **PRECEPTOR FOR 21-HOUR OUTPATIENT DIETITIAN EXPERIENCE**
- Precepted Framingham State University Food & Nutrition students completing their 21-hour Outpatient Dietitian experience.
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## CERTIFICATIONS

American Red Cross in Adult First Aid/CPR/AED

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## LANGUAGE SKILLS

Fluent (writing, reading, and speaking) in Spanish, French, English

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## COMPUTER SKILLS

Proficient in EPIC, Dragon Speech Recognition, ESHA Food Processor SQL, Microsoft Office