

Focus on Jennifer Shea, MS, MPH, RD-- Shaw's Wellbeing Program Manager

By Ryann Collins

Jenny's Background:

- BS in psychology from Boston University
- MS in nutrition and MPH from Tufts University
- Dietetic Internship at Simmons College

Jenny's success as the Wellbeing Program manager at Shaw's is undoubtedly due to her approachable and outgoing personality. Taking her passion for inspiring others, Jenny offers up simple options for healthier living. As the face of Shaw's Wellbeing program and as a fixture on New England based television and radio programs, Jenny provides consumers with the materials and resources that will allow them to reach their health living goals. As a Shaw's dietitian, Jenny states that she enjoys "being able to take scientific studies and information and translate it into messages that make sense and are useful to our customers. I like being a trusted resource in the community and being able to make a positive difference in the lives of our shoppers. I also enjoy working closely with all the departments at Shaw's Corporate Headquarters, including: communications, marketing, merchandising, operations and more." Jenny attributes her love of nutrition to her parents. Jenny grew up with her mother encouraging physical activity and healthy eating and her father worked in the food industry. As early as grade school, Jenny recalls being concerned with the health claims that she saw on the front of food packages and questioned the accuracy of those claims. Unsure of how to make nutrition into a career, Jenny concentrated on her desire to counsel others and completed her undergraduate degree in psychology from Boston University. As a senior at BU Jenny decided that she wanted to further concentrate on nutrition dove into graduate studies at Tufts University. While completing her graduate work, Jenny assisted with the Boston Public Health Commission's STEPS program, worked at the Massachusetts Department of Public Health and at Sensible Nutrition, a nutrition-consulting firm in Hingham, MA. Prior to her career with Shaw's Jenny worked as the nutrition and fitness director at the Crittenton Women's Union in Brighton, MA where she taught nutrition and fitness classes to women in transition and their children. When asked to describe a typical workday at Shaw's, Jenny reports that, "the days are always packed with different activities, which is another reason I love my job! Typically a workday involves a couple hours of writing or proofing (newsletter, website, circular or other), about an hour of responding to emails, a lunchtime walk (of course!), a meeting with a food manufacturer, a conference call with my

public relations team to discuss upcoming media opportunities, possibly a media event, etc. I also attend a few off-site meetings during the week and conferences when I can." Jenny has learned many valuable lessons on her own road to becoming a Registered Dietitian, and offers this advice to future RD's: "It's a long road, full of hard work, but worth every second. Don't listen to other people's limitations of the typical RD path – you can do anything you'd like, just follow your passion and what you believe in, for that is where you will be most successful. Network, network, network and keep in touch with as many people as possible – opportunities will come from these relationships."