

Charlotte Cervantes, PhD, CFS, RD

charlottecervantesrd@gmail.com

573-576-4092

Education

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| Doctor of Philosophy (Ph.D.): Agricultural Sciences Graduate Certificate: Quantitative Methods Southern Illinois University - Carbondale | May 2020 |
| Post-Baccalaureate Dietetic Internship Priority Nutrition Care, Boston, MA | August 2014 |
| Master of Business Administration (MBA) Southeast Missouri State University | December 2013 |
| Bachelor of Science in Human Environmental Studies: Dietetics Southeast Missouri State University | December 2011 |

Academic & Related Industry Experience

Southeast Missouri State University

Assistant Professor

August 2020 - Present

Instructor, RNTT

October 2015-May 2020

Courses Taught (*Indicates that I was the course developer):

- FN235: Nutrition for Health (3 credit hours)
- FN240: Introduction to Food Science (3 credit hours)
- FN320: Essentials of Food Science (4 credit hours)
- *FN330: Financial Management & Cost Control in Dietetics (3 hours)
- HL303: Research Methods (3 credit hours)
- *FN607: Food Science & Technology
- *FN617: Applied Statistics in Health Sciences
- *FN624: Research Methodology
- FN600: Advanced Practice in Medical Nutrition Therapy
- FN650: Seminar in Advanced Professional Skills for the Registered Dietitian

Academic Advising:

- Regularly advise undergraduate students in a variety of advising tracks (DPD, Nutrition & Wellness, Nutrition Science)
- Regularly provide academic and research advising to graduate students

Graduate Student Supervisor: August 2020-Present

- Hire, train, and evaluate graduate students in the nutrition discipline

Master of Science in Applied Nutrition Capstone Project Coordinator: August 2022 - July 2023

- Oversee the capstone project process for all students enrolled in the MSAN program
- Coordinate project proposals prior to data collection; coordinate project presentations following completion
- Provide assistance to faculty and preceptor mentors during the research process

Program Director, Didactic Program in Dietetics: June 2023 - Present

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Gilster Mary-Lee

Corporate Dietitian, Regulatory Specialist

2014-2015

- Developed and managed company product labels and label copies to ensure compliance with regulations
- Coordinated with multiple departments, including Research & Development, Quality Assurance, and Production to develop formulation information necessary for product labeling
- Managed the testing of analytic nutritional testing; confirmed validity of product labels with data collected
- Participated in product development for new and existing products
- Managed the artwork review process and approved final artwork in ensuring regulatory compliance of product packaging

Certifications & Professional Affiliations

- ServSafe Instructor & Examination Proctor, recertification required April 2024
- ServSafe Food Protection Manager, recertification required April 2026
- Registered Dietitian (RD), Commission on Dietetic Registration
- Certified Food Scientist (CFS), Institute of Food Technologists
- Graduate Certificate in Quantitative Methods, completed May 2020
- Southeast Master Advisor, completed 2018
- Licensed Dietitian, State of Missouri
- Member: Academy of Nutrition & Dietetics, Member ID: 86056227
- Member: Missouri Academy of Nutrition & Dietetics
- Member: Brewers Association
- Member: Institute of Food Technologists

Conferences & Workshops Attended

- Institute of Food Technologists Annual Conference, July 2021
- ACEND Competency Based Education Workshop, July 2019
- Illinois Craft Brewers Conference, July 2019
- Missouri Academy of Nutrition & Dietetics, Annual Conference, April 2017, April 2018, April 2019
- Craft Brewers Conference, Brewers Association, April/May 2018
- Director Training for ACEND-accredited programs, October 2017
- Food & Nutrition Conference Expo, Annual Conference of the Academy of Nutrition Dietetics, October 2017
- "Nutrition Labeling & Claims: What's Required, Desired, & Expected Next," hosted by Food Seminars International, October 2014
- "Labeling of FDA Regulated Food Products," hosted by AIB International, September 2014

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Service

Community Service

- Co-chair, Empty Bowls Event, 2017-2019
- Instructor, "Kids in the Kitchen," offered through the Extended Learning Office of Southeast Missouri State University, Summer(s) 2016, 2017, 2018

University Committee Service

- Member, Grants & Research Funding Committee, 2021-Present
- Chair, Departmental Student Affairs Committee, 2021-Present
- Member, Faculty Innovators Committee, Center for Teaching & Learning, 2020-2023
- Member, College Council, College of Education, Health and Human Studies, 2020-2022
- Chair, Food Lab Planning Committee, 2019-2020
- Member, Alumni Relations Committee, 2019-Present
- Member, Recruitment & Retention Committee, 2019-Present
- Member, Academic Distinction Project: "Students' Perceptions of Pork Labeling," 2018
- Member, Eating Disorders Awareness Week, 2016-Present

Student Service

- Faculty Advisor, Redhawk Health Educators, 2021-Present
- Faculty Sponsor, Department of Kinesiology, Nutrition, & Recreation Honor Society, 2020-Present
- Faculty Judge, Student Research Conference, 2019
- Faculty Sponsor, Student Dietetic Association, Southeast Missouri State University, 2017-Present

Service to the Field

- Missouri Academy of Nutrition & Dietetics, Treasurer, 2022-Present
- Session Peer Reviewer, Institute of Food Technologists 2021, 2022 Conferences
- President-elect, Southeast Missouri Academy of Nutrition & Dietetics, 2018-2019
- President, Southeast Missouri Academy of Nutrition & Dietetics, 2017-2018

Invited Guest Lectures

- Center of Teaching & Learning: Stress Eating: How to Eat to Reduce Stress, 2022
- Center for Teaching & Learning: Post-COVID Gen Z Students on Campus, 2022
- Center for Teaching & Learning: Canvas: MORE Course Design Options, 2021
- Center for Teaching & Learning: Canvas: Course Design Options & Strategies, 2021
- Southeast Gymnastics Team: Eating for Performance, 2019
- McNair Scholars Program: Southeast Missouri State University
 - 2020-2021, Topic: Healthy Living During Graduate School
 - 2019, Topic: Healthy Eating During Graduate School
 - 2018, Topic: Experiential Learning
- Professional Dietetic Seminar: Southeast Missouri State University, 2017
- Missouri Regional Bootheel Consortium: Sikeston, MO, 2017
- Universidad de Costa Rica: San Jose, Costa Rica, 2016
- Senior Dietetic Seminar: Southeast Missouri State University, 2016

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Scholarships & Awards

- Emerging Leader, recognized by the Institute of Food Technologists, 2021
- Walsh Scholarship, awarded for demonstrating leadership in the field, 2019
- Nominee, Southeast "Outstanding Academic Advisor," 2018-2019, 2019-2020, 2021-2022 Academic Year
- Advisor of the Month, National Residence Hall Honorary, October 2018
- MBA Student of the Year, Southeast Missouri State University, 2013

Research

Peer Reviewed Article Publications

- *In process*: Spokely, N., Wagganer, J., **Cervantes, C.**, Kearney, M. (2023). Plyometrics Evokes Non-Localized Post-Activation Performance Enhancement During the Bench Press in Experienced, Noncompetitive Weightlifters. [Manuscript submitted for publication]
- Wilson, H., **Cervantes, C.** (2023). A Comparison Between an NAIA and an NCAA Division I Women's Soccer Teams' Nutrition Knowledge, Nutrition Knowledge Sources, and Dietary Habits. *Journal of Exercise & Nutrition*. <https://doi.org/10.53520/jen2023.103140>
- Schaefer, R., **Cervantes, C.** (2022). The Role of Mushrooms as a Functional Ingredient in Chocolate Chip Cookies. *International Journal of Nutrition & Food Sciences*. <https://www.sciencepublishinggroup.com/journal/paperinfo?journalid=153&paperId=10068374>
- **Cervantes, C.**, Smith, S. (2021). TTB Labeling and Formula Processes: Evaluating Burden among Craft Brewers. *Beverages*. September 2021. <https://doi.org/10.3390/beverages7030064>
- **Cervantes, C.**, Smith, S., & Null, D. (2020). Malt Beverage Formulation and Labeling: Brewers' Perceptions and Need for Resources. *International Journal of Hospitality Beverage Management*.

Poster Presentations

- **Cervantes, C.**, Spent Grain Utilization in Undergraduate Product Development Projects. (2023). Institute of Food Technologists Annual Meeting, 2023.
- Barnes, J., Wagganer, J., Kearney, M., **Cervantes, C.**, Loenneke, J., Pawley, C., Collier, G., Patel, P. Validity of BIA for the Measurement of Body Composition in Collegiate Gymnasts. (2023). American College of Sports Medicine Annual Meeting (2023).
- Hussman, S., Moore, A., **Cervantes, C.**, Faber, T. The Effect of the COVID-19 Pandemic on National School Lunch and Breakfast Program Participation and Programming in the State of Missouri. (2023). Missouri Academy of Nutrition & Dietetics Annual Meeting (2023).
- Webster, E., **Cervantes, C.** Weight-Neutral Approach Usage and Thoughts of Dietetic Professionals. (2023). Missouri Academy of Nutrition & Dietetics Annual Meeting (2023).
- **Cervantes, C.** (2022). Using IFT's 2021 Food Trends to Guide Student Learning in an Undergraduate Food Science Course. Institute of Food Technologists Annual Meeting, 2022.
- **Cervantes, C.** Craft Brewer Management of Spent Grain: Potential for Supply Chain Integration in Food Applications. Institute of Food Technologists Annual Meeting, 2021.
- Sawyer, S., and **Cervantes, C.** (2021). Severe Hyponatremia: A Case Study Approach. Student Research Conference, Southeast Missouri State University. *
- Schlosser, C., and **Cervantes, C.** (2021). Nutrition, Cost, and Preference of Fortified Food Products vs Chocolate Ensure Plus. Missouri Academy of Nutrition & Dietetics Annual Conference. *

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- Morris, C and **Cervantes, C.** "College Students' Perceptions of Type I and Type II Diabetes Information Sources." Missouri Academy of Nutrition & Dietetics 2020 Annual Meeting. *
- Schumacher, E. and **Cervantes, C.** "Evaluation of Nutrition Screening Tools." Missouri Academy of Nutrition & Dietetics 2019 Annual Meeting. April 2019. St. Louis, MO.*
- Arras, E. and **Cervantes, C.** "Banana Chocolate Chip Pancake Sensory Analysis Project." Missouri Academy of Nutrition & Dietetics 2019 Annual Meeting. April 2019. St. Louis, MO.*
- Ramdial, J and **Cervantes, C.** "Effect of Including Children in Recipe Preparation on Likeability of Nutrient Dense Versions of Familiar Food Items." Missouri Academy of Nutrition & Dietetics 2018 Annual Meeting. April 2018. Overland Park, KS.

*Student research