

**Shanah Bell**
3953 Haithcock Rd.
Raleigh, NC 27604
c: 919-827-7373
e: adaptivenourishment@gmail.com

**Summary:**

* Several years of experience in Food & Beverage, Catering and Private Cooking Classes
* Versed at creating and adapting educational programs to inspire curiosity
* Proven track record of creating engaging, educational content and recipes

**Experience**:

**Holistic Health Advisor - Adaptive Nourishment, LLC**
Raleigh, NC
*January 2016 – Present*
- Assist clients with specific health issues
- Review and analyze labs, past history and lifestyle

- Create food lists and recipes for clients for better adherence/implementation

**Freelance Writer**
Raleigh, NC
*January 2016 – September 2022*
- Weekly nutritional blog posts
- Product testing and reviews

- Restaurant reviews

**Contractor - North Carolina Museum of Natural Sciences**

Raleigh, NC

*September 2013 – January 2020*

- Create and run diverse educational tables for a multitude of events throughout the year
- Manage volunteers assisting with different events and assisting with set up and break down of all events

**Instructor - Whisk**
Cary, NC
*January 2017 – June 2017*
- Regular cooking classes geared towards gluten free and vegetarian
- Producing unique recipes and teaching in an engaging manner

- Q & A sessions regarding how to make meals delicious, nutritious, easy and budget friendly

**Catering Sales Manager/Catering Server, In-House Nutrition Advisor - Irregardless**
Raleigh, NC
*October 2012 – June 2016*

*-*Sell and run catering events, primarily for non-profit events
- Pack and re-pack catering van before and after events as well as set up and break down of events
- Serve food and drinks to event guests and problem solving for guests with special requests

**Banquets - The Umstead Hotel and Spa**

Raleigh, NC

*May 2014 – December 2016*

- Set up and break down of bar and/or banquet room for event

- Keep track of all inventory pulled and returned at end of event for proper consumption numbers

- Serve food and drinks to event guests and problem solving for guests with special requests

**Shanah Bell**

**Educator - Well Fed Farm**

Raleigh, NC

*February 2015 – June 2016*

- Created and implemented a program to have children teach other children about food and nutrition, targeting need based audiences

- Offered monthly at no cost

**Internship with Living Collections - North Carolina Museum of Natural Science** *“The Effects of Dietary Analysis on Lesser Studied Captive Species”*

Raleigh, NC

*January 2015 – May 2015*

- Assessed the diets of animals specified that had a tendency for tumor growth and/or early death

- Presented new diets for each animal and changes were implemented by Living Collections staff.

- All animals assessed had positive changes statistically and anecdotally with implementation of new diet and the changes have become permanent.

**Cart Program Volunteer - North Carolina Museum of Natural Science**

Raleigh, NC

*August 2012 – September 2013*

- Created a moveable display to educate museum visitors about paleontology.

- Educate museum guests about the difference between herbivores/carnivores and the relation to current living animals.

**Volunteer Firefighter - Seagate Volunteer Fire Department**

Wilmington, NC

*July 1998 – October 2000*

- Extinguished residential fires along with evacuation during natural disasters

- Extensive training was required on a regular basis in order to master the tools necessary for the trade (Jaws of Life, SCBA, driving a fire truck), with emphasis on HazMat (Hazardous Materials)

**Mentor - Communities in Schools of North Carolina**

Wilmington, NC

*September 1997 – May 1999*

- Mentored foster children and "at-risk" children at the elementary, middle and high school ages.

-Assisted these children with homework, issues with school, peer pressure issues, as well as issues at home.

**Related Skills:**
Skilled at creating programs to teach and engage as well as customer service, taking/placing orders, special requests, food and drink service, nutritional analysis, accounting, work/life balance.

**Education:**

**NCSU** (Raleigh, NC)

Masters of Nutrition December 2015

**UNC-Greensboro**
Greensboro, NC
Bachelor of Arts in Liberal Studies May 2007