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Education

- 2019 RDN University of Wisconsin-Stout, Menomonie, WI**
Dietetic Internship
- 2018 MS Iowa State University, Ames, IA**
Department of Food Science and Human Nutrition
- 2018 BS Iowa State University, Ames, IA**
Department of Food Science and Human Nutrition

Professional Experience

Project Manager, Gretchen Swanson Center for Nutrition (GSCN)
Omaha, NE | September 2022- Present

- Manage 4 projects according to budget, timeline, scope and personnel
- Lead project deliverables i.e. reports, webinars, peer-reviewed manuscripts
- Review contracts to ensure alignment with workplans and project plans
- Communicate with project partners and internal team members
- Facilitate project partner meetings and internal team members
- Direct measurement tool development and collection
- Oversee project files including the creation, organization, and archival
- Document literature reviews using DistillerSR
- Analyze qualitative through thematic analysis and quantitative studies through Qualtrics
- Evaluate 7 Food Research and Action Center Community Innovation and Outreach grant applications
- Oversee IRB submissions

Research Specialist, University of Illinois Urbana Champaign (UIUC)
Urbana, IL | June 2020 – September 2022

- Organized the submission of a Federal grant application portfolio
- Moderated and qualitatively analyzed 6 focus groups using Atlas.Ti for a household food waste assessment tool
- Co-developed and validated a household food waste assessment tool, by moderating cognitive interviews
- Orchestrated 10 stakeholder feedback focus groups on a school meal simulation tool
- Led a working group for a systematic literature review on policy, systems, and environmental change strategies with a team of 8 SNAP-Ed members
- Extracted data and assisted with manuscript production for a systematic literature review on implementation science
- Evaluated 14 research presentations during the UIUC undergraduate research symposium
- Conducted 4 interviews for SNAP-Ed project on the development of a school nutrition toolkit
- Precepted and evaluated 10 dietetic interns for research and administration rotations
- Evaluated 6 medical students on a clinical case study by serving on an interdisciplinary team

Professional Experience (Continued)

- Managed 15 undergraduate and assist the PI with mentorship of 8 graduate students
- On-boarded all incoming students and staff members in the Prescott lab
- Coordinated the completion of data management plans
- Designed and maintain lab webpage to showcase goals and research projects
- Maintained appropriate personnel records and updates for 4 annual grant reports

Registered Dietitian, Hy-Vee

Quincy, IL | July 2019-June 2020

- Led grocery store tours focused on individuals with diabetes, high blood pressure, high cholesterol, food allergies, and others
- Conducted biometric screens including cholesterol and glucose levels for approximately 150 employees
- Promoted three monthly food topics on local television stations
- Organized KidsFit event partnering with Quincy Public School for 500, 8th grade students
- Provided medical nutrition therapy services for individuals seeking nutrition advice
- Presented at least 3 presentations and hands-on demonstrations per week to reach a diverse audience
- Organized nutrition information to attend at least one community engagement event per month
- Researched new product offerings to stock the health market

Dietetic Intern, University of Wisconsin-Stout (UW-Stout)

Menomonie, WI | August 2018- May 2019

- Presented lunch and learn topic on worksite health promotion for Eau Claire County Health Department
- Evaluated the effectiveness of a breastfeeding class by measuring the duration of breastfeeding at WIC
- Educated, discussed goals, and wrote care plans in long term care, WIC, and clinical settings
- Conducted food allergy kitchen audit on UW-Stout's campus
- Met one on one with UW-Stout University students for special diets and disordered eating behaviors
- Designed 5th grade nutrition curriculum on Canvas online platform for the Eau Claire School District
- Published article on elderly nutrition and presented nutrition education facts at senior dining facility
- Designed special diet menus for grade school students meeting the NSLP nutrition guidelines

Research Assistant, Iowa State University (ISU)

Ames, IA | January 2016-August 2018

- Identified thematic constructs in focus group transcripts using NVivo qualitative analysis software
- Collaborated on the development of the Latino Nutrition Environment Measures Survey for Stores
- Developed and conducted consumer food preference survey to validate food choices
- Conducted data analysis of 3 community nutrition data sets using SPSS software
- Published peer-reviewed manuscripts
- Prepared test meals and diet recalls for glycemic response study
- Coordinated meeting with USDA dry pea and lentil grant sponsor

Peer-Reviewed Publications

1. Baier J, **Palmer S**, Winham D, Shelley M. Development of a Nutrition Environment Assessment Tool for Latino ethnic stores. *International Journal of Environmental Research and Public Health*. 2022;19(3):1860.
2. **Palmer S**, Metcalfe J, Ellison B, Wright T, Sadler L, Hinojosa K, McCaffrey J, Prescott M. The efficacy and cost-effectiveness of replacing whole apples with sliced in the National School Lunch Program. *International Journal of Environmental Research & Public Health*. 2021;18(24):131-57.

Peer-Reviewed Publications (Continued)

3. **Palmer S**, Herritt C, Cunningham-Sabo L, Stylianou K, Prescott M. A systems examination of food packaging and other single-use item waste in school nutrition programs. *Journal of Nutrition Education and Behavior*. 2021;53(5):380-388.
4. **Palmer S**, Winham D. Midwest consumer shopping habits, nutrition knowledge, and Latino tienda use. *Health Behavior and Policy Review*. 2020;7(2):79-91.
5. **Palmer S**, Knoblauch S, Winham D, Hiller M, Shelley M. Putting knowledge into practice: low-income women talk about food choice decisions. *International Journal of Environmental Research & Public Health*. 2020;17(14):5092.
6. Winham D, Tisue M, **Palmer S**, Cichy K, Shelley M. Dry bean preferences and attitudes among Midwest Hispanic and Non-Hispanic white women. *Nutrients*. 2019;11(1):178.
7. **Palmer S**, Winham D, Oberhauser A, Litchfield L. Socio-ecological barriers to dry grain pulse consumption among low-income women: A mixed methods approach. *Nutrients*. 2018;10(8):1108.
8. **Palmer S**, Winham D, Hradek C. Knowledge gaps of the health benefits of beans among low-income women. *Am J Health Behav*. 2018;42(1):27-38.
9. Winham D, **Palmer S**, Armstrong Florian T, Shelley M. Health behaviors among low-income Hispanic and Non-Hispanic White women. *Am J Health Behav*. 2018;42(3):56-68.

Technical Publications

1. Balis L, Byker Shanks C, **Palmer S**, Shaw E, Dos Santos P, Yaroch A. Food as medicine for pregnant people: A landscape analysis to inform future work. (2023) Gretchen Swanson Center for Nutrition. Prepared for: Share Our Strength

Selected Posters and Presentations

1. Webinar: Balis L, Byker Shanks C, **Palmer S**, Shaw E, Dos Santos P, Yaroch A. Food as medicine for pregnant people: A landscape analysis to inform future work. Gretchen Swanson Center for Nutrition. 2023.
2. Poster: Balto G, **Palmer S**, Gutierrez E, Hamann J, Liu E, Prescott MP. Strategies and unmet needs to reduce household food waste reported by self-identified food conservers. *Journal of Nutrition Education and Behavior*. 2022;54(7):S19-S20.
3. Oral: **Palmer S**, Winham D, Baier, J, Roe T. The Latino Tienda as food oasis not food desert. *Journal of the Federation of American Societies for Experimental Biology*. 2017;45(6):31.
4. Poster: Palmer S, Winham D. Consumer definitions of a “healthy” food: a pilot study. *J Acad Nutr Diet*. 2017;117(9):A-84.
5. Poster: Palmer S, Winham D. Socio-ecological barriers to legume consumption among low-income women in Iowa: A mixed methods approach. 2018.

Grants Supported- Current

May 2021-
August 2023

PSE Strategies to Ensure Families in Rural Communities get Enough to Eat- Share Our Strength

- Interview 30 practitioners working in rural communities and 42 families living in rural communities to co-create PSE strategies and activities to ensure families in rural communities get enough food to eat. Participants represented five states: AZ, GA, KY, MI, and TX.
- Conduct a two-step Delphi study with three groups- Share Our Strength team, practitioners, and families to 1) rank PSE strategies and activities by appropriateness, acceptability, and feasibility, and 2) discussion groups to support the rankings.

- Role: Project manager

Grants Supported- Current (Continued)

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| June 2022-
August 2023 | <p>Advancing Equity, Diversity, and Inclusion in United States Nutrition Programs: A Scoping Review- Share Our Strength</p> <ul style="list-style-type: none"> • Conduct a scoping review of peer-reviewed and grey literature to explore how equity, diversity, and inclusion strategies have the potential to transform the impact of nutrition program in the U.S. • Role: Project manager |
| October 2022-
October 2024 | <p>Evaluation Technical Assistance for the 2022 Grantees in the Empowering Health Program- United Healthcare</p> <ul style="list-style-type: none"> • Provide technical assistance to select grantees to disseminate findings of grant-funded projects. • Role: Project manager |

Grants Supported- Past

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| May 2022-
April 2023 | <p>A Landscape Analysis to Inform Future Work related to Food as Medicine for Pregnant People- Share Our Strength</p> <ul style="list-style-type: none"> • Conduct systematic review of peer-reviewed and grey literature of Food as Medicine programs for pregnant people • Interview 36 program implementers and support systems of Food as Medicine programs • Role: Project manager |
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Professional Associations, Awards, and Trainings

- Project Manager and Project Coordinator Professional Development Group member, Gretchen Swanson Center for Nutrition
- Academy of Nutrition and Dietetics Member
- University of Illinois Certified Research Administrator
- Impact Writing Workshop for Illinois ACES Research & Extension
- CITI Core IRB Training
- Registered Dietitian
- Yoga Teacher Training- 200 hours