

Simone Weingarten, MS, RDN, CDN, LD, CEDS-C, CPT

(516) 870-4081 • Sweingarten1989@aol.com
<https://szw0103.wixsite.com/simoneweingarten>

EDUCATION

Auburn University – Auburn, Alabama

May 2019

M.S. in Nutrition / Dietetic Internship

Long Island University – C.W. Post, Brookville, NY

B.S. in Nutrition

May 2017

PROFESSIONAL EXPERIENCE

Erica Leon Nutrition, LLC

October 2021 – Present

Dietitian

- Collaborate with the multidisciplinary team
- Counsel and educate families
- Preform client assessments, including intake surveys, history, and goal setting strategies
- Preform one -on-one counseling sessions and one-on-one meal exposures

My Sports Dietitian

June 2020- January 2022

Intern/ Team Leader/ Oversight Team

- Created content for the CSSD Study Guide
- Collaborated with and directed team in creating CEUs as group leader

Monte Nido and Affiliates – Clementine, Briarcliff Manor / The Woodlands

October 2019 – January 2023

Dietitian- Eating Disorders

- Preform client assessments, including intake surveys, eating disorder history, and goal setting strategies
- Preform one -on-one counseling sessions, nutrition therapy groups, family meals, one-on-one meal exposures and group meal exposures
- Supervise the chef and kitchen
- Oversee meal preparation and inventory
- Oversee in house meals, meal planning and meal exposures
- Track client progress via data collected through weigh-ins, meal logs, vitals and lab work and client feedback
- Collaborate with the multidisciplinary team and outpatient teams
- Counsel and educate families

Auburn Recreation Center, Auburn Alabama

November 2017- May 2019

Personal Trainer

- Performed client assessments, including intake surveys, medical history, and goal setting strategies
- Trained clients in cardiac, aerobic, and weight training techniques in safe, reassuring environment
- Tracked client progress via data collected through weigh-ins, BMI evaluation, and client feedback

Auburn University Fueling Station, Auburn Alabama

August 2017- May 2019

Volunteer

- Assisted registered sports dietitians in everyday task, including stocking, organizing and promoting the fueling station
- Assisted in fueling the athletes before and after practices

CERTIFICATIONS

- ServeSafe Certified
- National Academy of Sports Medicine (NASM) Personal Trainer
- American Red Cross CPR/AED

April 2015
January 2014
September 2013

WEBSITE – e-Portfolio

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DIETETIC INTERNSHIP EXPERIENCE

June 2018 – April 2019

COMMUNITY EXPERIENCE

Prattville Farmers Market

- Participated in identifying recipes, purchased ingredients, and prepared sample meals for the community to taste

Auburn University Research

- Collaborated on research projects to obtain future research grants for Auburn University

Auburn University Health Promotions and Wellness

- Assessed and recorded patients' nutritional status in the outpatient setting
- Provided nutritional education to patients
- Established and maintained regular blog promoting health and wellness
- Assisted the nutrition team in daily task
- Assisted in meal planning for different populations and for on campus eating

FOODSERVICE EXPERIENCE

Lanier Hospital

- Participated in supervisory duties, tray lines, menu checks, customized menus for long-term patients, recipe production, kitchen and café duties, and inventory

Auburn City Schools K-12

- Participated in kitchen duties, breakfast and lunch preparation for 7th-9th graders
- Performed cost analysis and approved school orders and menu brands for K-12
- Educated 5th and 6th graders about healthy foods
- Assisted in the "Food Play" program
- Participated in U.S. Foods workshop
- Promoted K-12 nutrition through diverse projects

CLINICAL EXPERIENCE

East Alabama Medical Center

- Assessed and documented patients' nutrition status in 314-bed medical center and in skilled nursing unit
- Conducted Nutrition Focused Physical Examination to diagnosis malnutrition
- Provided nutritional education to patients, families, long term psych, cardiac rehab, and SNF patients
- Calculated patients' nutritional needs for PO intake, enteral feedings, and parenteral feedings
- Planned, documented, and implemented nutrition care plans
- Attended and conferred in interdisciplinary patient care plan meetings

Fresenius Kidney Care

- Assessed and documented patients' nutrition status
- Provided nutritional education to patients
- Attended interdisciplinary patient care meetings

SPORTS NUTRITION EXPERIENCE

North Carolina State University

- Shadowed the football team's Director of Sports Nutrition
- Assisted and analyzed body measurements for NCSU football players
- Participated in diet counseling, hydration counseling, education sessions and food tours
- Created infographics and handouts to provide to the athletes and staff
- Assisted NCSU football fueling station, breakfast station and practice sessions
- Established diet analysis, meal plans and hotel menus for NCSU athletes
- Provided and summarized new research to help athletes succeed

EATING DISORDER EXPERIENCE

Breathe Life Healing Centers

- Shadowed the Director of Nutrition
- Assisted the Director of Nutrition in daily tasks, such as auditing nutrition sessions
- Participated in one-on-one diet counseling, group therapy sessions and multidisciplinary meetings with the clinical team
- Assisted in charting and mentoring lunch for the clients