Sarah Horner, MS, RDN, LD

EDUCATION

Master of Science in Human Nutrition **May 2025**
Texas State University, San Marcos, TX | **GPA:** 4.0

Bachelor of Science in Nutrition and Foods, with a Concentration in Dietetics **Dec 2022**
Texas State University, San Marcos, TX | **GPA:** 4.0

EXPERIENCE

Registered Dietitian, *Food4Success*, New Braunfels, TX **Sept 2025 – Present**
- Deliver personalized, evidence-based outpatient medical nutrition therapy for diverse conditions, including diabetes, gastrointestinal, renal, liver, autoimmune, weight management, and GLP-1 nutrition support
- Use patient-centered approaches and motivational interviewing to support sustainable behavior change
- Mentor dietetic interns through shadowing and discussion to support clinical learning and professional development
- Develop educational content for social media to promote nutrition knowledge and patient engagement

Graduate Assistant, *WellCats Employee Wellness Program*, San Marcos, TX **Jun 2024 – May 2025**
- Served as a mentor and point of contact for interns, offering guidance, support, and oversight
- Developed and refined intern handbooks and calendars to coordinate schedules, tasks, and wellness events
- Assisted program leadership in creating the annual wellness calendar and selecting monthly health themes
- Created and presented engaging, evidence-based nutrition education sessions as part of worksite wellness initiatives
- Managed Instagram content: assigned topics, reviewed submissions, and ensured alignment with program messaging
- Conducted one-on-one nutrition consultations with university employees, providing personalized recommendations
- Planned and led hands-on cooking classes tailored to adults to promote practical skills and healthy eating behaviors

Dietetic Intern, *Texas State Dietetic Internship*, San Marcos, TX **Jul 2023 – May 2024**
Completed 1000+ hours in supervised practice in clinical, food service, and community settings
Key Rotations:

Dell Seton Medical Center at the University of Texas - *7 weeks*, Austin, TX
- Delivered patient-centered medical nutrition therapy using the Nutrition Care Process
- Calculated and prescribed nutrition support
- Performed nutrition-focused physical exams to assess malnutrition and overall nutritional status

***WellCats* Employee Wellness Program** - *13 weeks*, San Marcos, TX
- Facilitated one-on-one nutrition consultations and group cooking classes for university employees
- Designed evidence-based educational materials, including handouts, newsletters, and Instagram content
- Crafted and delivered evidence-based nutrition education presentations

Food 4 Success - *3 weeks*, New Braunfels, TX
- Provided outpatient medical nutrition therapy using the Nutrition Care Process

Additional Rotations: Del Valle WIC • Texas WIC • Mother's Milk Bank • Eanes ISD • Bobcat Bounty

Assistant Bar Manager, *Black Sheep Lodge*, Austin, TX **Jun 2010 – Jun 2023**
- Engaged with customers, creating a positive dining experience to build customer loyalty and increase revenue
- Assisted in delivering staff training programs to enhance menu knowledge and improve customer service skills
- Maintained a clean dining atmosphere for customers and an organized establishment for staff
- Collaborated with bar management to create signature cocktails and house-made liquor infusions

Appointed Member, *Texas State Didactic Advisory Committee* **Aug 2020 – Present**