

# RABIYA DHARSI-BOWER, MHSc, RDN, LDN

717.514.3447 • RZDharsi@gmail.com • Flourtown, PA

## Requested Links

- Blog: <https://www.americandairy.com/dairy-diary/dairy-and-diabetes-a-snack-match-for-balanced-blood-sugar/>
- Recipe\*: <https://www.eatrightpa.org/blog/2020/10/05/cultural-recipe-series-rabiya-bower/>  
\*Nutritional content was not required for that blog post, but I can easily provide that to you
- Instagram:
  - [https://www.instagram.com/p/CIUHGbel3Gs/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CIUHGbel3Gs/?utm_source=ig_web_copy_link)
  - [https://www.instagram.com/reel/CXi2h-3jRuk/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/reel/CXi2h-3jRuk/?utm_source=ig_web_copy_link)

## EDUCATION

**Master of Health Science**, May 2021 at Cedar Crest College

- Nutrition Program Planning Focus

**Dietetic Internship**, May 2013 at Cedar Crest College

- Community Nutrition Focus

**Bachelor of Science in Nutritional Sciences**, December 2009 at the Pennsylvania State University

## TEACHING EXPERIENCE

**Teaching Instructor**, Thomas Jefferson University January 2021 – Present

- College of Health Professions, Department of Nutritional Sciences
- Culinary Nutrition, Functional Foods, and Diet Planning
- Nutrition Communication, Education, and Leadership
- Social Justice Seminar: Systemic Challenges and Barriers

**Adjunct Instructor**, Manor College September 2014 – Present

- Science of Nutrition, Biology 106

**Adjunct Instructor**, Harrisburg Area Community College September 2013 – May 2014

- Essential Nutrition Knowledge for Long-term Care Employees

## PROFESSIONAL EXPERIENCE

**MS/RDN Program Coordinator**, Thomas Jefferson University January 2021 – Present

- Participate in research initiatives with other institutions, such as Diversify Dietetics
- Incorporate social justice and advocacy into nutrition and dietetics curricula
- Train, manage, and mentor preceptors and accompanying facility affiliation agreements
- Create content for social media, marketing, and recruitment efforts

**Regional Nutrition Manager**, The GIANT Company November 2018 – January 2021

- Implement health and wellness initiatives at over 75 retail locations
- Manage dietetic internship programs with various universities and organizations
- Develop relationships with stakeholders, vendors, and community partners
- Lead creative content generation for social media, blogs, and other platforms

**In-store Nutritionist**, GIANT Food Stores July 2014 – November 2018

- Provided general nutrition counseling and nutrition education
- Managed and developed associate wellness program for multiple retail locations
- Fostered community relationships through seminars, workshops, and health fairs

# RABIYA DHARSI-BOWER, MHSc, RDN, LDN

717.514.3447 • RZDharsi@gmail.com • Flourtown, PA

**Nutrition Education Leader**, The Allen Center for Nutrition August 2012 – July 2013

- Trained food service auditors of adult and child daycare centers
- Created both in-person and online curriculum about feeding young children
- Demonstrated cooking skills and shared recipes for affordable and easy meals and snacks

**School Nutrition Educator**, The Food Trust January 2011 – June 2012

- Taught nutrition education in K-12 schools throughout Philadelphia meeting SNAP-Ed requirements
- Built relationships with community stakeholders

**Nutritionist**, Women, Infants & Children (WIC) January 2010 – December 2010

- Prescribed food packages for families based on nutritional needs
- Followed all SNAP and state guidelines for determining eligible clients

## HONORS & AWARDS

<b>Jefferson Faculty Educator</b> , Joy in Teaching	2022
<b>Academy of Nutrition and Dietetics</b> , Diversity & Inclusion Leaders Program	2021 – 2023
<b>Outstanding Preceptor of the Year</b> , Pennsylvania Academy of Nutrition and Dietetics	2021
<b>Seminack/Cwiek Adjunct Faculty Award</b> , Manor College	2020
<b>Keynote Speaker</b> , Cedar Crest College DI Graduation	2020
<b>Keynote Speaker</b> , Immaculata University DI Graduation	2019
<b>Eat Together PA</b> , Photo Contest Winner, First Place	2018
<b>Today's Dietitian</b> , Share Your RD Story, First Place	2015
<b>Nutrition Education for the Public DPG</b> , Student Award Winner	2012

## SPEAKING & CONTENT CREATION

<b>Pennsylvania Academy of Nutrition and Dietetics</b>	2021
<ul style="list-style-type: none"><li>• Annual Meeting and Exhibition; Reclaiming Our Plate</li><li>• Annual Meeting and Exhibition: Muslim Foodways</li><li>• Blog Editor</li></ul>	April 2021 April 2022
<b>Cultures of Gender and Age MIG</b>	
<ul style="list-style-type: none"><li>• Enhancing Your IDEA Mindset</li></ul>	February 2022
<b>American Dairy Association Northeast</b>	
<ul style="list-style-type: none"><li>• Content Creator</li></ul>	2021
<b>Central PA Nutrition &amp; Dietetic Association</b>	
<ul style="list-style-type: none"><li>• South Asian Food &amp; Influences</li></ul>	March 2022
<b>Lehigh Valley Dietetic Association</b>	
<ul style="list-style-type: none"><li>• What's the Daal?</li></ul>	May 2021
<b>Retail Dietitian Business Alliance</b>	
<ul style="list-style-type: none"><li>• Snacking Solutions for Consumers</li></ul>	April 2021
<b>Philadelphia Academy of Nutrition &amp; Dietetics</b>	
<ul style="list-style-type: none"><li>• Cook with Me for RD Day</li></ul>	March 2021

# RABIYA DHARSI-BOWER, MHSc, RDN, LDN

717.514.3447 • RZDharsi@gmail.com • Flourtown, PA

## MENTORING & PRECEPTING

<b>Diversify Dietetics</b>	2018 – Present
<ul style="list-style-type: none"><li>• Mentor</li><li>• Mentor Program Volunteer; Workshop Lead</li></ul>	
<b>Women’s Leadership Initiative</b> ; Pennsylvania State University	2017 – Present
<ul style="list-style-type: none"><li>• Featured Speaker; Body Positivity and Weight Bias</li></ul>	
<b>College of Health &amp; Human Development</b> ; Pennsylvania State University	2016 – Present
<ul style="list-style-type: none"><li>• Dietetic Internship Graduation Keynote Speaker, 2020</li><li>• Featured Speaker; Body Positivity and Weight Bias</li></ul>	

## BLOGS & OTHER MEDIA

<b>Beti Books</b> , Founder	March 2020 – Present
<b>PA Eat Right Blog</b>	
<ul style="list-style-type: none"><li>• Benefits of Being a Preceptor</li><li>• Sweets &amp; Treats: Tips from an RD Mom</li></ul>	April 2021 June 2021
<b>Multicultural Kid Blog</b>	
<ul style="list-style-type: none"><li>• South Asian Treats to Beat the Heat</li><li>• Ramadan Reflections</li><li>• Women’s History Month</li><li>• Holi Hai!</li><li>• Christmas Traditions</li><li>• Celebrating Diwali as a Multicultural Family</li></ul>	July 2021 April 2021 March 2021 February 2021 December 2020 November 2020
<b>WXPN Kids Korner</b>	
<ul style="list-style-type: none"><li>• Nutrition Nuggets: Peanut and Tree Nut Allergies</li><li>• Nutrition Nuggets: Health at Every Size ® for Kids</li></ul>	November 2020 October 2020
<b>FYI Philly</b>	
<ul style="list-style-type: none"><li>• Green Beans Almandine</li><li>• Buratta Caprese &amp; Basil Pesto Pasta</li></ul>	March 2020 April 2019
<b>Produce for Better Health</b>	
<ul style="list-style-type: none"><li>• Happy “Plants-giving”</li><li>• Insider’s Viewpoint: Fabulous Fennel</li></ul>	November 2020 March 2017
<b>Podcasts</b>	
<ul style="list-style-type: none"><li>• So Curious! with The Franklin Institute</li><li>• What the Chai?</li><li>• The Messy Intersection</li><li>• Caffeinated Brown Girl</li><li>• Your Favorite Book</li><li>• But What Will People Say?<ul style="list-style-type: none"><li>○ Raising Biracial Kids</li><li>○ Women’s Wellness</li></ul></li></ul>	March 2022 November 2021 February 2021 December 2020 October 2020 November 2020 March 2020
<b>Natural Awakenings Bucks/Montgomery Counties</b>	
<ul style="list-style-type: none"><li>• The Benefits of Cocoa for Type 2 Diabetes</li><li>• Blueberries Show Promise as Anti-Inflammatory Agents</li></ul>	November 2017 July 2017

# RABIYA DHARSI-BOWER, MHSc, RDN, LDN

717.514.3447 • RZDharsi@gmail.com • Flourtown, PA

## MEMBERSHIPS & AFFILIATIONS

<b>Academy of Nutrition and Dietetics</b>	2012
• Nutrition Education for the Public	2012
• Food & Culinary Professionals	2014
<b>Pennsylvania Academy of Nutrition and Dietetics</b>	2012
• Annual Meeting & Exhibition Scholarship & Awards Chair 2021	
<b>Philadelphia Academy of Nutrition and Dietetics</b>	2015
• Public Policy Coordinator	2021-2024
• Public Policy Coordinator – Elect	2020-2021
<b>American Diabetes Association</b>	
• Food & Nutrition Advisory Committee	2021
<b>South Asian Women in Interracial Relationships; Co-founder</b>	2019
<b>Multicultural Parents Association; Book Club Leader</b>	2020-2021
<b>Springfield Township Playgroup; Moderator</b>	2016