

NANCY R. MEARS, MS, CHES, SNS

Professional Experience:

February 2016 – Present: University of Delaware Cooperative Extension • Family & Consumer Sciences • Extension Agent/Educator II

- Coordinate and lead the Policy, Systems and Environment (PSE) component of the UDCES SNAP-Ed grant;
- Work collaboratively with advisory councils, local citizens and representatives of other agencies and organizations to identify nutrition, health and food safety needs of families in the State of Delaware;
- Using the University of Delaware's Cooperative Extension (UDCES) Plan of Work as a guide, work with other Family & Consumer Sciences (FCS) staff to plan, market, deliver and evaluate research-based nutrition and food safety-related programming in the state of Delaware;
- Provide statewide leadership in developing/adapting, piloting, implementing, marketing, delivering and evaluating comprehensive, research based, culturally-appropriate educational programs that result in measurable positive impacts for families;
- Develop effective working relationships with media and use social media to publicize and motivate target audiences to participate in FCS programming;
- Research, develop and manage public and private support for UDCES's priority programming for families;
- Use cutting edge technologies and techniques to develop educational programs and information including on-line education;
- Manage, motivate, train and provide opportunities for Master Food Educator volunteers, including continuing education and in-services, to enhance educational outreach;
- Mentor University of Delaware community nutrition students and dietetic interns;
- Represent the UDCES SNAP-Ed program as a liaison to board member of appropriate groups and agencies;
- Recruit groups into FCS programming statewide and coordinate such programming;
- Provide direct education and community presentations on various health, nutrition and food safety topics.

October 2006 – Present: Mears Consulting • Owner & Health Education & Promotion Consultant

- Provide healthy eating and physical activity (HEPA) technical assistance to state public health agencies, state and county health coalitions, local school districts, faith-based, community, youth-serving and healthcare organizations both physically and virtually;
- Create and manage HEPA projects and programs including program design, administration, implementation and evaluation, grant research and preparation, key partner development and collaboration and coalition building;
- Write and/or edit audience-appropriate reports, press releases, advocacy materials and health and nutritional educational material for curricula, websites, publications, trainings and promotional items including newsletters, web-based and social media;
- Served as Project Manager for five HealthierUS School Challenge (HUSCC) projects;
- Manage vendor specifications and create nutritional analyses for school nutrition menus;
- Revise existing school meal recipes to reflect new meal pattern guidelines;
- Served as liaison between Delaware Department of Public Health and Delaware Coalition for Healthy Eating and Active Living (DE HEAL);
- Wrote by laws for state healthy eating and active living coalition.

January 2013 – February 2016: Laurel School District • Director of School Nutrition

- Oversaw all aspects of the district's five federal school nutrition programs (SNPs): National School Breakfast Program, National School Lunch Program, Commodity Supplemental Food Program, Fresh Fruit & Vegetable Program, Afterschool Snack Program and the Summer Foodservice Program;
- Managed \$1.6 million budget and a staff of 25 employees;
- Created the Laurel School District Farm-to-School Program;
- Increased summer access to healthy meals for community children by starting the Summer Foodservice Program (SFSP) in two Laurel School District schools which has expanded to include Trap Pond State Park;
- Established professional standards for Laurel School Nutrition employees leading to 100% level 1 staff certification by the School Nutrition Association;
(Note: The Laurel School District was the first district in the country to achieve this milestone);
- Ensured SNP compliance with all local, state, and federal laws, regulations, and policies;
- Established and manage measurable financial objectives and goals for the SNPs using appropriate financial management techniques;
- Implemented an efficient, environmentally-friendly, record management system to ensure all records and supporting documentation are maintained in accordance with local, state and federal laws and policies;
- Developed policies and operational procedures to ensure all SNPs provide safe and nutritious school meals of high quality;
- Established quality standards for the presentation and service of school meals;
- Implemented a cost-effective procurement system, focusing on local/regional vendors, customer preferences, district needs, policies and nutritional objectives;
- Implemented a district-wide customer service-driven philosophy that focuses on value and satisfaction;
- Developed policies and operational procedures that ensure food safety, sanitation and risk management;
- Integrate employee safety regulations into all phases of the school foodservice operation;
- Established and maintain standards for receiving, storing and tracking food and non-food supply usage;
- Worked to create and provide an environment that supports healthy food habits while maintaining program integrity and customer satisfaction;
- Provided technical assistance and training for school foodservice personnel, school administrators and other school support staff;
- Developed cost-effective menus that maintain nutritional integrity while exceeding all local, state, and federal guidelines and regulations;
- Assess customer preferences, industry trends and current research to plan menus that encourage participation in the SNPs;
- Worked with parents/guardians, medical personnel and physicians to plan menus for and feed children with special nutritional needs;
- Worked to improve the professional status of SNP's in the education community;
- Developed and implement innovative SNP changes based on current research regarding health, nutrition and foodservice management trends;
- Developed job performance standards that provide for performance improvement;
- Developed methods for hiring, training and evaluating personnel that recognize education, experience, performance, and certification;
- Served as preceptor for the University of Delaware's Dietetic Internship Program;
- Authored and managed competitive USDA Farm-to-School Grant (Total Grant Award: \$38,126.43);
- Managed Nemours Community Transformation Grant (Total Grant Award: \$125,179.00);
- Lead the Laurel School District's Wellness Committee;
- Served on the District's Policy Committee, Construction Advisory Board and Inclement Weather Advisory Committee;
- Managed the Laurel School District's DelaWELL employee wellness program;
- Partnered with others in the school district and community to solicit support for the district's SNPs;

- As requested, served as the District Administrator-in-Charge;
- Successfully implemented the Community Eligibility Provision (CEP) in the Laurel School District (Note: Laurel was one of the first four districts to implement CEP district-wide);
- Served on the National Farm-to-School Network's Grant Review Committee;
- Served as the Coordinator and Liaison of the Southern Delaware Purchasing Cooperative;
- Represented Laurel Nutrition Services, the Laurel School District and the Delaware School Nutrition Association on committees, task forces and work groups and at meetings and conferences.

May 2010 – January 2013: Seaford School District • School Nutrition Manager

- Effectively managed the National School Breakfast Program, National School Lunch Program, Fresh Fruit & Vegetable Program and the Farm-to-School Program at two elementary schools;
- Supervised 10 school nutrition professionals who served over 950 students in grades Pre-K to 5th;
- Managed daily operations and the Fresh Fruit and Vegetable Program grant for two school nutrition programs;
- Interpreted new and existing federal school meal regulations and implemented procedures to ensure compliance;
- Conducted on-site reviews of in-district school nutrition programs and reported findings to Supervisor;
- Collaborated with school-level and district-level administrators on nutrition education implementation, wellness policy enforcement and other health, nutrition and physical education/activity-related topics and issues;
- Represented Seaford Nutrition Services, the Seaford School District and the Delaware School Nutrition Association on committees, task forces and work groups and at meetings and conferences.

April 2010 – December 2013: Kaplan University • Adjunct Instructor – School of Health Sciences

- Taught online Nutrition course in Bachelor of Science degree program;
- Advised and coached students to complete assignments, courses and degree.

April 1998 – March 2000: Nanticoke Health Services - Nanticoke Memorial Hospital • Clinical Exercise Specialist

- Created and supervised medical exercise programs for Phase III and IV Cardiac and Pulmonary patients and others with various medical conditions such as Obesity, Diabetes and Cancer;
- Facilitated educational programs on diabetes, cardiovascular disease and weight management.

Formal Education:

- **Mississippi State University**
Master of Science in Food Science, Nutrition & Health Promotion, Concentration: Health Promotion
May 2010 – Magna Cum Laude (GPA: 3.91/4.0)
- **Salisbury University**
Bachelor of Science in Physical Education, Concentration: Health & Fitness
May 1998 – Cum Laude (GPA: 3.434/4.0)
- **Delaware Department of Education**
School Foodservice Unit Classes I - V

Credentials & Certifications:

- Certified Health Education Specialist Credential (CHES) – National Commission for Health Education Credentialing, Inc. (NCHEC) – ID #16156
- School Nutrition Specialist (SNS) – School Nutrition Association (SNA) – ID #545269
- SNA Level III Certification – School Nutrition Association (SNA) – ID #545269
- Certified ServSafe Food Protection Manager – National Restaurant Association – Certificate #12369436
- Certified ServSafe Instructor – National Restaurant Association – Certificate #2219595
- Registered ServSafe Examination Proctor – Certificate #2219595
- Protection of Human Subjects in Research Training – August 2016

Professional Awards, Recognitions & Appointments:

- January 2016 – Present Sussex County Health Coalition (SCHC) – Executive Board Member
- 2015 Sussex County Health Promotion Coalition's Healthy School Award – Gold Level
- 2014 State of Delaware DelaWELL Wellness Champion
- 2012 Rodel Foundation of Delaware iEducate Recognition Program Finalist (www.ieducatedelaware.org)
- 2012 Seaford School District Superintendent Search Committee – Support Staff Chair Person
- 2012 School Nutrition Association Louise Sublette Award of Excellence – Mid East Regional Recipient
Topic: *The need for quality continuing education and training opportunities for School Nutrition professionals.*
- 2012 School Nutrition Association Louise Sublette Award of Excellence – Delaware Recipient
Topic: *The need for quality continuing education and training opportunities for School Nutrition professionals.*
- 2011 HealthierUS School Challenge Silver Award Recipient, Seaford School District

Publications & Presentations:

- Delaware School Nutrition Association Fall House of Delegates Meeting Speaker, Topic: Mandatory Professional Standards Requirements, November 2015
- National Farm-to-School Network Mid-East Regional Conference Speaker, Topic: USDA Farm-to-School Grantees Around the Region, November 2015
- HealthierUS School Challenge Silver Award Recipient, Seaford School District, March 2011
- *Got Fresh Fruits & Veggies? Delaware Does!* – Family Time Magazine, Summer I, May 2010
- *Healthy Story Time Guide – Activity Sessions that Promote Healthy Eating and Physical Activity*, March 2009

Projects, Grants & Monetary Awards:

- 2015 Sussex County Health Promotion Coalition's Healthy School Award – Gold Level; \$2,500
- United States Department of Agriculture Farm-to-School Planning Grantee, Laurel School District, October 2013 – February 2015; \$38,000
- Nemours Health & Prevention Services Community Transformation Grantee, Laurel School District, April 2012 – September 2014, \$155,000
- HealthierUS School Challenge Award Recipient, Seaford School District, March 2011 – Silver Level; \$1,000

Professional Memberships, Committees & Positions:

- eXtension Healthy Food Choices in Schools Group – Member
- National Extension Association of Family & Consumer Sciences (NEAFCS) – Professional Member
- Society for Nutrition Education & Behavior (SNEB) – Professional Member
- Delaware Technical & Community College Food Safety Program – Advisory Board Member
- Delaware Farm-to-School Advisory Committee - Member
- School Nutrition Association (SNA) - Member
- Delaware School Nutrition Association (DSNA) - Member
- Delaware Coalition to Promote Healthy Eating and Active Living (Delaware HEAL) - Member
- Health Education Network of Delaware (HENOD) – Member
- Gamma Sigma Delta, Mississippi State University – Member

References:

Available upon request.