

# MEGAN APPELBAUM

[appelbaum@uga.edu](mailto:appelbaum@uga.edu)

Athens, GA

## Education

---

### PhD in Nutritional Sciences

University of Georgia, Athens, GA

- Anticipated Graduation: April 2026

### Bachelor of Science in Dietetics

#### Honors in the Major

#### Minor: STEM Entrepreneurship

Florida State University, Tallahassee, FL

- Graduation: April 2022
- *Magna cum laude*

## Scholarships, Certificates & Awards

---

- Institute for Healthcare Improvement Open School Basic Certificate in Quality and Safety — *May 2022*
- Lane Fund for Excellence in Health & Human Sciences Scholarship — *Sept. 2021*
- Big Bend Area Health Education Center Scholarship — *Jul. 2020-Jun 2022*

## Leadership

---

### President of Better Choices, Better You! Student Organization at Florida State University — *Sept 2019-Apr 2022*

- Deliver nutrition education presentations and provide balanced and nutritious recipes to college students
- Facilitate weekly meetings and organize community volunteer events

## Experience

---

### Director of Frenchtown Farmer's Market in Tallahassee, FL — *Apr 2021-Apr 2022*

- Plan and execute community nutrition education programs, community garden events, and community fundraisers
- Maintain relationships with over 40 farmers and local business owners, recruit new farmers, and promote the market as well as vendor products through social media platforms
- Facilitate SNAP/EBT, FAB, and WIC transactions, thereby providing locally sourced food for underserved populations in Frenchtown, Tallahassee
- Organize events to feed homeless through Second Harvest donations and manage the Frenchtown food pantry
- Help design and prepare K-12 menu through NSLP grant

### Big Bend AHEC Scholarship Program in Tallahassee, FL — *Jul 2020-Jul 2022*

- Complete over 160 hours of community education and volunteer throughout underserved areas in Florida
- Collaborate with students in various health fields through group discussions, projects, and presentations

### Tammy Fogarty, RDN Nutrition Internship in Deerfield Beach, FL — *May 2019-Sept 2019*

- Assist in building online nutrition business and nutrition eBook

### Magnetics Corporation Internship in Tallahassee, FL — *Dec 2020-Aug 2021*

- Intern to CEO of MagLab-concierge company for the National High Magnetic Field Laboratory in Tallahassee, FL

## Research

---

### Florida State University Research Assistant and Honors Thesis — *Jun 2021-Apr 2022*

- **Honors Thesis:** Purification and Characterization of Pea Protein Vicilin
- Research, design, and execute experiments in biochemical food science laboratory under Dr. Qinchun Rao

### Florida Atlantic University Research Assistant for Dr. Sareen Gropper, RDN — *Sept 2020-Present*

- **Research:** Study evaluating dietary intake focusing on protein intake of Alzheimer's patients and their caregivers
- Conduct 24-hour recalls and data analysis of participants with Alzheimer's disease and their caregivers

### Undergraduate Research Opportunity Program (UROP) at Florida State University — *Aug 2019-Jun 2020*

- **Research:** The Optimization of Glycoprotein Staining Techniques
- One-year intensive research program with weekly journal meetings and presentations

## Publications

---

- Jiang, X., Zhao, Y., Tang, C., Appelbaum, M., & Rao, Q. (2022). Aquatic food animals in the United States: Status quo and challenges. *Comprehensive Reviews in Food Science and Food Safety*, 1–46. <https://doi.org/10.1111/1541-4337.12923>
- Appelbaum, M. (2020). Becoming a Competitive Applicant for the Dietetic Internship. *Academy of Nutrition and Dietetics: BHN Students*

## **Research Presentations**

---

**College of Health & Human Sciences Research Showcase, FSU — Feb 2020**

- The Comparison of Different Protein Staining Techniques

**Undergraduate Research Symposium, FSU — Apr 2020**

- The Optimization of Glycoprotein Staining Techniques

## **Clubs & Organizations**

---

**Academy of Nutrition and Dietetics — Jan 2019-Present**

- Behavioral Health Nutrition DPG

**Better Choices, Better You!, FSU — Sept 2019-Apr 2022**

**Phi Eta Sigma National Honors Society, FSU — Jan 2019-Apr 2022**

**Student Dietetic Association, FSU — Jan 2019-Apr 2022**

**National Alliance on Mental Illness, FSU — Sept 2019-Jun 2020**

**Thrift Club, FSU — Sept 2019-Jun 2020**