



MURIEL BOWSER
MAYOR

December 6, 2021

The Honorable Phil Mendelson
Chairman
Council of the District of Columbia
John A. Wilson Building
1350 Pennsylvania Avenue NW, Suite 504
Washington, DC 20004

Dear Chairman Mendelson:

In accordance with section 2 of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01), and pursuant to section 202 of the District of Columbia Health Occupations Revision Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.02), I am pleased to nominate the following person:

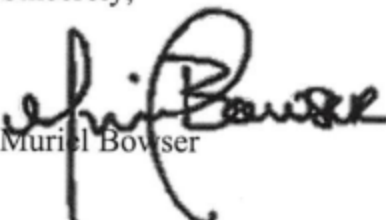
Ms. Jessica Swift
Half Street, SE
Washington, DC 20003
(Ward 6)

for appointment as a dietician licensed in the District member of the Board of Dietetics and Nutrition, filling a vacant seat previously held by Annina Burns, for the remainder of an unexpired term to end March 12, 2022, and for a new term to end March 12, 2025.

Enclosed you will find biographical information detailing the experience of the above-mentioned nominee, together with a proposed resolution to assist the Council during the confirmation process.

I would appreciate the Council's earliest consideration of this nomination for confirmation. Please do not hesitate to contact me, or Steven Walker, Director, Mayor's Office of Talent and Appointments, should the Council require additional information.

Sincerely,


Muriel Bowser



Chairman Phil Mendelson
at the request of the Mayor

A PROPOSED RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

To confirm the appointment of Ms. Jessica Swift is to the Board of Dietetics and Nutrition.

RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this resolution may be cited as the “Board of Dietetics and Nutrition Jessica Swift Confirmation Resolution of 2021”.

Sec. 2. The Council of the District of Columbia confirms the appointment of:

Ms. Jessica Swift
Half Street, SE
Washington, DC 20003
(Ward 6)

as a dietician licensed in the District member of the Board of Dietetics and Nutrition, pursuant to section 202 of the District of Columbia Health Occupations Revisions Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.02), filling a vacant seat previously held by Annina Burns, for the remainder of an unexpired term to end March 12, 2022, and for a new term to end March 12, 2025.

Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution, upon its adoption, to the nominee and to the Office of the Mayor.

Sec. 4. This resolution shall take effect immediately.

Jessica C. Swift MS, RD/LD

Business Leader / Nutrition Specialist / Consultant / Problem Solver

Highlight of Qualifications

Registered, licensed dietitian and classically trained chef; business owner and innovator in the food and nutrition industry. Expert speaker, people manager, content developer and presenter with strong background in child and senior nutrition. Experienced with telehealth Kalix EMR-HIPPA protected platform.

Nutrition Experience

Chef Jess Consulting-Washington, DC

2009-Present

Principal

- Conducts private and corporate client consultations on various nutrition related diseases and other ailments sports nutrition, etc. Assessments include medical history review, data collection, nutrition assessments and nutrition implementation
- Created operational infrastructure for key projects; developing, leading and execution of the project plans. Leads a team of direct reports, developing procedures as well as employee training protocols. Content curator responsible for B2B and B2C communications
- Nutrition Spokesperson for national brands Unilever, Ocean Spray, Nutricia, The Center for Mind-Body Medicine & Kaiser Permanente. Includes regular appearances as chef and nutrition experts in various media (national network and local television, radio, and print). Leads seminars as an expert speaker on eating, fitness, shopping and healthy cooking. Developed recipes and programs for promotion and public communications
- Developed communication materials (written/verbal) for stakeholders and all medical professionals regarding nutrition (i.e. meetings, presentations, informative handouts and conferences)
- Familiar with various project management software (i.e Smartsheets, Monday, Trello, etc.)
- Nutrition Spokesperson for national brands Unilever, Ocean Spray, Nutricia, The Center for Mind-Body Medicine & Kaiser Permanente. Includes regular appearances as chef and nutrition experts in various media (national network and local television, radio, and print). Leads seminars as an expert speaker on eating, fitness, shopping and healthy cooking. Developed recipes and programs for promotion and public communications
- Produces customized dietary records, menus & fitness requirements while tracking numerous anthropometrics

- Creates menu innovations: adding new ingredients, cutting costs, implementing nutrition regulations
- Performs cooking demonstrations and grocery store tours, helping not only clients but families and staff understand recommendations, planting seeds for success
- Upholds ethical practices and HIPPA compliance

Community Support Services - Gaithersburg, MD
Nutrition Consultant

2012-2015

- Completed quarterly, semi-annual nutrition assessments for individuals in a group home setting
- Participated in meetings with physicians, social workers, psychiatrists, nurses, primary care- holistic approach of patient's progress
- Created nutrition standards of practice for the company
- Led monthly cooking demonstrations covering a wide range of topics (e.g. low-sodium cooking, healthy snacks, eating with diabetes)

Nutrition Inc. - Washington, DC
Corporate Dietitian/Sr. Nutrition Specialist

2010-2011

- Managed and developed menus in compliance with the National School Lunch Program, School Breakfast Program etc.; for DC Public Charter Schools and Office on Aging
- Primary point of contact for purveyors. Contract management: RFP stage through executed contract
- Developed communication materials (written/verbal) for all medical professionals regarding nutrition (i.e. meetings, presentations, informative handouts and conferences)
- Approved/denied new proposed food products from manufacturers. Product evaluations to ensure items met contract and dietary standards
- Trained nutrition and culinary staff on appropriate knife skills, mechanically altering food handling and processing
- Quality Assurance (QA) management; Developing and implementing compliance policies and procedures including HACCP standards. Responsible for meeting all USDA guidelines, reviewing labels and conducting nutritional analysis
- Direct report to CEO

Maryland Department of Health and Mental Hygiene (DHMH)– Upper Marlboro, MD
Women Infants and Children Supplemental Food Assistance 2008-2012
Public Health Nutritionist

- Traveling consultant within the DHMH for low-income, high nutritional risk populations
- Analyzed epidemiological factors among populations in order to create specific educational sessions

- Managed a team of 10 direct reports
- Conducted 3-4 classes a week with food or nutrition emphasis (i.e. proper food handling, vitamins/minerals education, appropriate knife skills)
- Created bi-weekly nutrition lesson plans for WIC participants
- Educated on appropriate breastfeeding and infant formula standards as it relates to adverse reactions or disease
- Followed, interpreted, educated on current nutrition findings - Child and Adult Food Care Program (CACFP)/USDA, American Academy of Pediatrics, etc.

Health Sources L.L.C- Largo, Maryland

2007-2008

Nutrition Consultant

- Focused on a holistic approach of patient's progress. Participated in bi-monthly meetings with Social Workers, Psychiatrists, Nurses, Primary Care Physicians
- Completed quarterly, semi-annual nutrition assessments for older adults in group home settings
- Conducted several in-service education modules for staff on various nutrition topics. (i.e. Renal, HTN, DM, etc.)
- Assisted speech pathologists with appropriate diet recommendations for patients

Culinary Experience

Sauce (formerly Chef Jess Meal Service) – Washington, DC

2014-Present

CEO/ Executive Chef, Registered Dietitian

- Leader of growing personal delivery and healthy meal service in Washington, DC region
- Grew business revenues 900% and grew in-house staff enabling expansion of delivery area
- Leads menu development and culinary creation for seasonal menus
- Leads team of culinary staff, nutritionist and RD interns in accommodating client dietary requirements for meal service
- Building corporate and physician relations

Other positions held:

Prince George's Community College - Largo, MD-Adjunct Nutrition Professor 09-Present

Howard University - Washington, DC GA Professor- Intro to Foods 2008-2009

Michigan State University- East Lansing, MI Sports Nutrition Aide 2006-2007

Education:

| | | | |
|---------------------------------------|------------------|----------------------------|----------------|
| Howard University | Washington, DC | MS, Nutritional Sciences | Graduated 6/09 |
| Michigan State University | East Lansing, MI | BS, Dietetics | Graduated 8/07 |
| Johnson & Wales University | Charleston, SC | AAS, Culinary Arts Program | Graduated 2/05 |

Internships / Clinical Experience

- Washington Hospital Center- 2009
- Providence Hospital- 2008
- Women, Infant, and Children Supplemental Program - 2007-2008
- Eurest (Culinary) - 2003-2004

Licensures/Certifications/Memberships/Associations

- Registered Dietitian Licensure- District of Columbia **2009-Present**
- Registered Dietitian Licensure- State of Maryland **2009-Preent**
- Integrative and Functional Nutrition Academy (IFNA)- Advisory Board Member- **2020-Present**
- Serv Safe Certified (HACCP) **2008 - Present**



Executive Office of the Mayor - Office of Talent and Appointments
John A. Wilson Building | 1350 Pennsylvania Avenue, Suite 600 | Washington, DC 20004

Jessica Swift



Jessica Swift, “Chef Jess,” is a classically trained chef and Registered Dietician with expertise in community nutrition. Ms. Swift’s aspiration to bridge the gap between science and layman’s terms led her to execute practical, budget friendly nutrition implementation for government programs and partner with Kaiser Permanente to advocate for healthy low-cost meal options for children and adults.

Ms. Swift founded a Nutrition Consulting company called “Let’s Talk Food W/Chef Jess” in 2009. Ms. Swift has since served as a lead expert for local DC doctors, providing newly diagnosed clients with nutrition consultations alongside cooking classes and recipes. With rapid success in growing clientele, Ms. Swift and her sister Jennifer Richardson formulated Chef Jess LLC, a thriving healthy meal delivery and catering service. More recently, Ms. Swift has been featured on numerous television, print and radio media outlets including O Magazine and the Today Show demonstrating her dynamic culinary skills and highlighting her nutrition expertise.

A Ward 6 resident, Ms. Swift received an Associate of Applied Science in Culinary Arts from Johnson & Wales University, a Bachelor of Science in Dietetics from Michigan State University and a Master of Science in Nutritional Sciences from Howard University.



GOVERNMENT OF THE DISTRICT OF COLUMBIA
Executive Office of Mayor Muriel Bowser



Office of the General Counsel to the Mayor

To: Ronan Gulstone, Steve Walker
From: Betsy Cavendish
Date: November 30, 2021
Subject: Legal sufficiency review of Resolution nominating Jessica Swift to the Board of Dietetics and Nutrition

This is to Certify that this office has reviewed the above-referenced Mayor's Order and found it to be legally unobjectionable. If you have any questions in this regard, please do not hesitate to call Vanessa Careiro, Deputy General Counsel, Executive Office of the Mayor, at 202-724-1303, or me at 202-724-7681.

A handwritten signature in black ink that reads 'Elizabeth A. Cavendish'.

Elizabeth Cavendish