

# LAURA JIMENEZ-GARZA, MS, RDN, LD

THE UNIVERSITY OF TEXAS-RIO GRANDE VALLEY  
DEPARTMENT OF HEALTH & BIOMEDICAL SCIENCES  
EMAIL: [LAURA.GARZA17@UTRGV.EDU](mailto:LAURA.GARZA17@UTRGV.EDU)

## EDUCATION

---

<b>MS</b>	University of Texas-Rio Grande Valley Master of Science in Health Science-Nutrition Concentration	June 2019
<b>BS</b>	University of Texas-Pan American Major: Dietetics	May 2004
<b>BS</b>	Texas A&M University-College Station, TX Major: Agriculture Development Emphasis: Nutrition	December 1998

## HONORS AND AWARDS

---

- Morrison Healthcare's Be a Leader Award for Loving Patients 2015
- Morrison Healthcare's Be a Leader Award for Retail Excellence 2015
- Morrison Healthcare's Be a Leader Award for Loving Patients 2014
- Morrison Healthcare's Be A Star Excellence Award 2010
- Edinburg Regional Hospital Service Excellence Award 2007
- Award of Excellence in Support of Texas WIC Dietetic Internship Class 2006

## EMPLOYMENT

---

### **School Teacher**-Eli Whitney Elementary School, Pharr, TX 1999-2002

- Educator of third, fourth and fifth graders
- Assisted and educated bilingual children in all subject areas
- Modified lessons to improve academic performance of all students
- Served as technology representative for grade level
- Served as lead teacher and was responsible for managing state mandated curriculum and other district requirements

### **Registered Dietitian/Clinic Supervisor**- Hidalgo County WIC (Women, Infant, Children), Pharr, TX 2005-2006

- Clinic administrator
- Provided nutrition education to WIC participants
- Provided county wide high-risk nutrition counseling for WIC clients

**Registered Dietitian**-Edinburg Children's Hospital/ Edinburg Regional Medical Center, Edinburg, TX 2006-2008

- Provided Medical Nutrition Therapy to pediatric and adult patients
- Reviewed medical charts, evaluated and developed nutrition care plans based on individual patient needs
- Represented department at health fairs and community events

**Clinical Nutrition Manager**- Morrison Healthcare at Doctors Hospital at Renaissance, Edinburg, TX  
2008-2011

- Directed the functions of Clinical Nutrition Team
- Provided training and performance improvement to other dietitians on staff
- Formed part of compliance team to ensure policies were in place for regulatory agencies
- Provided Medical Nutrition Therapy to patients with a variety of health conditions

**Director of Food & Nutrition Services**-Morrison Healthcare at Doctors Hospital at Renaissance, Edinburg, TX 2011-2017

- Directed Food Service operations for a 500 bed hospital system
- Ensured policies and procedures were in place and followed throughout the health system
- Assisted human resources with onboarding procedures of new employees.

**Registered Dietitian**-El Milagro Clinic, McAllen, TX 2019-2019

- Provide Medical Nutrition Therapy to diabetic patients
- Reviewed medical charts, evaluated and developed nutrition care plans based on individual patient needs
- Performed lab assessments of Hgb A1C and lipid panel on patients

**School District Dietitian**-Weslaco ISD, Weslaco, TX 2019-2022

- Modified menus and diets for children with special dietary needs
- Developed nutrition worksheets for district children at the Elementary, Middle School and High School Levels
- Developed monthly nutrition newsletter for parents
- Developed training tools on different nutrition and food service related topics for staff and teachers

**Assistant Food Service Director**-Pharr-San Juan-Alamo ISD, Pharr, TX 2022-present

- Direct Food Service Operations for 45 school sites
- Ensure policies and procedures are in place and followed throughout the school district
- Assist human resources with onboarding procedures of new hires
- Oversee menu planning process
- Ensure all production areas are following workplace sanitation standards

- Ensure nutritional requirements of recipes comply with state and federal standards

## **RESEARCH**

---

### *Title of Papers Completed for Masters Level Work*

- Behavior Therapy and Weight Management
- Benefits of Breastfeeding in Women with Diabetes Mellitus
- Promoting a Healthy Lifestyle to Prevent Obesity
- Racial and Ethnic Disparities in Health Care

## **PROFESSIONAL AFFILIATIONS**

---

- Member of Texas Association for School Nutrition
- Member of School Nutrition Association
- American Dietetic Association, Member
- Pediatric Nutrition Practice Group, Member
- TEXERCISE Select Facilitator
- Member of the Texas Aggie Association of Former Students
- Member of the Texas A&M 12<sup>th</sup> Man Foundation

## **COMMUNITY SERVICE**

---

- Mentor to state selected Texas Department of Agriculture's Health Ambassador at Weslaco ISD
- Member of Weslaco ISD's School Health Advisory Council (SHAC)
- Television Commercials with Doctors Hospital at Renaissance Dr. Ted E. Bear on Nutrition Topics
- Television segments with La Salud del Valle KNVO 48 on Nutrition topics

## **LANGUAGES**

---

- **English:** Native Language
- **Spanish:** Advanced Reading, Writing and Speaking

## **COMPUTER SKILLS**

---

- Proficient in Microsoft Office