

AMAL SAKR

LICENSED DIETITIAN

EDUCATION

Lebanon

Lebanese American University | 2016-2021

BS in nutrition and dietetics coordinated program, emphasis in Inter-Professional Education (IPE)

- Candidate for ACEND accreditation
- Enrolled in a merit scholarship and obtained my diploma with distinction
- Certified in "Nutrition Focused Physical Examination" (NFPE), and "Objective Structured Clinical Examination" (OSCE)
- GPA 3.63/4, MGPA 3.87/4

Minor in food science and management

- MGPA 4/4

Minor in Psychology

- MGPA 3.56/4

Collège Notre Dame de Lourdes Frères Maristes

French general baccalaureate, emphasis in life sciences, earned with distinction | 2016

LANGUAGES

- English: Fluent
- French: Competent
- Arabic: Native

CREDENTIALS

Licensed Dietitian, Ministry of Public Health, Lebanon | As of Jul. 2021

AWARDS & ACHIEVEMENTS

- Undergraduate research award, Lebanese American University | Jun. 2021
- Distinction List, Lebanese American University | Spring 2017 - Spring 2020
- Honor List, Lebanese American University | Fall 2017

VOLUNTEERING & COMMUNITY SERVICE

- Student services co-chair, IAAND | Jun. 2019 - Present
- Animal rights club, Lebanese American University | Feb. 2018 - Present
- Pioneers of hope club, Lebanese American University | Sept. 2016 - May 2017
- Orphan fair event leader, Lebanese American University | Nov. 2015
- Environment protection volunteer, Byblos Ecologia, and Green Square | Jan. - Dec. 2015
- Emergency First Aid training, Red Cross | May 2014

CONTINUING EDUCATION

- 25 CPEUs, The Academy of Nutrition & Dietetics (AND) | Oct. 2020 - May 2021
- 2 CPEUs, American Society for Nutrition | Mar. 2021
- 1 CPEU, Abbott Nutrition Health Institute | Feb. 2021
- 3 CPEUs, Today's Dietician | Jan. - Mar. 2021
- 6.5 CPEUs, American Society for Parenteral and Enteral Nutrition | Oct. - Apr. 2021
- Workshop: Nutrition and physical therapy in athletes development, Modern University for Business and Science (MUBS) | Jul. 2018

PROFFESIONAL SKILLS

- Proficient in Microsoft Office Applications, and SPSS
- Active listening skills
- Effective counseling and problem-solving skills
- Good coordination and communication skills

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Address:

Byblos, Lebanon

PROFESSIONAL EXPERIENCE

Quality Manager - FSTL

Smart Gourmet | Jan. 2020- Present

- Analyse and optimise production process
- R&D to create new recipes, and sensory analysis of products
- Implementation of ISO 22000:2018 system and record keeping
- Responsible for sampling and testing strategy to ensure safety
- Oversight of daily operations to ensure compliance with quality standards set by the company and regulatory authorities
- Prepare educational materials and teach staff on food safety and quality practices
- Create product labels that comply with FDA and CFIA standards

Student Services - Co Chair

International Affiliate of the Academy of Nutrition & Dietetics (IAAND) | Jun. 2021 - Present

- Assigned as "student leader" by the Academy of Nutrition & Dietetics (AND)
- Promote two-way communication between student members and the academy
- Assess and improve student services

Dietetic Practicum

LAUMC - Rizk Hospital | Sept. 2020-Jun. 2021

- Completed 1000+ hours of rotations at different sites: Lebanese American University Medical Center (LAUMC), Makhzoumi Foundation Primary Healthcare Center, Hammoud Hospital University Medical Center, Albert Haykal Hospital
- Medical Nutrition Therapy (MNT) and clinical rotations: Nutrition Care Process (NCP), oncology, internal medicine, renal & dialysis, obstetrics & gynecology, diet aide, cardiac care unit, surgical unit, intensive care unit, pediatrics, and staff relief
- Foodservice management rotations: patient food service, food production, theme meal, cafeteria, administrative, and purchasing, receiving, and storage
- Community nutrition rotations: NGO, long-term care, health fair, and outpatient clinics

Consumer Protection - Intern

Ministry of Economy and Trade, Lebanon | Sept. 2019

- Assisted in carrying inspections and investigations to identify non-conformities to food safety regulations and misleading or falsified product information, practices against the standards enforced by the Lebanese regulatory authorities

Quality Assurance - Intern

Sonaco | Aug. - Sept. 2019

- Supervised the food production process from raw material receiving to end product dispatch to ensure compliance with food safety and quality systems (HACCP, GMP, GHP)
- Conducted laboratory analyses to ensure freedom of hazards

Fundamentals of Human Nutrition - Academic Tutor

Lebanese American University| Jan. 2019-May 2020

- Worked with academically challenged students to improve their understanding and performance in the course
- Prepared, planned, and educated students in different methods

Quality Assurance and R&D - Intern

Hintrag | May 2018

- Assisted in monitoring food processing to ensure adherence to quality and safety standards
- Collaborated in the development and sensory analysis of new recipes