**Sabrina Trout**

sdtrout@udel.edu| 540-272-7292

**EDUCATION**

**University of Delaware** Expected Graduation: May 2021 Newark, DE

*College of Health Sciences*

*Bachelor of Science*

Major: Dietetics, Minor: Health and Wellness

**DIETETICS RELATED EXPERIENCE**

**Regal Heights Healthcare and Rehabilitation Center** Hockessin, DE

*Dietary Aid* October 2020-Present

* Recognize the dietary needs of patients with varying health conditions
* Ensure accuracy in patients dietary orders
* Prepare snacks and deserts for over 100 residents

**UD Performance Nutrition** Newark, DE

*Volunteer Intern* September 2019-Present

* Prepare, organize, and deliver team orders
* Track food and beverage inventory
* Create info-graphics on sports nutrition topics to educate UD athletes
* Observed athlete dietary consultations

**UDairy** Newark, DE

*Server, Production* October 2018- Present

* Create and produce ice cream flavors and cheeses
* Experience working in an industrial kitchen with large scale production
* Serving customers in a friendly, helpful manner
* Efficiently tend to customer needs

**OTHER EXPERIENCE**

**UD Synchronized Skating Team** Newark, DE

*Public Relations Chair* April 2020-Present

* Engage with prospective skaters using the team’s online presence
* Update team website regularly
* Post regularly on team social media handles
* Edit photos and videos for social media
* Create flyers to promote team events and recruitment
* Created YouTube channel for recruitment purposes
* Encourage social relationships within UD club sports