

Headings are strategically organized. Certifications are essential for this field so "Certifications, Trainings & Skills" is featured at the top.

Current work experience is relevant for desired role so experience follows certifications.

Sarah Ann Mason

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Certifications, Trainings & Skills

Food Handler's Permit | HIPAA Training | CITI Human Subjects Training | American Red Cross CPR Certification
ACE Group Fitness Instructor National Certification | Microsoft Office | Wrike

Experience

Food and Nutrition Service Worker, Sodexo - Catalina Foothills School District, Tucson AZ 7/2017 - Present

- Prepare and serve complete meals to elementary student groups of 200+.
- Ensure quality of ingredients and support team in driving quality assurance and safety of food preparation.
- Manage income/tax exemption figures to ensure compliance with Free and Reduced Lunch regulations.

Group Fitness Instructor, Southern Arizona YMCA 6/2017 - Present

- Lead fitness classes of 15+ and collaborate with attendees of diverse skill levels on workout strategies.
- Motivate clientele in the promotion of healthy lifestyle decisions.
- Provide suggestions on food and nutrition and communicate health benefits of fitness.

Intern, UA Center for Compassion Studies, Tucson, AZ 1/2016 - 5/2016

- Initiated and maintained a social media presence that increased involvement.
- Secured guest speakers and assisted with hosting of events to grow awareness of the center's mission around impact of compassion and contemplative practices on well-being.
- Collaborated with staff to improve curriculum delivered to students.

Media Crew Staff Member, Hugh O'Brian Youth Leadership Seminar, Tucson, AZ 6/2012 - 8/2013

- Promoted ideals of leadership, social justice, inclusivity, interpersonal skills and teamwork to a statewide conference of 150+ high school sophomores to inspire and develop leadership potential.

Education, Awards & Distinctions

Bachelor of Science in Nutritional Sciences | Bachelor of Science in Care, Health & Society, May 2018

Minors: Spanish & Biochemistry, Emphasis: Human Services, Human Nutrition, GPA: 3.5

University of Arizona - Honors College, Tucson, AZ

Blue Chip Leadership Pillars of Excellence Recipient | Outstanding Honors Junior Nominee

Scholarship recipient representing UA Nutritional Sciences Department at nutrigenomics conference, 2018

Academic awards can be highlighted within education.

Community Leadership

Youth Coordinator, Survivorship Chairperson, American Cancer Society Relay For Life, Tucson, AZ 6/2007 - Present

- Pioneered a series of cancer survivor's dinners for 100+ to build community and a network of support.
- Initiated outreach and developed relationships with community to promote Relay For Life programs.

Member, University of Arizona Nutrition Network, Tucson, AZ 8/2015 - Present

- Assisted with food preparation and led physical activity demonstrations to groups of 20+.

Volunteer, University of Arizona Cancer Center, Tucson, AZ 1/2014 - 5/2015

- Partnered with Medical Social Work teams to advance quality of patient care. Communicated resource information to patients to foster a positive environment throughout treatment.

Transferable skills are highlighted through volunteer work and community involvement.

Conferences

Food Tank Summit - Growing Food Policy, 2018

Feeding Your Genome: Research Frontiers in Nutritional Sciences Conference, 2017

National Collegiate Leadership Conference, *Program Facilitator*, 2016