

SANDRA FRANK, Ed.D, RDN, FAND

Coral Springs, FL | 954.294.6300 | recipenews@gmail.com | [Blogger Profile](#)

Nutrition/Diet Consultant and Author

Dedicated, innovative, and insightful professional with rich history of providing up-to-date and impactful nutritional advice and information through multiple channels including social media and numerous publishing outlets. Offers wealth of transferable experience in community service and consulting of national- and state-level organizations. Fosters long-term relationships with all levels of stakeholders from publishers and clients to food industry influencers.

CORE PROFICIENCIES

Nutritional Analysis Expert | Social Media | Blogger | Technically Savvy | Dietary Needs and Values
Writing Skills | Consumer Education | Recipe and Menu Development | Food Photography | Remote Work

PROFESSIONAL EXPERIENCE

Consultant Dietitian and Nutritional Analysis Expert

1989 to Present

Provided expertise in various areas including nutritional analysis, recipe, and menu development through various channels such as social media, magazines, book publishers, medical professionals, food industry, and food bloggers. Cultivated strong relationships with chefs, media, and editors. Consistently met publishing deadlines.

Selected Accomplishments:

- One of the first dietitians to receive position as nutrition media consultant in the nation.
- Published nutrition analysis and recipe reviews in Sun-Sentinel, Ft. Lauderdale, Condé Nast, Bon Appétit, Atlanta Constitution, GA Detroit Free Press, and Fort Worth Star.
- Consulted health care industry, commercial food service, and government agencies and provided grant writing services for Title III for the Older American Act and Ryan White Funds and championed feeding 25K+ people per day in Florida through Title III and Ryan White.
- Produced numerous recipes and cycle menus with focus on needs of disabled individuals.
- Advised on nutritional software and furnished nutritional education and assessments.
- Collaborated with various organizations including United Cerebral Palsy, HBS Corporation, Ft. Lauderdale, Florida Mid-America Foodservice, GA Food Service Florida, AIDS Meals on Wheels, and Jewish Vocational Services in Miami.
- Published book, *As Purchased to Edible Portion: How to Analyze a Receipt using a Nutrient Database*, on Amazon.
- Devised unique way to teach the alphabet while introducing new foods to children called, *The Edible Alphabet*.
- Created over 300 modified recipes with therapeutic menus in textbook format to teach modified cooking and menu planning entitled *Menu Solutions*.
- Served as Social Media Chair for the Florida Academy of Nutrition and Dietetics and Broward County Dietetic Association from 2008 to 2018.
- Accomplished over 1.2M hits on blog postings.

[Wellness News](#)

1997 to Present

Communications/Education/Web Designer/Social Media

Deliver information on food, nutrition, and national and state health-related events. Recruit, hire, and direct workflow of staff with focus on employing those with special needs such as Cerebral Palsy, Autism, and other disabilities. Disseminate up-to-date news, events, and resources spanning range of topics in nutrition, food, health, safety, disability rights, and environmental issues with mission of creating awareness and inspiration for ideas for journalists, educators, consumers, and health professionals. Assist dietitians design websites and blogs.

Selected Accomplishments:

- Launched successful and impactful newsletter focused on nutrition in collaboration and employing people with disabilities.

DR. SANDRA FRANK

Dietitians Online

2008 to Date

Owner/Operator

Ideated, developed, and launched social media platform to acknowledge contributions of impactful Registered Dietitians and Accredited Practicing Dietitians to promote accurate nutritional analysis services for menu and recipe development.

Selected Accomplishments:

- Voted 5th out of 10 most influential Wellness Expert by [Global Data](#).
- Triumphed in growth within Social Media with Facebook followers reaching 33K and growing daily with average reach of 10K per month and Twitter at 14K+.

Additional Experience:

- **Program Director | Broward Community College, Ft. Lauderdale, FL;** administered and taught program and courses in the Dietetic Technician Program and received grant monies to create nutrition-based educational films.
- **Administrative and Clinical Dietitian | Holliswood Care Center, Hollis, NY.**

EDUCATION AND CERTIFICATION

Doctor of Education: Nutrition focus with minor in Computer Software and Statistics

Florida Atlantic University, Boca Raton, FL

Master of Science, Nutritional Biochemistry and Medical Biology

Long Island University, Greenvale, NY

Bachelor of Arts, Foods and Nutrition

Brooklyn College, Brooklyn, NY

Registered Dietitian Nutritionist

AWARDS

Broward County Dietetic Association Dietitian of the Year Award, 2012

Broward County Dietetic Association Journalism and Integrity Award, 2010

Florida Dietetic Association 2009 Public Service Award

ASSOCIATIONS

Academy of Nutrition and Dietetics Florida Dietetic Association

South Florida Academy of Nutrition and Dietetics and Nutrition Writers Nutrition Education for the Public

Dietitians in Business and Communications Healthy Corporate Foodies