GUSTAFIK HEALTH

Corey Gustafik

Nutrition Consultant | Clinical & Public Health Nutrition | Media Spokesperson

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U.S. Citizen | U.S. Army Veteran (Honorable) | Active Secret Clearance

PROFESSIONAL SUMMARY

Nutrition consultant and media spokesperson with an M.S. in Nutrition Science and about 9 years of combined nutrition consulting, media relations and Army leadership experience. Brings 1,500+ supervised practice hours in clinical, community and food service nutrition, including medical nutrition therapy, NFPE, ADIME documentation, enteral/parenteral nutrition and Epic EHR at Northwestern Medicine. Army Sergeant (E-5) and paratrooper with active Secret clearance; ServSafe Manager certified.

CORE COMPETENCIES

Medical Nutrition Therapy (MNT), Nutrition Care Process, Nutrition-Focused Physical Exam (NFPE), ADIME Documentation, PES Statements, Enteral & Parenteral Nutrition, Malnutrition Screening, Epic EHR, Nutrition Education & Counseling, Motivational Interviewing, Patient Education Materials, Public Health Nutrition, Community Nutrition, Sports Nutrition, Program Evaluation, Menu Analysis, Food Service Compliance & Auditing, Food Safety, Media Relations, Public Speaking, Interdisciplinary Collaboration, Team Leadership & Training, Logistics & Supply Chain, Data Analysis, Microsoft Office (Excel, Word, PowerPoint)

PROFESSIONAL EXPERIENCE

Nutrition & Health Consultant | News & Media Spokesperson
Butterball Turkey Talk Line LLC | Naperville, IL (Hybrid) | Oct 2022 – Present | 40 hrs/week

- Represent Butterball to news outlets across the U.S. and Canada as a media spokesperson, delivering evidence-based nutrition and food safety guidance.
- Translate complex nutrition science into clear, practical messaging aligned with the Dietary Guidelines for media and public audiences.
- Counsel thousands of U.S. and Canadian consumers by phone, email and social media on nutrition, food safety, chronic disease prevention, athlete fueling and wellness.

Sergeant (E-5), Paratrooper | Logistics & Supply Chain Supervisor
U.S. Army | 2014 – 2019 | Honorable Discharge

- Supervised soldiers and multinational teams of 20+ personnel from 15+ countries in mission and deployment readiness and airborne operations.
- Managed inventory and storage of $3M+ in equipment and documentation with zero losses and 100% accountability.
- Trained 500 personnel, including United Nations and European Union teams, on procedures, resource management and safety protocols.
- Developed nutrition and wellness programs for soldiers; led data-driven process improvements that strengthened maintenance throughput and operational readiness.

SUPERVISED PRACTICE EXPERIENCE

1,500+ supervised experiential learning hours, in person and online.

Clinical Nutrition Rotation
Northwestern Medicine Palos Hospital | Palos Heights, IL | 6 weeks

- Provided nutrition care to 100 patients and shadowed 200+ across all 7 inpatient units, including ICU, oncology, cardiac and behavioral health, under 7 dietitians.
- Performed NFPE, enteral and parenteral nutrition calculations, ADIME notes and PES statements; reviewed labs and records in Epic.
- Participated in ICU and oncology interdisciplinary rounds; identified a refeeding-risk patient and secured a corrected diet order.
- Created CKD and dialysis patient-education handouts; educated patients daily and led a behavioral health nutrition class.

Community Nutrition Rotation

Meals on Wheels of Northern Illinois | Will County, IL | Apr 2025 – Jun 2025 | ~230 hours

- Designed and conducted a plate-waste audit, weighing food before and after service, surveying clients and presenting findings to leadership.
- Analyzed menus against Age Guide 1/3 RDA requirements and redesigned a compliant replacement menu.
- Ran site operations at 4 senior meal sites; coordinated meals for fire-displaced clients.

Food Service Management Rotation

Meals on Wheels of Northern Illinois | Will County, IL | 2025

- Audited food delivery, storage and food safety at 5 sites and conducted Age Guide mock compliance audits.
- Reconciled a $118,913.94 catering invoice, identified a 1,828-unit discrepancy and presented findings to the CEO and finance office.
- Delivered food safety training to site managers and the CEO.

EDUCATION

Master of Science in Nutrition Science | GPA 3.5

King's College | Wilkes-Barre, PA | Aug 2026

Coursework: Medical Nutrition Therapy (incl. tube feeding & parenteral nutrition), Sports Nutrition & Exercise Metabolism, Nutrition Communication & Counseling, Food Systems & Health, Public Health Nutrition, Nutritional Research Methods

Projects: fueling plans and pre-training snacks for collegiate athletes; graduate research paper; CKD/renal case studies; dysphagia; NFPE; heart failure

Bachelor of Science in Health Science, Nutrition Focus | GPA 3.2

North Central College | Naperville, IL | May 2024

CERTIFICATIONS & CLEARANCE

- ServSafe Food Protection Manager (Jul 2025 – Jul 2030) | ServSafe Food Handler | Epic Systems EHR Training
- Active Secret Clearance, U.S. Department of Defense

References available upon request