Julia Liber

Côte Saint-Luc, Québec | Cell: 514-967-4809 | julia.liber@mail.mcgill.ca

# HIGHLIGHTS OF QUALIFICATIONS

* Registered Dietitian: Ordre professionnel des diététistes du Québec
* Member of Dietitians of Canada
* Experience with private consultations and community presentations
* Languages: English, French and Hebrew
* Computer and IT skills: Microsoft Excel, WinVision, Oacis, Chartmaxx, NutraCoster, Hexfit.
* Certifications: Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Ethics(TCPS-2), Food Safety Training(FST)

# Education

**BACHELOR OF SCIENCE IN DIETETICS** Diploma obtained December 2019

**McGill University,** St-Anne-De-Bellevue, Québec

# Employment

**NUTRITIONIST** January 2020- Present

**Nautilus Plus,** Montréal, Québec

* Providing private consultations for Nautilus Plus’ clients.
* Assessing nutrition and lifestyle habits and providing an appropriate intervention for each client.
* Provides a nurturing and healthy environment for the clients.
* Utilizes a variety of tools and approaches: including Intuitive Eating and Canada’s Food Guide.

**NUTRITIONIST** February 2020-Present

**ADMINISTRATIVE ASSISTANT** May -September 2019

**Food with a Conscience**, Montréal, Québec

* Corresponded with clients via telephone and email, assisting them with the registration process for the Supplier Management System.
* Contributed to team meeting by identifying key issues and coming up with solutions to improve the Supplier Management System.
* Compiled and updated client specifications for the food items sold, including the ingredient list, nutritional label and allergen list using NutraCoster software.
* Initiated marketing strategies by opening and maintaining the company’s social media pages.

**SUMMER STUDENT INTERN** July -August 2018

**Jewish General Hospital,** Montréal, Quebec

Received a grant from Canada Summer Jobs for a student position in management.

* Trained kitchen staff in hand hygiene.
* Conducted a costing and waste control study, in order to determine which menu items can be removed.
* Investigated new recipes by analyzing the cost, taste and shelf life of the product, and comparing those parameters with the current menu items.
* Conducted time and temperature studies by monitoring food temperatures throughout production, distribution and tray delivery. Suggested methods to keep the foods within the acceptable temperature range throughout the flow of food.

# Dietetics Internships

**LEVEL 4 MANAGEMENT STAGIARE** November-December 2019

**Jewish General Hospital,** Montréal, Québec

* Implemented and standardized the recipe for the cafeteria menu item “ Vegetarian Burger”.
* Conducted a quality assurance study on thickened liquids using the Bostwick Consistometer.
* Costed various cafeteria menu items and calculating a suggested selling price.
* Conducted an In-Service training on customer service for cafeteria employee

**LEVEL 4 COMMUNITY STAGIARE** October-November 2019

**Openspace Clinic**, Westmount, Québec

* Shadowed a Registered Dietitian during consultations and follow up appointments with clients.

Clientele included overweight and obesity, hypertension, eating disorders and anemia.

* Presented to fellow clinicians information on the popular diet Intermittent Fasting.
* Designed patient education handouts: “Nutrition and Menopause”, “Nutrition and the Microbiome”.

**LEVEL 3 CLINICAL STAGIAIRE** February -March 2019

**St Mary’s Hospital**, Montréal, Québec

* Presented nutrition classes to women with Gestational Diabetes at the women’s clinic.
* Provided one-on-one nutritional education for patients at the women’s clinic, as well as postpartum patients.
* Updated patient questionnaire for new admission in the women’s clinic.
* Conducted a quality assurance study on milk consumption in the post-partum unit.

# Presentations

**The Allan Memorial Institute**, Montréal, Québec November 2019

* Nutrition session provided to Day Hospital patients on healthy eating to enhance health.

**Openspace Clinic**, Westmount, Québec October 2019

* Journal club presentation to Registered Dietitian on the prevention and management of Low Bone Mineral Density in the Eating Disorder population.

**St Mary’s Hospital**, Montréal, Québec February 2019

* Journal club presented to Registered Dietitians on calcium requirements during pregnancy.

**Sunshine Academy**, Dollard-Des Ormeaux, Québec March 2019

* Nutrition session provided to Elementary School students on healthy snacking and Canada’s Food Guide.

# Community Involvement and Leadership

* Wellness and recovery group nutrition volunteer for Agence Ometz. November 2019-Present
* Diabetes GPS by Diabetes Canada and JDRF in November 2019 volunteer. November 2019
* McGill University Open House volunteer for School of Dietetics and Human Nutrition. October 2018
* Student executive team member for Hillel Montreal. September 2017- June 2018

 References Available Upon Request