

## Allison Nicole Bourgeois

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### EDUCATION

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#### Texas A&M University

*Bachelor of Science in Nutrition, Magna Cum Laude*

GPA: 3.875/4.0

College Station, Texas

May 2018

#### Iowa State University Dietetic Internship

*Dietetic Intern*

Ames, Iowa

June 2019 – November 2019

- Shadowed and assisted Registered Dietitian's at Texas Children's Hospital in various inpatient and outpatient departments including endocrine, oncology, the NICU for 4 weeks.
- Provided medical nutrition therapy for 15+ pediatric patients with Prader-Willi Syndrome and traumatic brain injuries at Nexus Children's Hospital for 2 weeks.
- Participated in multidisciplinary teamwork and assessed patients for nutritional risk, managed tube feedings and provided inpatient diet education for chronic diseases at Baylor Scott and White Hospital for 4 weeks.
- Executed staff relief for two weeks at Baylor Scott and White Medical ICU, averaging 10 patients/day. Conducted nutrition focused physical exam and calculated enteral nutrition for 60+ adult and pediatric patients.
- Assessed educational needs and provided nutrition counseling for pediatric patients and their families based on individual needs, including nutrition requirements, knowledge, economic, and social situation at WIC locations throughout Houston, Texas for one week.
- Completed 4 weeks in Foodservice Management at Baylor Scott & White Hospital; enhanced their emergency preparedness by creating a disaster menu and an ordering guide.
- Developed and taught nutrition classes to children between the ages of 2-15 with the Harris County Public Health Obesity Prevention Program. Nutrition classes consisted of a lecture and an age-based activity or craft.

### WORK EXPERIENCE

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#### Generations Senior Living Center

*Dietetic Coordinator*

Bryan, Texas

April 2018 – May 2019

- Managed food service needs: created kitchen tickets, patient food preference interviews, and dietary updates.
- Aided Registered Dietitians on-site with any dietary changes or duties pertaining to patient needs.
- Created and tracked reports of patient's intake, diet changes, and diet texture to distribute to the health care team.

#### CHI St. Joseph Hospital MatureWell

*Wellness Tech, Cardiac Rehabilitation Team*

Bryan, Texas

August 2017 – May 2019

- Instructed fitness classes, supervised exercise facilities, and assisted members with weight machines and exercises.
- Co-lead monthly cooking classes with Registered Dietitian for members to promote healthy eating.

#### CAN DO Houston Non-Profit

*Community Health Intern*

Houston, Texas

May 2017 - August 2017

- Volunteered 145+ hours organizing food fairs with the Houston Food Bank and delivering produce to gas stations.

### LEADERSHIP

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#### Dietetic Internship Preparation Workshop (DIPW)

*Marketing Co-Chair*

College Station, Texas

April 2018 – May 2019

- Orchestrated team efforts in designing a promotional campaign to recruit 200+ attendees in 6 months.

#### Living Water International Mission Trip

*Volunteer*

Antigua, Guatemala

June 2018 - July 2018

- Aided in drilling a freshwater well and taught health classes for over 3,000 impoverished villagers.

#### Texas A&M Sweethearts

*Sisterhood Chair*

College Station, Texas

August 2015 - May 2018

- Planned and coordinated various events to strengthen bonds between organizational members.

### CERTIFICATIONS, ACTIVITIES & HONORS

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**Certifications:** CPR, BLS, Bloodborne Pathogen certified, ANSI Accredited Certified Professional Food Manager

**Activities & Honors:** Member of the Academy of Nutrition & Dietetics, Mattie B. and Ben T. Little Ag, Kate and Tony Sutherland Endow, CLAG UG DT, Texas Academy of Nutrition and Dietetics Foundation Scholarships