

AMANDA S. HEGE, RDN, LD

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EDUCATION

University of Kentucky, Lexington, KY M.P.H. in Health Management and Policy	Expected 2018
Sodexo, Baltimore, MD Sodexo Mid-Atlantic Dietetic Internship – Wellness Emphasis	2014
University of Cincinnati, Cincinnati, OH B.S. in Food and Nutrition Minor: Chemistry	2011

LICENSURE AND CERTIFICATION

Commission on Dietetic Registration Registered Dietitian Nutritionist, CDR #1059229	2014 – Present
Kentucky Board of Licensure and Certification for Dietitians and Nutritionists Commonwealth of Kentucky, Frankfort, KY Licensed Dietitian, License # BDNDTN00210169	2014 – Present
National Restaurant Association Certified Instructor, Registered Proctor, ServSafe Certified	2014 – Present

PROFESSIONAL EXPERIENCE

Department of Dietetics and Human Nutrition, University of Kentucky, Lexington, KY Director of Community Outreach Manage a \$20,000 budget for hunger-related, student-led activities. Make strategic decisions and lead the University's grassroots efforts for the Universities Fighting World Hunger and Presidents United to Solve Hunger initiatives on campus.	September 2014
Tweens Nutrition and Fitness Coalition, Lexington, KY Better Bites Coordinator Organized, managed, and led Better Bites, a healthy snacking initiative, at 7 partner venues. Expanded Better Bites to 3 new partner venues including recruiting and training new locations.	August 2014 – February 2015
Feeding America, Washington, D.C. Washington Semester Fellow Developed a micro-site for the Feeding America network to facilitate peer-to-peer learning, provided technical assistance, and leveraged external resources. Completed a white paper to inform the federal policy agenda on community food systems.	March – April 2014
Second Harvest Food Bank of Northwest North Carolina, Winston-Salem, NC Nutrition Services Coordinator Managed a \$50,000 budget. Led a partnership with Share Our Strength to implement and manage Cooking Matters ®. Designed and taught nutrition courses to Forsyth Technical Community College. Interviewed live on 4 news segments.	June 2012 – August 2013
Episcopal Service Corps – AmeriCorps, Winston-Salem, NC The Abraham Project Served at a non-profit agency and increased access to healthy foods by assisting with over 200 Supplemental Nutrition Assistance Program (SNAP) applications.	July 2011 – May 2012
University of Cincinnati, Cincinnati, OH Research Assistant, Women in Science and Engineering (WISE) Program Completed an intensive 480 hours in clinical research by assisting with a National Institute of Health (NIH) clinical trial. Completed 24-hour dietary recalls with Nutrition Data System for Research (NDSR) and statistical analysis using Statistical Package for Social Sciences (SPSS).	June – August 2009

 INVITED PRESENTATIONS

Innovative Approaches to Local Food Waste, November 2015

Guest Presenter at The Food Connection Forum, an interdisciplinary seminar and dialogue on high-impact service and outreach and cutting edge research on foods and food systems.

A Strong Lunch for School-Aged Children, October 2015

Parents Gathering at Good Shepherd Episcopal Church. Participants were taught the components of a healthy lunch, how to evaluate lunches for healthfulness, and practical applications to prepare a balanced packed lunch.

Take Action: The Importance of Advocacy in Public Health, September 2015

Guest Lecturer at Eastern Kentucky University in the Master of Public Health program. Students learned the importance of advocacy, how to identify Legislators, create effective connections, and locate bills in Congress.

Wildcat Hungerfighters, August 2015

Guest Lecturer at the University of Kentucky in the Department of Agricultural Economics. Taught students the need for hunger-related outreach in our community, nation, and across the globe. Students learned about the student-powered hunger relief organizations on campus and how to be engaged.

Healthy Habits: On the Road and in the Air, June 2015

Wellness Training at Kentucky Employers' Mutual Insurance. Participants were able to prepare healthy snacks and meals for traveling.

Community Food Systems: A HungerNet Microsite (Webinar), April 2014

Feeding America members learned how to connect for peer to peer learning, access external tools and resource guides, and learn from best practices in the network.

SNAP Outreach Best Practices (Webinar), October 2012

Agency, Capacity, Programs, and Nutrition Feeding America Post-Conference Webinar Series.

 MEDIA

The Campus Kitchen, Across Kentucky (Radio), November 2014

Radio interview that highlights the new Campus Kitchen and provides details of the student-led effort.

Kids Choose Fruit over Chicken Nuggets, October 2014

News release selected by Lexington Mayor Gray's office and the lead editorial in the Lexington Herald Leader and featured on the city of Lexington's website.

University of Kentucky Competes for \$5,000 Campus Kitchen Launch Grant, October 2014

News release rallying support for the Campus Kitchen at the University of Kentucky to win a \$5,000 grant sponsored by AARP Foundation. UK received grant funds.

Healthy Eating and Shopping on a Budget, February 2013

Live 3-part news segment focused on affording and cooking healthy food.

 COMMITTEES

Technical Reviewer, Sustainability Challenge Grant, President's Sustainability Advisory Committees, University of Kentucky, November 2015

The program is a collaborative effort of the President's Sustainability Advisory Committee, The Tracy Farmer Institute for Sustainability and the Environment and the Office of Sustainability. The purpose is to engage multidisciplinary teams from the University community in the creation and implementation of ideas that will promote sustainability by simultaneously advancing economic vitality, ecological integrity and social equity. \$100,000 was awarded in 2014.

Dietetics and Human Nutrition Fundraising Committee, University of Kentucky, 2015 –

Lead the Department's efforts that attract finances and services needed to carry out the mission by determining funding needs, planning activities, recruiting new partners, and working closely with staff to solicit funds from external sources.

National Hunger and Homelessness Awareness Week Planning Committee, University of Kentucky, November 2015

Provides students with the opportunity to engage in the national social movement that encourages people to share compassion with neighbors who are experiencing homelessness and hunger.

Universities Fighting World Hunger Annual Summit, Universities Fighting World Hunger, 2015-2016

Create a stimulating venue where students committed to solving hunger will meet, learn, network, and return to their campuses better prepared to be tomorrow's leaders.

Nutrition Fuels Fitness 5K Planning Committee, Kentucky Academy of Nutrition and Dietetics, March 2014

Organized, planned, and led a timed 5K road race that benefitted God's Pantry Food Bank.

Food Insecurity/Food Banking Supervised Practice Concentration, Academy of Nutrition & Dietetics Foundation

The concentration was developed and pilot tested by the Academy of Nutrition and Dietetics Foundation with the expertise of dietetic internship directors and registered dietitian nutritionists (RDNs) working in Feeding America network food banks. The full concentration includes 12 activities to be completed within 120 practice hours and prepares future RDNs for work in a food bank setting and/or with food insecure populations.

Healthy Food Bank Hub, the Future of Food Partnership, 2014

A project and platform developed in the Future of Food partnership with Feeding America, the Academy of Nutrition and Dietetics and National Dairy Council®. This Hub is designed to support efforts to increase access to healthful foods and promote nutrition and wellness throughout the Feeding America network of food banks and 61,000 agencies with nutrition and health professionals. It provides a platform to share pertinent information, strategies and tools while also showcasing innovative and promising practices that help connect efforts around hunger-relief, nutrition, and health.

GRANTS

Planting the Seed: Community Gardening on Campus and with Older Adults in the Community to Promote Consumption of Locally Grown Fruits and Vegetables, 2015

Co-PI (PI Tammy Stephenson; Co PI Alison Gustafson)

Funding Source: University of Kentucky Sustainability Challenge Grant

Amount Requested: \$25,000 Amount Awarded:

Student Government Fund Service Grant for the Campus Kitchen at the University of Kentucky, 2015

Funding Source: University of Kentucky Student Government

Amount Requested: \$1,500 Amount Awarded:

Intergenerational Mentoring Program: Connecting Students and Older Adults, 2015

Funding Source: University of Kentucky Student Sustainability Council

Amount Requested: \$5,000 Amount Awarded: \$5,000

Stipends to Support Student Travel to 2015 Universities Fighting World Hunger Annual Summit, 2015

Food Waste and Hunger Summit, and 2015 Education Abroad Trip to Ghana, 2015

Co-PI (PI Tammy Stephenson; Co-PIs Janet Mullins, Sandra Bastin)

Funding Source: University of Kentucky Food Connection Grant Program

Amount Requested: \$10,000 Amount Awarded: \$2,500

AARP Senior Hunger Outreach and Fellowship Sub-grant Program, 2014

Principal Investigator (Co PI Tammy Stephenson)

Funding Source: AARP Foundation

Amount Requested: \$3,000 Amount Awarded: \$3,000

The Campus Kitchens Project Launch Grant, 2014

Funding Source: AARP Foundation

Amount Requested: \$5,000 Amount Awarded: \$5,000

UK Campus Kitchen, 2014

Funding Source: University of Kentucky Student Sustainability Council

Amount Requested: \$5,000 Amount Awarded: \$4,000 (\$1,000 matched with other funding)

USDA SNAP Outreach State Plan, 2013

Principal Investigator

Funding Source: United States Department of Agriculture

Amount Requested: \$39,277 Amount Awarded: \$39,277

The Lovett Foundation Grant, 2012

Funding Source: The Lovett Foundation

Amount Requested: \$3,000 Amount Awarded: \$3,000

WRITING

Exclusive on Summer Hunger, 2015

Ghost-writer for a summer exclusive on hunger for Family & Consumer Sciences Cooperative Extension.

Hege A, Milam S. (2014, April) *Community Food Systems: A Food Bank's Role*. Feeding America.

A quantitative analysis of food system activities in the Feeding America network of food banks (white paper).

Hege A. 3 Healthy Habits 4 Life (2014, June) *Health & Wellness*. Sodexo. (Online blog)

Hege, A. A Dietitian's Role: End Hunger and Transform Health through Nutrition. (2014, March) *Chesapeake Dietetic Lines*. Maryland Academy of Nutrition and Dietetics.

Nutrition Education Handouts: Eat Better For Less, Manage Your Diabetes, Eating Well as You Get Older, All About Iron, Eat like a Real Italian, Build a Healthy Plate, Flavor Your Meals

AWARDS AND HONORS

Nutrition Solutions Working Group, Selected as one of ten, *Future of Food Partnership* 2012 – 2015

MAND Poster Award of Excellence, *Maryland Academy of Nutrition and Dietetics* 2014

Jeanette Hilger Memorial Scholarship, *Virginia Dietetic Association* 2014

Legislative Scholarship, *Northern District Virginia Dietetic Association* 2014

Sodexo Internship Scholarship, *Sodexo*

STUDENT ORGANIZATION ADVISING

SSTOP Hunger: Sustainable Solutions to Overcome Poverty, 2015 – Present

Develop and implement an action agenda on-campus to engage faculty, staff, and students across disciplines in developing and implementing a strategy to solve hunger and malnutrition through hunger awareness and consciousness-raising, fundraising, advocacy, and academic initiatives. Led and travelled with nine undergraduate students to the Universities Fighting World Hunger 2015 Summit in Guelph, Ontario, Canada. Three students presented poster presentations.

The Campus Kitchen at the University of Kentucky, 2014 – Present

An on-campus, student-service organization that is an affiliate of the national Campus Kitchens Project, which provides a sustainable approach to reducing food waste on college campuses while providing healthy meals to those struggling with hunger. Whether students are planning a meal or a fundraising event, students develop leadership skills that they carry with them into the classroom and their future careers.

TEACHING

University of Kentucky, Lexington, KY, Fall 2015

DHN 408G: Research Seminar, 21 students

DHN 241: Food Service Sanitation, 160 students

University of Kentucky, Lexington, KY, Summer 2015

DHN 241: Food Service Sanitation, 48 students

University of Kentucky, Lexington, KY Spring 2015

DHN 408G: Research Seminar, 17 students

Forsyth Technical Community College and Triad Community Kitchen, Winston-Salem, NC, 2012-2013

Principles of Nutrition, 48 students

PROFESSIONAL MEMBERSHIPS

Public Policy Coordinator, Kentucky Academy of Nutrition and Dietetics	2015 – Present
Membership Chair, Hunger and Environmental Nutrition Dietetic Practice Group (DPG)	2014 – Present
Member, Tweens Nutrition & Fitness Coalition	2014 – Present
Member, Bluegrass Academy of Nutrition and Dietetics	2014 – Present
Member, Hunger and Environmental Nutrition Dietetic Practice Group (DPG)	2011 – Present
Member, The Academy of Nutrition and Dietetics	2007 – Present

PROFESSIONAL DEVELOPMENT

Academy of Nutrition & Dietetics Food and Nutrition Conference & Expo, Nashville, TN	October 2015
Public Policy Workshop, Academy of Nutrition and Dietetics, Washington, DC	June 2015
Kentucky Academy of Nutrition & Dietetics Conference & Expo, Louisville, KY	March 2015
Universities Fighting World Hunger Annual Summit, University of Guelph, Ontario, CA	February 2015
Academy of Nutrition & Dietetics Food and Nutrition Conference & Expo, Atlanta, GA	October 2014
Public Policy Workshop, Academy of Nutrition & Dietetics, Washington, DC	March 2014
Feeding America Agency Capacity, Programs, and Nutrition Conference, Chicago, IL	October 2012
Feeding America Agency Capacity, Programs, and Nutrition Conference, Chicago, IL	October 2011

PROFESSIONAL SKILLS

Proficient in Microsoft Office including Word, PowerPoint, Excel, Publisher, Outlook, and Access
 Proficient in Electronic Medical Records including PointClickCare, Cerner, McKesson, HealthTouch, and GeriMenu
 Proficient in Website Design including Drupal, SharePoint, WordPress, and Weebly
 Proficient in Nutrition Environmental Measures Survey for Stores and Restaurants (NEMS-S, NEMS-R)

MISSION

As a professional in nutrition, I will show support, respect for, and value all individuals for their diverse backgrounds, experiences, styles, approaches, and ideas. Striving for excellence to enhance the prevention of chronic diseases, I intend to build on my experiences in health and wellness by incorporating my knowledge of science into promoting innovative ideas and strategies for healthy eating. Personally, I will accept accountability for my own actions, show pride in my work, and commit to continuous improvement and willingness to change. I will seek to display openness and curiosity, learn constantly, and approach every situation with high energy and optimism.

PERSONAL INTERESTS

Agriculture Sustainability: Participate in Fresh Stop Community Supported Agriculture (CSA), Lexington, KY, Supports family farmers and battles food insecurity.
 Physical fitness: Bike to and from work (6 miles/day), 5K road races, enjoy hiking and outdoor sports
 Food Security: Volunteer with God's Pantry Food Bank, Lexington, KY (2014-)
 Parishioner, Holy Spirit Parish Newman Center, Lexington, KY (2015-)
 Dance Instructor, Barbara Ann's School of Dance, Lexington, KY (2014-2015)
 Member, Good Shepherd Episcopal Church, Lexington, KY (2014-)
 Member, St. Paul's Parish, Washington, D.C. (2013-2014)
 Sunday school teacher and member, St. Timothy's Episcopal Church, Winston-Salem, NC (2011-2013)
 Coach (volunteer), Wake Forest University Cheerleading, Winston-Salem, NC (2011-2013)
 Athlete, Varsity Bearcat Cheerleading, University of Cincinnati, Cincinnati, OH (2007-2011)
 Member, St. Monica St. George Catholic Parish, Cincinnati, OH (2007-2011)