

Natalie Rucks (Adult Clinical)

- Bachelors in Nutrition and Dietetics from the University of Wisconsin-Madison
- Additional major in Psychology
- Nutrition Assistant in the Biochemical Genetics Clinic at the Waisman Center working with patients with inborn errors of metabolism
- Served as a campus tour guide for visitors at UW
- Implemented a program to increase nutrition self-sufficiency for 3-5 year olds at a campus preschool
- Volunteered at UW Hospital in nutrition services and in the psychiatry unit

Fun facts:

- I was born and raised in St. Paul, Minnesota, but I'm a Wisconsin sports fan!
- I trained for 10 years as a competitive speed swimmer and synchronized swimmer
- I LOVE water activities, so I'm looking forward to spending some time by the ocean
- I'd like to travel to all 50 states; South Carolina will be #34 in August!



Monica Foster (Clinical Adult)

- Bachelor of Science in Nutritional Sciences with a minor in Spanish (2019) and in Dietetics (2020) from the University of Florida
- Undergraduate Research Assistant in the department of Health Outcomes and Biomedical Informatics where I studied health disparities and obesity
- Presented at the Undergraduate Research Symposium
- Certified Nursing Assistant at an assisted living facility
- Volunteered with the Fun & Fit Program, a student-led organization located at the Children's Medical Services that provides patients and their families with nutrition and wellness resources
- Served on a medical mission trip in the Dominican Republic last spring
- Interned for a sports dietitian

Fun Facts:

- I lived in Spain for 7 years prior to moving to the U.S., but I was born in Utah
- I absolutely love ramen!
- Nothing makes me happier than being outside during golden hour
- I enjoy playing both indoor and beach volleyball



Caroline Hitchner (Clinical Adult)

- BS of Food Science and Human Nutrition from Clemson University
- Post-grad, I've been working as a health coach with The Health Dare in Columbia, SC
- Nutrition Intern with Aramark Campus Services
- Student Extern with Greenville Health System and Prisma Health during the summers of 2018 and 2019, one summer in a bariatric clinic and the other in oncology
- Research team member for a faculty-led study on the prevalence of obesity and diabetes risk factors on campus
- Student volunteer with Olympic Sports Nutrition through Clemson's athletic department
- Volunteer on an alternative spring break program to Asheville, NC; worked with the YMCA to distribute donated food items to areas with food insecurity
- Member of Alpha Chi Omega sorority throughout college and held an executive position (VP of Membership Programming) for one year

Fun Facts:

- I have been riding horses for 9 years! My horse's name is Yogi Bear
- Throughout school I worked part-time as a sushi chef in Clemson (if you want to learn how to roll sushi, I can teach you!)
- I love going to sporting events, especially college football (go Tigers) and baseball games (Really excited for RiverDog games!)
- Big fan of the great outdoors; I love hiking, running, biking, paddle boarding, going to the beach or the lake...if the sun is out, I want to be out too!



Hunter Dixon (Adult Clinical)

- Bachelor of Science in Dietetics and Human Nutrition from Kansas State University in 2019
- Bachelor of Arts Degree in Business Management from Michigan State University.
- President/Volunteer Coordinator from 2018-2019 for MUSC Heart Health Fit Kids, which runs daily exercise sessions for adolescents enrolled in the MUSC weight management program.
- Volunteered with Cooking Matters through the Lowcountry Foodbank in Charleston, SC, teaching basic culinary skills and nutrition education courses to adult and teens in a group setting.
- I've cooked in multiple professional kitchens, doing everything from making pizza to upscale dining.

Fun Facts

- I studied abroad in Barcelona, Spain in 2005, studying Spanish language and culture.
- I was able to volunteer for Super Bowl XL, in my hometown of Detroit, MI and was on the field for the first touchdown of the second half.
- I played in a band in my 20s and we were cast in the 2010 movie Conviction.
- I am an avid Detroit sports fan, go Lions!
- I currently live in Charleston after moving from Michigan four years ago and am excited to grow my nutrition experience in this amazing city!



Allison Sabatino (Adult Clinical)

- Bachelor of Science in Nutrition and Dietetics with a minor in Pre-Counseling and Therapy from Messiah College (Pennsylvania)
- Nutrition educator at the Salvation Army – I had the opportunity to teach elementary school students about nutrition which was a lot of fun!
- Nutrition Intern at an eating disorder therapy center in Washington, D.C. and Baltimore
- Worked as a hostess/dietary aide at Holy Spirit Hospital in Harrisburg, PA
- Traveled to Zambia to study healthcare in the developing world – had the opportunity to shadow nutritionists and physicians at a local hospital while I was there (and got to see giraffes and baby elephants!)
- Held several leadership positions on Messiah’s Student Nutrition Awareness Club (SNAC) including Vice President, National Nutrition Month Coordinator, and Student Liaison

Fun Facts

- Traveling and exploring new places is always so much fun!
- During the summer of 2018, I was a small group mentor at a camp for U.S. military youth in Belgium.
- I enjoy running as well as taking spin, barre, or yoga classes.
- I can often be found at a cute coffeeshop or farmer’s market with friends (I LOVE coffee!)
- I was born and raised in Baltimore, MD, so I am a HUGE Baltimore Ravens fan and love watching football with family and friends.
- Some of my favorite memories have been made with my extended family in Myrtle Beach, so I am excited to have the opportunity to spend more time in South Carolina!



MaryGrace Gilkey (Adult Clinical)

- Bachelor of Science in Nutrition and Dietetics from Auburn University with honors
- Sports nutrition volunteer for Auburn University Athletics Department
- Designed and prepared meal plans for women’s shelter in Lafayette, AL
- Participated in Interprofessional Education Community Clinics
- Project Manager for Meal Minder – wrote meal plans that followed the Mediterranean Diet
- Volunteered through Auburn Dining Services
- Worked at Universal Dance Association for 3 years where I combined my love for dance with nutrition and wellness

Fun Facts

- My favorite vacation spot is Hilton Head Island
- I danced competitively for 12 years and travelled to Charleston for many competitions
- I was a 4-year member of the Auburn University Marching Band Danceline where I performed at 4 bowl games, 1 SEC championship and numerous college and professional football stadiums
- I travelled to Minneapolis last year to watch the Auburn Men’s Basketball team play in the Final Four!
- I’m a HUGE Auburn sports fan
- I once fractured my elbow doing a back tuck



Caroline Heitmeyer (Pediatrics)

- Bachelors of Science in Kinesiology and Health. Majoring in Nutrition with a Dietetics focus from Miami University (OH).
- Have interned at both Dayton (2019) and Cincinnati Children's (2019-20) hospitals. Worked with the Neonatal Abstinence Syndrome (NAS) unit at Dayton Children's which had a huge impact on me wanting to become a neonatal dietitian!
- Worked as dietary clerk (2019) at Goshen Health Hospital.
- I waitress (2017- present) and actually really enjoy it! I am hoping to find a serving job in Charleston, to work a couple nights a week.

Fun Facts

- I love going to concerts and music festivals. It is what I am looking forward to most when corona virus is over!
- I love animals of all kinds. I will always take the time to stop and pet a dog ☺ My family also just adopted a French bulldog, named MeiLei.
- Queenstown, New Zealand is the most incredible place I have ever been. While I was there, I bungy jumped 450 ft!
- I like being outside and doing activities such as rock climbing, running, and paddle boarding.
- I've always hated the Ohio winters; so I am excited to be in Charleston this year!

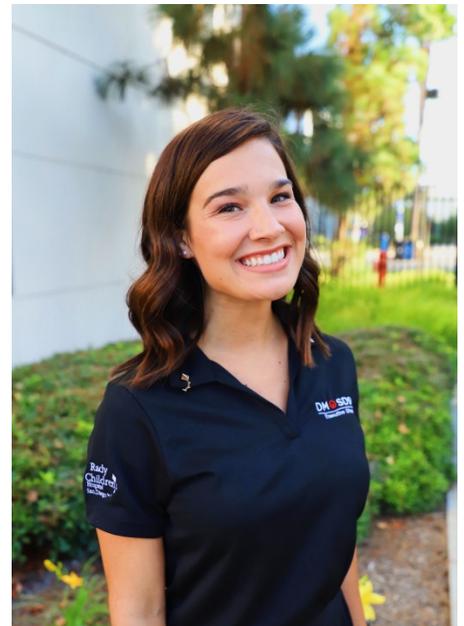


Mackensie Miller (Pediatrics)

- Bachelor of Science Degree in Foods and Nutrition with a minor in Psychology from San Diego State University
- Undergraduate Nutrition Intern for SDSU Well-Being and Health Promotion's Registered Dietitian and Health Educator
- Dietary Volunteer for the San Diego Post-Acute Center
- Peer Health Educator through SDSU's Well-Being and Health Promotion Department
- Served as Executive Director of Dance Marathon at SDSU, an organization raising money for San Diego's local Children's Miracle Network Hospital, Rady Children's Hospital. In my year as Executive Director, SDSU raised \$365,221.54 for Rady Children's!
- Recipient of the Children's Miracle Network, Dance Marathon Distinguished Leadership Award for her contributions to Rady Children's Hospital in San Diego

Fun Facts:

- I have lived in California my whole life (I grew up in the San Francisco Bay Area and then moved to San Diego for school—I am SO excited to move across the country to Charleston!)
- Studied abroad in Barcelona, Spain studying the Mediterranean Diet in Summer 2019
- I love to travel and experience new places, people, and different cultures! My favorite place I have travelled to is Phuket, Thailand.
- I have donated my hair 3 times to Children With Hair Loss
- My happy place is anywhere near water, especially the ocean!



Anna Brown (Community)

- Bachelors of Science in Dietetics from Texas Christian University
- TCU Didactic Program in Dietetics Senior Class Representative
- Nominated for the 2020 Northeast Texas Outstanding Dietetic Student, DPD Award
- Intern at Cuisine for Healing, a non-profit which provides healthy meals to low-income individuals battling chronic disease
- Completed undergraduate nutrition research on *Influence of Public Knowledge on Consumption of Dairy and Dairy Substitutes*
- Served as Community Outreach Chair and Vice President of TCU Food Recovery Network working to prevent food waste and food insecurity in the Fort Worth, TX area
- Studied abroad in Seville, Spain volunteering at an after-school lunch program preparing and serving meals to students
- Nutrition educator at University Christian Church - Seed to Plate Program teaching weekly food and nutrition lessons to 4-year-old students



Fun Facts:

- I love the beach and I am so excited to live near the ocean for the first time in my life while in Charleston!
- I am an artist who is passionate about drawing and painting.
- I enjoy cooking and baking for friends and family.
- Give me a good book and a cup of tea and I am happy!

Audrey Calianos (Community)

- Bachelor of Nutrition from the University of Massachusetts Amherst in May 2020
- Nutrition Advising Program Assistant at UMass Amherst Campus Recreation
- Created and managed summer 2018 and 2019 nutrition and wellness education component of Girls Inc. of Holyoke campus with UMass Amherst Campus Recreation
- President of the UMass Nutrition Association
- KIND Bar ambassador at UMass Amherst from 2017-2019
- Facilitator of The Body Project workshop 2018-2020 and lead sessions for groups of women on the UMass Amherst campus focused on body positivity and acceptance.
- Research Assistant in UMass Amherst Pediatric Physical Activity Lab 2017-2018
- Dietary Aide at the Elaine Center in Hadley MA, 2019-2020
- Social media internship with Kathie Swift Nutrition 2019-2020
- Volunteered at Not Bread Alone soup kitchen 2017



Fun Facts

- My first job was at Ben and Jerry's scooping ice cream and it helped to inspire my interest in nutrition. Ice cream is one of my favorite foods!
- I was born in Galveston, TX but moved to Cape Cod, MA right after being born and have lived in MA ever since.
- I love the ocean, being outside in the sun, and exploring new places.

Mallory Sanford (Community)

- Bachelor of Science in Food and Nutrition from the University of Alabama, Spring 2020
- Bachelor of Arts in Communication & Public Relations from the University of Alabama, 2014
- Volunteer at the Lowcountry Food Bank Production Kitchen since 2019
- Taught Cooking Matters classes in Charleston, SC and surrounding areas
- Completed first degree on campus in Tuscaloosa, but all DPD courses online while living in MS and SC
- Interned with the American Diabetes Association during Public Relations coursework
- Certified Personal Trainer from 2016-2018 while living in Columbus, MS. I've moved around a bit!

Fun Facts

- I am originally from Tuscaloosa, AL but have lived in Charleston, SC since 2018
- Cooking is one of my favorite things to do. I like to look up recipes on Pinterest, then create my own version
- I'm a crazy dog lady. We have a 7-year old border collie who thinks he's a human most of the time
- I love exploring all the outdoor things to do in Charleston, but my favorite so far is a tie between walking the Ravenel Bridge and kayaking with dolphins

