

# LAURA-ZELDA S. VILLARREAL, MBA, RDN, LD, SNS

The University of Texas-Rio Grande Valley  
Department of Health & Biomedical Sciences  
[laurazelda.villarreal@utrgv.edu](mailto:laurazelda.villarreal@utrgv.edu)

## EDUCATION

---

<b>MBA</b>	University of Phoenix Master in Business Administration	<b>September 2008</b>
<b>BS</b>	University of Texas-Pan American Bachelor of Science in Dietetics	<b>May 1993</b>

## HONORS AND AWARDS

---

- **School Nutrition Association Appointment** **2022-2024**  
Appointed to SNAs National Nutrition & Research Committee as College Section Chair
- **No Kid Hungry Grants (x2)** **2020 & 2021**  
Used to purchase equipment to feed students curbside during the pandemic.
- **SNA Star Club** **2017-Present**  
Increasing membership into the School Nutrition Association
- **Texas Department of Agriculture- Recognition** **2013**  
Region One was the 1<sup>st</sup> Region to have all districts and charter schools be 100% \$.06 Certified following the HHFKA
- **Texas Department of Agriculture- Recognition** **2012**  
Created an Excel document to help school district in the Region One area Complete their menu planning to meet the \$.06 certification.

## TEACHING/WORK EXPERIENCE

---

<b>University of Texas-Rio Grande Valley, Edinburg</b>	<b>Aug 2015 to May 2018</b>
<b>Lecturer, Health &amp; Biomedical Sciences</b>	<b>Aug. 2020 to Present</b>

- Multiple Courses taught, undergraduate courses averaging 12- 300 students per semester.
- Developed quizzes, exams, and assignments
- Revised the syllabus to meet accreditation standards
- Coordinated grading and labs
- Blueprinted graduate level course and undergraduate courses

Courses taught at UTRGV and different programs:

<b>BS IN DIETETICS</b>	<b>2015 to 2018</b>
------------------------	---------------------

- DIET 3356 EXPERIMENTAL FOODS- HAD TO DEEP CLEAN & REVIVE THE SCIENCE FOOD LAB

## TEACHING/WORK EXPERIENCE(CONTINUED)

---

- DIET 3252 QUANTITY FOODS PRODUCTION
- DIET 3253 QUANTITY FOODS PRODUCTION-PRACTICUM\*
- DIET 3354 FOOD SYSTEMS MANAGEMENT
- DIET 3655 FOOD SYSTEMS MANAGEMENT-PRACTICUM\*
- DIET 4359 COMMUNITY & LIFE CYCLE NUTRITION
- DIET 4455 COMMUNITY PRACTICUM\*
- NUTR2351 INTRODUCTION TO CLINICAL NUTRITION (LIVE & ONLINE)
- HLTH3372 NUTRITION & HEALTH (TAUGHT FOR HEALTH & HUMAN PERFORMANCE)

### ***MSHS NUTRITION CONCENTRATION***

***2016 to 2017***

- NUTR6320 PREVENTION & TREATMENT OF OBESITY (BLUEPRINTED COURSE & TAUGHT ONLINE)- Masters level course

### ***BS IN NUTRITION SCIENCE***

***2020 to Present***

- NUTR3354 FOOD SYSTEMS MANAGEMENT (ONLINE)
- NUTR3362 QUANTITY FOODS (ONLINE)
- NUTR2351 INTRODUCTION TO CLINICAL NUTRITION (ONLINE)

\*Each course required the creation of the practicum guide to ensure all of ASCEND criteria was met.

### **Students Advised, Placed & Visited at Sites in BS in Dietetics Program at UTRGV**

Junior Class of 2016 and Senior Class of 2017

### **Brownville Independent School District-**

**July 2019 to June 2021**

*Food & Nutrition Services Administrator*

- Administered Child Nutrition Federal Program for breakfast, lunch and supper
- Purchased & procured all food and non-food products and commodity processed items to maximize Federal subsidies received
- Managed a 40 million Federal budget with over 500+ employees, catering program and breakfast in the classroom.
- Planned menus that met Federal and State regulations and nutrient standards
- Created and provided essential professional development to all levels of staff
- Completed compliance site visits to ensure all 54 campuses and 40,000+ students met required Federal Program standards
- Created a plan on how to feed during the Coronavirus pandemic to help students still have access to meals.
- Implemented home meal delivery utilizing the school district buses to get transportation back to work
- Implemented a health check when nothing was in place to keep staff safe that were willing to return to work

### **Lone Star Bakery, Inc.-**

**June 2018 to June 2019**

*K-12 Sales Specialist*

- Assessed current product to determine use in the National School Lunch, Breakfast and Supper programs based on Federal nutrient standards
- Sent product out to districts to taste test

### **Lone Star Bakery, Inc.-Cont'd.**

**June 2018 to June 2019**

*K-12 Sales Specialist*

- Demonstrated products at multiple food shows with menu ideas how to serve
- Assisted with menu ideas and their possible use in school nutrition programs

**La Joya Independent School District-**

**May 2013 to Aug. 2015**

*Child Nutrition Services Director*

- Administered Child Nutrition Federal Program for breakfast, lunch and snack
- Purchased & procured all food and non-food products and commodity processed items to maximize Federal subsidies received
- Managed a 20 million Federal budget with over 288+ employees, catering program and breakfast in the classroom.
- Planned menus that met Federal and State regulations and nutrient standards
- Created and provided essential professional development to all levels of staff
- Completed compliance site visits to ensure all 37 campuses and 30,000+ students met required Federal Program standards

**Region One Education Service Center-**

**Jan. 2005 to May 2013**

*Coordinator for Child Nutrition Programs*

- Provided technical assistance and training to all Region One School Districts, Charter Schools and RCCI's (48) in the daily administrative operation of a Child Nutrition Program in 7 counties.
- Worked closely with the Texas Department of Agriculture to train and provide technical assistance on Federal Child Nutrition requirements to all entities operating the National School Lunch Program, Breakfast Program and Afterschool Snack Program.
- Trained districts/charter schools how to process and verify meal applications, apply for Provision 2 and meal certification and menu planning.

**Nutrition Core Solutions-**

**Nov. 2003 to Present**

*Founder/Consultant*

- Consult with local school districts/charter schools/businesses on the Federal guidelines of any meal program: breakfast, lunch, snack and supper
- Provide professional development creation geared toward specific topic and train in both English and some Spanish
- Provide ServSafe training instruction and proctoring
- Provide service to districts that are classified as small and rural with menu planning, HACCP compliance recipes and compliance guidance to ensure they follow all Federal regulations
- Provide one on one training as identified or requested

**Nutrition Core Solutions-Cont'd.**

**Nov. 2003 to Present**

*Founder/Consultant*

- Attend food expos to demo products to show new food trends in menu planning as well as expand menu options for our student population served.
- Assist districts with any specification writing for equipment and follow all purchasing guidelines to ensure compliance with purchasing requirements

#### **PROFESSIONAL TRAINING**

---

- **Certificate in Pediatric & Adult Weight Management Training**
- **Registered & Licensed Dietitian**
- **School Nutrition Specialist**
- **Certified ServSafe Instructor & Proctor**

#### **PROFESSIONAL AFFILIATIONS**

---

- **School Nutrition Association, member** **1998 to Present**
- **Texas Association of School Nutrition, member** **1998 to Present**
- **Rio Grande Valley Assoc. of School Nutrition Profes., member** **1998 to Present**
- **Academy of Nutrition and Dietetics, member** **2015 to Present**

#### **PROFESSIONAL SERVICE**

---

##### **Professional Development Trainer at South Texas Community College**

“Director of First Impressions”

“Communication Skills”

##### **Professional Development Trainer for Region One ESC & Districts**

“Social & Emotional Well-Being, Transitioning Back to Normal in CNP”

“CNP, back to the basics”

“HACCP Plan and SOPs”

“Buy American Provision”

“Food Production Records”

“Offer vs Serve” & “Counting and Claiming”

“CNP Breakfast, Lunch & Supper Meal Patterns”

“Leadership Academy”

“Emergency Preparedness, planning ahead to not panic later.”

#### **COMMUNITY SERVICE**

---

##### **Advisory Board Member for Digi Temps**

Past Client-Customer Perspective, Boston, MA

**2022 to 2024**

#### **LANGUAGES**

---

- **English:** Native Language
- **Spanish:** Novice Speaker and Writer, and Listener

## **COMPUTER SKILLS**

---

- **Microsoft Office**
- **Nutrikids Menu Planning & Analysis**
- **Mosaic Software**
- **Systems Design**
- **Google Docs**
- **Blackboard LMS**

## **OTHER**

---

- Calligraphy writing