# Ms. Samantha Michelle Walton

## Female at Birth She | Her

# | RDN MS Nutrition |

*2020 & 2022* **Central Washington University Alumni , Ellensburg WA**

**Executive Director & Sole Founder/Incorporator of The Dietetic Wellness Project, an Eastern WA 501(c)(3) NTEE K40 Nutrition Public Charity Nonprofit Founded in 2026, Sole Creator/Designer of the Dietetic Wellness Website, & Social Media Manager**

Independent NPI #1841156510 WA DOH Dietitian Credential #DIET.DI.70084532

501(c)(3) NTEE K40 Nutrition Public Charity UBI - 606 091 402 EIN# : 41-5062782

The Dietetic Wellness Project - Eastern Washington Nonprofit Corporation

Credly Badge & Skills Wallet :
**https://www.credly.com/users/samantha-michelle-walton-rdn/badges/credly**

LinkedIn Public Profile URL :
**www.linkedin.com/in/samantha-walton-rdn-ms-ed-the-dietetic-wellness-project-730117238**

The Dietetic Wellness Project's Nonprofit Website | Official Website
**Dietetic Wellness** > https://www.dieteticwellness.org

Nonprofit Forum | Clinical Blog | Mission Statement | Presentation Exhibitions | Collaborative Volunteer Project Development

Professional Nonprofit Blog | Instagram Page
**Account @DWP.Nutrition** > https://www.instagram.com/dwp.nutrition/

Nonprofit Resources | AI Diabetes Education | AI CKD Stage 4 Education | Digital Nutrition Education

Professional Nonprofit Blog | Facebook Page
**The Dietetic Wellness Project** > https://www.facebook.com/people/The-Dietetic-Wellness-Project/1021571931041224/

Nonprofit Resources | AI Diabetes Education | AI CKD Stage 4 Education | Digital Nutrition Education

501(c)(3) Charity Merchandise Store | Zazzle Charity Storefront
**DWP501c3Charity** > https://www.zazzle.com/store/dwp501c3charity

Donate to my Nonprofit | Nutrition Education Resources | Nutrition Department Gifts | RDN Promotional Products

### Personal Statement about Career Aspirations :

**As a Healthcare Provider Registered with HHS in the United States of America, I am ecstatic to start my career in Dietetic Medicine. I have gained skills in both Inpatient Clinical Nutrition and Outpatient Medical Nutrition Therapy (MNT) from experiences through my supervised practice 9-Month Dietetic Internship (DI) in the Puget Sound Area of Western Washington. Since passing my RDN/RD Exam with Pearson Dec. 2025 in Yakima Washington I have been asked to apply for positions in Clinical Nutrition, Inpatient MNT, Hospice Nutrition, & Telehealth MNT. Before starting my DI in 2023, I have been working on developing a Social Media Networking Campaign to help connect other RDs/RDNs across the United States of America and publish free information about Dietetic Projects and Dietetic Nutrition**




**Richland WA, 99354**
**(MOB) 509-554-3271**
**sammykins458@gmail.com**
**Moving to another 99354 House in 2026**


**Curriculum Vitae**

## Attributes

ADAPTABLE

TRAINABLE

DRIVEN / PASSIONATE

HARDWORKING

TEAM PLAYER

RESEARCH ENTHUSIAST

ACTIVE LISTENER

CONFIDENT SPEAKER

RESPECTFUL

WRITING ENTHUSIAST

CRISIS DEESCALATOR

ARTIST

## Personal Statement about Career Aspirations Continued :

**Education. In February 2026, I Incorporated my Nonprofit Corporation as a Sole Member Founder with the WA SOS called THE DIETETIC WELLNESS PROJECT to officially brand my Social Networking Dietetic Campaign and lay the ground work for distributing evidence based Nutrition Products as a 501(c)(3) Public Charity. I am extremely excited to start working in Telehealth MNT because this aligns with the Mission Statement of my Nonprofit Corporation. My Nonprofit Corporation has strict bylaws that provide legal guidelines for the Charity Projects that I may have the opportunity to conduct. Two Articles of importance are my corporation's adoption of The Academy of Nutrition & Dietetics Code of Ethics and the strict bylaw that my nonprofit will never solicit Patients. My nonprofit's website, Facebook Page, & Instagram Account strictly follow this no solicitation to Patients bylaw by not having any fundraising software activated on these Social Networking Blogs so that Anyone who scans my QR Code can have access to free digitized Patient Handouts and free Nutrition Education at their fingertips on their mobile phones. Patients can view free PDF/(s) of the Patient Handout/(s) that my Nonprofit Corporation has published on the official website Dietetic Wellness without printing them.**

**Another principle of THE DIETETIC WELLNESS PROJECT is that the 501(c)(3) Public Charity does not conduct Dietetic Research; every nonprofit project that occurs at Food Bank Pantries requires a *Project Master Plan* to be created consisting of multiple different legal documents and a *Community Needs Assessment*. The first projects that The Dietetic Wellness Project will be focused on Are Children's Multivitamin Supplement Donation to Food Banks, Baby Food / Vitamin & Mineral Fortified Gerber Baby Food, Non-Herbal Multivitamins that do not require a med check, and Anti-Inflammatory Supplements that do not require a medication check. Do not text me or email me to ask about how to donate to the Nonprofit Charity; the safest way is to use the Contact Me page on my Nonprofit's Website https://www.dieteticwellness.org/contact-samantha-walton-rdn-rd .**

**Another strict bylaw for THE DIETETIC WELLNESS PROJECT is that the Nonprofit Corporation does not participate in political campaigns. The foremost goal of the corporation is that Patients and other Healthcare Professionals feel welcomed on the nonprofit's Social Networks and feel pleased to have free digitized access to Nutrition Education, Patient Handouts, and free Nutrition Assessment Resources. As Executive Director of THE DIETETIC WELLNESS PROJECT, I (Ms. Samantha Walton) have also written bylaws that help protect the nonprofit from widespread fraud. If you see anything connected to me about a Samantha Walton doing a Disney International Internship Program in 2017 this is related to fraud and United States Military Branches may take more drastic action to prosecute individuals connected to this fraud to prevent these individuals from defrauding the United States Government, defrauding Healthcare Institutions, defrauding Colleges/Universities, & defrauding other American Corporations. As part of an official plan to protect my Nonprofit Corporation from fraud, as Executive Director, I have written a bylaw where I (Ms. Samantha Michelle Walton) will be publishing my Annual IRS tax returns and my 1023 tax exemption application with the IRS of the nonprofit's website Forum webpage.**

**As a RDN I have a passion for MNT Therapy and have experience using Spanish translators during Patient appointments in which the Patient understands very little English. I have created templates with SMART Phrases in MNT appointments for Adult/Pediatric Initial Nutrition Assessments and Adult/Pediatric F/U Nutrition Assessments. Many of the Patient Education Sheets that I publish as Executive Director on my nonprofit's website are available in both English/Spanish to help non-English speakers feel more respected. The nonprofit's official Instagram account @DWP.Nutrition also has Spanish descriptions of 20 second "Eat This; Not That" diabetes education videos using AI Food Models in the comments section of each video posted as a reel on the Instagram account. These diabetes education reels are also occasionally posted by the Executive Director of the nonprofit (Myself) onto Spanish hashtags to try and increase the exposure of free quality diabetes education to the Spanish community. I believe that My nonprofit's Social Networking Blogs are assets in an MNT position. I am considering board credentials in the future that would further specialize me in weight management.**

## EDUCATION

Central Washington University, Ellensburg WA

Masters of Science
- Major Nutrition 2020 – 2022
- GPA 3.702

Bachelor of Science
- Nutrition & Dietetics Specialization 2019 – 2020
- GPA 3.785 Cum Laude

Washington State University - Richland, WA
- 2016 – 2018, transferred to CWU
- GPA 3.37

Hanford High School - Richland, WA
- 2012 – 2016
- GPA 3.58

## Professional Membership

**Current AND Member**

**Prior DPG & MIG Member**

**Prior ASPEN Nutrition Member**

**Current WASAND Affiliate**

## Published Article

**January 2024 E-Newsletter for WASAND**

**Published Article about Dietetic Intervention for Decubitus Ulcers in Long-term care (LTC) & Skilled Nursing Facilities (SNF)**

**You can Read the Article for Free on my Professional Website**

## Work Experience / Professional Involvement / Volunteer History :

**FEBRUARY 2015 - Current April 2026**

**Sole Founder/Incorporator & Executive Director of - Richland WA 99354 February 2026 - Current**
**THE DIETETIC WELLNESS PROJECT in Eastern WA UBI 606 091 402**

THE DIETETIC WELLNESS PROJECT was Incorporated/Founded with the WA Secretary of State February 2026 by myself (Ms. Samantha Walton) to increase awareness about nationwide dietetic resources/projects, increase access of free Nutrition Assessment Resources to other RDs/RDNs nationwide, and to increase access to free Nutrition Education to Patients / Nutrition Enthusiasts that has been created by a credentialed RDN/RD. As Executive Director of the nonprofit corporation, I have been working hard to establish valid Social Media Networks for the nonprofit that create accessible platforms for Patients / Healthcare Professionals / Nutrition Enthusiasts on Instagram and Facebook. Fundraising for THE DIETETIC WELLNESS PROJECT may begin Fall 2026 or January 2027. As Executive Director of THE DIETETIC WELLNESS PROJECT, I (Ms. Samantha Michelle Walton) have created strict corporate bylaws describing guidelines for fundraising activities and the management of the nonprofit's currency donations.

**Pearson RDN/RD Exam - Yakima WA June 2024 - December 2025**

In studying for the official registration exam to be credentialed as a Registered Dietitian / Registered Dietitian Nutritionist, I have created multiple binders From printed exam study guides and handwritten notes that have helped me create my own professional reference resources. Some of the Patient Education Sheets and Professional Nutrition Assessment Resources that I publish on the corporation's official website Dietetic Wellness are inspired from notes that I have written and/or highlighted exam prep material. I had to ask the Academy of Nutrition and Dietetics for an extension to take the exam and was granted an extension in 2025. I then passed the RDN/RD exam on my second attempt in Yakima WA. Only certain testing centers are registered with the Commission on Dietetic Registration (CDR) to allow unregistered dietitians to take the registration exam; I felt comfortable choosing a testing site in Yakima WA. I also learned many different management principles that I am using as Executive Director of my nonprofit corporation during studying for the national registration exam.

**Migrant Farm Worker Nutrition Education - Marysville WA Summer 2024**
**Migrant Farmworker Health Fair**

Through my 2023-2024 dietetic internship with Sea Mar I had the opportunity of creating an educational tool to help explain the concept of balanced meals to migrant farm workers who have little to no English skills. This event takes place at a health fair held once a year for the farmworkers and their families. Our cohort created an educational board that visualized culturally appropriate foods that help balance blood sugar spikes, patient education sheets in spanish, a low glycemic soup available for tasting at the fair, and a recipe for the soup to hand out to migrant families. It was an amazing opportunity to participate in this event with my dietetic internship director and the other three interns in my cohort. I value helping people have equal access to healthcare services in America where there remains a visible disparity in healthcare availability by race. I took the lead on procuring materials for our educational board and acted as the lead designer. Acting as a graphic designer for this project, I selected and cut-out most of the letters, stars, arrows, and created colorful abstract floral decals. As an individual that values the opinion of my peers, I made sure to not be possessive of the board's educational content and my cohort and I planned an effective strategy for how to deliver nutrition education. I helped support my internship director and another intern in my cohort that are fully confident in speaking Spanish. Even though I cannot fully speak spanish I participated in patient education by helping affirm the education of my affiliates by repeating simply understood phrases in spanish and pointing to different areas on our board that indicate food groups which help decrease blood sugar spikes when eaten in a well balanced meal.

**Tilth Alliance Presentations - Seattle/Federal-Way/Kent/ WA Spring 2024 - Summer 2024**
**Community Nutrition Group Nutrition Education**

During my special project presentations in collaboration with Tilth Alliance: I had the honor of meeting / presenting nutrition education to 5 different communities ( East African, Nepali, United Native American Tribes, Latin X, and South Korean ), meeting about 150 ~ 200 people in attendance total, met with unique translators at each of the 5 different sites, and worked with 2 other Tilth Alliance RDNs who were my temporary associates. My presentations were about internal inflammation: causes/risk-factors, poor dietary habits leading to sudden increases of inflammation, anti-inflammatory dietary patterns, immediate consequences of inflammation, long-term comorbidities of inflammation, and anti-inflammatory spices/herbs/oils. Each presentation had a 5 question knowledge assessment that was orally translated; when answered correctly audience members would win a prize.

**WASAND Washington/Oregon Conference - Tacoma WA Spring 2024**
**Annual Dietetic Conference**

During my dietetic internship of 2023-2024 with Sea Mar I attended the WSAND conference in Tacoma WA. It was a very lovely time to get to know other professionals in the field and to hear about some of the projects that other RDNs and health professionals have been working on in recent years.

**Professional Experience Continues onto the Next Page**

## SKILL SET

PLANNING CARE AT PATIENT CARE CONFERFENCES

ADIME INPATIENT INITIAL NUTRITION ASSESSMENTS

PERFORMING MNA NUTRITION SCREENS

CONDUCTING INPATIENT FOLLOW-UP REASSEMENTS

INPATIENT NUTRITION EDUCATION & RE-EDUCATION

CREATING INPATIENT MEAL SURVEYS W/ HEDONIC SCALES

CONDUCTING FOOD SAFETY INSPECTIONS

PERFORMING AN EAT-10 SWALLOW EVALUATION

ENTERAL NUTRITION THERAPY CALCULATIONS

GROUP NUTRITION EDUCATION

OUTPATIENT NUTRITIONAL COUNSELING

MOTIVATIONAL INTERVIEWING

USING ALL FOODS FIT & BODY POSITIVE PRACTICES

WEIGHT MAINTENANCE MANAGEMENT

PERSONALIZED NUTRITION CARE PLANS

PERSON CENTERED CARE

EMPLOYEE INSERVICE

COMMUNITY NUTRITION EDUCATION

PROJECT MANAGEMENT
INFORMATION TECHNOLOGIES
MICROSOFT / GOOGLE

MALNUTRITION SCREENING / DIAGNOSIS

**Sea Mar Diabetes Management Presentation - Seattle WA** **Spring 2024**

**Community Nutrition Group Nutrition Education**

While working at Sea Mar's Whitecenter clinic in Seattle WA for my outpatient MNT rotation I had the opportunity to give a 15 min. presentation at a new health promotion class that a health educator at Sea Mar was piloting to help people with prediabetes prevent the development of diabetes. My goals for this presentation was to give five quick tips to help patients get into a healthier mindset about what balanced glycemic eating patterns look like, how to find the glycemic index or glycemic load of a food, and how to manage your sugar cravings in a healthier manner to avoid a huge sugar craving developing out of abstinence from enjoyed foods/drinks. This project met an objective for my internship curriculum on giving group nutrition education as an inservice to staff or hosting a group nutrition education with patients. You can see my presentation on my portfolio website under professional experience; after navigating to professional experience click on the nutritional counseling picture to have access to this presentation. You can also see this presentation on my professional instagram dietetic.wellness.

**Sea Mar Dietetic Internship - Stand Alone Seattle WA** **Fall 2023 - Summer 2024**

**Full-Time Dietetic Internship**

As I value community nutrition and preventive medicine my professional admiration for Sea Mar and the services that they provide grew the moment that I learned about this internship opportunity. Sea Mar is a non-profit healthcare company that offers free medical nutrition therapy services to people who may not be able to afford seeing a dietitian in Western WA. This internship took 9 months to complete and gave me the opportunity to gain professional experience in long-term care, outpatient MNT, inpatient clinical MNT, home infusion nutrition support services, volunteer opportunities in the Puget Sound area, food service, community nutrition education, and WIC dietetic provider services. During this rigorous internship I also gained experience in professional development for my own independent career goals with my RDN credentials. I believe that my passion for nutrition entrepreneurship is an asset to any organization that is considering my employment. To read more about this internship or read some of my goals as a future RDN please look at the About Me page on my professional website or my professional instagram dietetic.wellness. This internship has increased my personal strengths of ethical project management, culturally competent nutrition education, clinical nutrition, and group nutrition education presentations.

**Food Lifeline - Tukwila WA** **Fall 2023**

**Charity Volunteer Work**

Through my dietetic internship with Sea Mar I became aware of a charity organization in Tukwila WA that helps decrease food insecurity/apartheid. Food Lifeline operates to help sort ugly produce, surplus produce, and/or other perfectly edible foods that would otherwise be thrown out or rot. Food Lifeline works with volunteer labor to sort produce for food distribution. They provide a necessary service to Western WA. This is a company that I keep up-to-date with on my professional instagram dietetic.wellness and is an organization that I still volunteer with.

**Nutrition and Dietetics Advocacy Summit** **Spring 2023**

**Volunteer Attendance at Online Dietetic Conference for Dietetic Advocacy**

Was offered through the Academy of Nutrition and Dietetics to learn how to become an advocate for dietetic political causes. I learned how to become an advocate and I was able to get in touch with people who I plan on advocating with in my state. The Advocacy Summit was a great opportunity to learn about the Farm Bill and the MNT-Act under Medicare. Continuing education credits obtained - Ask for Certificate

**Leah's Pantry Professional Webinar** **Summer 2022**

**Volunteer Attendance at Dietetic Webinar**

Completed this professional course on how to better communicate with families experiencing trauma that may affect their food insecurity. I was encouraged to complete this course by my manager when I worked as a SNAP-Educator. Gave Continuing education credits. - Ask for Certificate

**Dietary Associate with HHS** **March 2023 - July 2023**

**Full Time - work weekends and weekdays usually 8 hr shifts**

**Cafe Cook, Prep food, Wash Dishes, Deliver food to Patient Rooms, Collect Dishes**

Working in a Hospital Kitchen has helped me increase my confidence with serving food and cooking food in front of other people. I am very glad and honored that I accepted this job and am able to work with the current staff. It has been incredibly eye opening to see how dieticians interact with the kitchen staff to form diet orders, organize patient care, and communicate to effectively complete their jobs. This position is at Lourdes Medical Center in Pasco WA. Learning how the staff adapt regular recipes to fit the needs of hospital patients has also been a large learning experience.

**Marshalls Store Retail Associate with TJX** **November 2022 - January 2023**

**Part Time - Minimum Wage**

**Positions - Cashier, Merchandise Stocker, Women's Clothing Associate, Shoe Associate**

Working as a retail associate means that I must provide quality customer service care, multitask, coordinate with other store associates, and organize/recover store products that are disorganized/lost on the sales floor. When I worked as a cashier I assisted in customer returns, purchases, and holds. When working as a sales floor associate it was my goal to answer questions, organize clothes, and organize store products to ensure an enhanced retail experience for Marshall's customers.

**Professional Experience Continues onto the Next Page**

## Tilth Alliance Presentations

**Spring 2024 in the Puget Sound Area I**

**Presented to 5 different community centers a Google slideset about Inflammation and how to decrease / manage chronic inflammation.**

**In total, I presented to about 150-200 people between all 5 community centers in the Puget Sound Area as my Special Project for my Dietetic Internship Program with Sea Mar**

**You can look at every nutrition Education presentation and read a description Free on my Professional Website here : dieteticwellness.wixsite.com/sw-rdn-wa-usa/portfolio-collections/my-portfolio**

**Personal Shopper at Kennewick WA Food Bank** **October 2022 - July 2023 & September 2025 - Present**

**Charity Volunteer Work - approximately once a week on Mondays 8:40 a.m. - 12:00 a.m.**

Volunteering as a personal shopper allows me to help aid with food insecurity in my area. When a request comes through for food I am told how many individuals are in the family, number of children in the family, and any food restrictions. I then shop the food bank following instructions that dictate the quantity of each food product I am allowed to give to the family based on the number of family members and if food is also being selected for children. Larger families get larger portions of food and families with children receive fortified cereals and milk. Working with the kennewick food bank has allowed me to see how food banks are run and understand how to more efficiently serve community needs based on my dietetic knowledge. This experience continues to expand my knowledge of community nutrition.

**WSU/Benton Franklin County SNAP Educator** **Summer 2022 - September 2022**

**Benton & Franklin Counties | Washington State University (wsu.edu)**

**Th 2:30 p.m. – 7:00 p.m. Sat 7:30 a.m. – 12:00 p.m. ~ 15 hrs/wk**

I helped run the farmers market's kids kernel activities. Helped kids complete a kernel activity that is related to nutrition or physical activity. After completion of the activity, I would hand kids 2$ of Kernel cash to spend on fruits, vegetables, mushrooms, or herbs at the farmers market vendors. The goal of the program is to get kids excited about physical activity and nutritious food. The program helps relieve food insecurity that families are experiencing by offering another opportunity to benefit from community assistance. I also took on a side project to create a recipe list for food banks partnering with the county to create a food bank recipe book. I also created a food safety handout for the food bank recipe book specifying USDA guidelines for minimal internal cooking temperature and other methods of preventing foodborne illness.

**Mission Support Alliance, LLC** **June - August 2017** **June - August 2018** **June - September 2019**

**Paid student intern for worker safety and health organization MSA**

**M-Th 6:00 a.m. – 4:30 p.m. 40 hrs/wk**

Summer intern for three years at Hanford; employed in worker safety. Operated WBGT heat stress monitor at the Hanford Patrol Police Training Academy in Richland WA. I made sure that the Hanford Patrol Police officers and trainees trained/practiced maneuvers under safe conditions. Updated MSDS data sheets to GHS-SDS for Hanford Nuclear site worker safety. I emailed companies making products used by Hanford employees to request that a new GHS-SDS be emailed so industrial hygienists could add the new safety data sheets into the Hanford product database. Another one of my duties was updating secure confidential company files regarding employee's disability concerns.

**TROT (Therapeutic Riding of the Tri Cities)** **Summer 2017 - Spring 2018**

**Charity Volunteer Work www.trot3cities.org**

TROT provides an environment that promotes the physical, psychological, and social wellbeing of persons with disabilities through their interaction with a therapeutic team consisting of a horse handler, riding instructor/therapist, and encouraging volunteers. As a volunteer, I worked with children with either emotional or physical disabilities as a horse handler. Helped persons saddle and groom the horse, always was in control of the horse with a lead rope over the bridle for safety, helping persons ride/groom horses and develop communication skills.

**WSU/Habitat for Humanity Partnership** **Spring 2017**

**Charity Volunteer Work**

Volunteered to help build a house for a family needing a home in Pasco WA, mostly painted interior.

**Kadlec Regional Medical Center** **Feb 2015 - Spring 2017**

**Charity Volunteer Work**

Volunteered in the Operating Room Lounge at Kadlec Regional Medical Center in Richland WA. I interfaced with doctors, nurses, surgeons, administrative staff, and relatives of the patients. I kept track of patients' progress from admittance to recovery and kept their relatives informed of their progression. I attended necessary training and required meetings.