

Monica Vedelago

Dietician



Experience

SEPTEMBER 1999 - TODAY | CIRFOOD S.C. , MODENA

Dietician

- Preparation of recipes, school menus and composition of food rations to satisfy the nutritional needs of users;
- preparation of health diets (dietotherapy) and ethical-religious diets for children (nurseries and kindergartens, primary schools) and adults within the seasonal school menu adopted by the catering service (from centralized kitchen and internal kitchens)
- preparation of health diets (dietotherapy) and ethical-religious diets for the elderly within the seasonal menu for retirement homes adopted by the catering service (from centralized kitchen);
- management of food and non-food purchases, in compliance with the tender projects, via the company portal;
- economic valorization of menus and food education initiatives;
- monitoring of user satisfaction;
- management of problems related to menus/disruptions in school catering;
- active participation in the activities of the canteen commissions of the contracting authorities;
- contribution in drafting the offer of tenders relating to the product and food education sections;
- carrying out educational and information activities aimed at spreading principles of correct nutrition that allow the recovery and maintenance of a good state of health of the community and population groups;
- presentations and themed seminars, as a speaker, aimed at parents and teachers within food education projects;
- collaboration with the Degree Course in Dietetics of the University of Modena and Reggio Emilia and the Hygiene and Food Service of the AUSL of Modena in the planning of food education initiatives aimed at children;
- organization and management of interventions in classes within the scope of food education projects for the Municipalities of Modena, Vignola, Sassuolo, Formigine;
- active participation in the organization of CIRFOOD pilot projects within the scope of experimental sensory laboratories in collaboration with Reggio Children (FOOD SHUTTLE) and CREA (sensory lab primary schools);
- collaboration with the University of Gastronomic Sciences of Pollenzo in the development and testing of sustainable recipes for collective catering;
- tutoring of newly hired CIRFOOD dieticians in school catering and nutrition education projects.

Profile

I carry out my work as a dietitian with great passion, enthusiasm and professionalism, dealing with food education in schools (from nursery to lower secondary school), preparation of school menus, experimentation of new recipes, preparation of personalized health diets. Over the course of 25 years of experience I have acquired organizational and responsibility skills, which have allowed me to transmit the theoretical and practical notions of the sector to colleagues and students of the Degree Course in Dietetics. I consider myself a reliable person with strong interpersonal skills.

Instruction

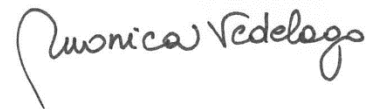
DECEMBER 2005 | UNIVERSITÀ DEGLI STUDI DI CHIETI E PESCARA

Bachelor's Degree in Dietetics

In November 1999 he obtained the University Diploma in Dietetics at the Faculty of Medicine and Surgery of the University of Modena and Reggio Emilia with a grade of 110/110 with honors.

Skills

- Aptitude for teamwork
- Dietary methodologies •
- Analytical skills
- Use of the main IT tools
- Skills in designing special diets
- In-depth knowledge of pathologies and disorders related to nutrition
- Professional use of company software for the preparation of menus, diets, food and non-food purchases, economic valorization
- Nutrition education tools
- Customer orientation



Modena, May 27, 2025

I authorize the processing of personal data contained in my CV pursuant to art. 13 of Legislative Decree 196/2003 and art.13 of EU Regulation 2016/679 on the protection of individual citizens with regard to the processing of personal data