

# Emily Shupe, PhD, RD, LDN

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## EDUCATION

- Ph.D.**                    **Applied Management and Decision Science (July, 2013)**  
Walden University  
Minneapolis, MN  
*Dissertation topic:* Obstacles to menu labeling that are being experienced by the independent foodservice establishments.
- M.S.**                    **Nutrition and Dietetics (1997)**  
Saint Louis University  
St. Louis, MO  
*Thesis topic:* Barriers to participation with congregate meal sites
- B.S.**                    **Home Economics (1994)**  
Emphasis: Dietetics, Western Illinois University  
Macomb, IL

## LEADERSHIP DEVELOPMENT

### **Faculty Innovators (2013-2014)**

Participated in workshop development program to enhance use of technology within the classroom environment.

### **Commission on Dietetic Registration Competency Writing Session (2013)**

Developed competency evaluation goals and measures at the national level for registered dietitians to self-assess professional development.

## PROFESSIONAL HISTORY

### **Western Illinois University, Macomb, Illinois**

*August 2008- 2014*

- Instructor, Unit B in Family and Consumer Sciences in the dietetics area within the College of Education and Human Services.

*August 2014- July 2019*

- Assistant Professor in Family and Consumer Sciences in the dietetics area- Unit A faculty member with associate membership as a Graduate Faculty in the Department of Dietetics, Hospitality, and Fashion Merchandising within the College of Education and Human Services.

- Instruct both lower and upper level undergraduate courses including general education courses in the dietetics program
- Development of online graduate course
- Instruct graduate level online course in the dietetics program
- Member of both DFMH (department) and COEHS (College) committees
- Assisted in the development of a feasibility study for a new major and a Master Degree
- Faculty researcher – projects including service learning and community wellness
- Faculty advisor for student organizations
- Supervise undergraduate research and honors projects
- Lead faculty for department FYE development

*August 2019 – Present*

- Associate Professor in Kinesiology (Dietetics) – Tenured faculty member with associate membership as a Graduate Faculty in the Department of Kinesiology within the College of Education and Human Services.
  - Instruct both lower and upper level undergraduate courses including general education courses in the dietetics program
  - Instruct graduate level online course in the dietetics program
  - Member of both Kinesiology and COEHS (College) committees
  - Faculty Researcher – Food Insecurity
  - Development and Director of WIU Food Pantry
  - Faculty advisor for three student organizations
  - Supervise undergraduate research and honors projects
  - Lead faculty for department general education assessment

**Blessing Hospital, Quincy, Illinois**

*January 1998- 2014*

- Clinical Dietitian- Provided nutritional assessments for a diverse population within multiple areas of the acute care setting identifying nutritional risk and appropriate nutritional interventions. Collaborated with physicians to develop nutrition support parameters and dietary interventions for all ages.
  - Member of the ventilator support team
  - Member of the pharmacy and therapy team
  - Member of the host/hostess development team, trainer and educator
  - Super user for the electronic medical data entry record
  - Lead developer of menus for a 400 occupant childcare center
  - Lesion for medical/surgical –nutrition relations
  - Developed and provided nutrition education for medical residents

**Blessing Hospital, Quincy, Illinois**

*January 1998- 2008*

- Consultant to a variety of rural hospitals, nursing homes, state veterans facilities, and government nutrition programs
  - Conducted outpatient assessments and educations

- Developed cycle menus
- Developed nutrition education material
- Participated in medical reviews mandated by government policy
- Developed sanitation programs

### **Levering Regional Health Center, Hannibal, Missouri**

*June 1996 - January 1998*

- Clinical- Administrative- Consultant Dietitian/Manager
- Direct supervision of dietary staff; responsible for interviewing, staffing, employee education, and financial responsibility of the department. Provided a variety of dietary services at four residential-care facilities housing 500 residents. Responsible for menu development while meeting both nutritional and financial guidelines. Direct control over the procurement of food and supply while conducting cost analyses to evaluate per patient day allowance.

### **St. Louis University, St. Louis, Missouri**

*August 1995-May 1996*

- **Graduate Assistant** – Assisted graduate faculty in the department of Nutrition and Dietetics with supervision and education of dietetic interns. Provided daily rounding and education with interns at Deaconess Hospital in St. Louis, Missouri. Assisted with research activities including database searches, article retrieval, and organization of data.
  - Authored the geriatric module of nutrition

### **St. Louis University, St. Louis, Missouri**

*August 1994-June 1995*

- **Dietetic Intern** – 11-month supervised practice experience in an American Dietetic Association Accredited Dietetic Internship at a multi-unit tertiary care medical centers. Clinical experiences included renal dialysis, diabetes, cardiology, medicine and pediatrics. Management and community nutrition experiences included administration, catering, staff education, production, purchasing, and St. Louis County Public Health.

## **PROFESSIONAL CERTIFICATION AND LICENSES**

- Commission on Dietetic Registration – Registered Dietitian (# 821999)
- Illinois Department of Financial and Professional Regulation – Licensed Dietitian/Nutritionist (# 164.002954)
- State of Illinois Department of Public Health - Certified Manager in Food Service Sanitation

## **PROFESSIONAL ORGANIZATIONS, ACTIVITIES AND AWARDS**

- 2020 – COEHS – Excellence in Teaching Award
- 2020 – Provost – Excellence in Teaching Award
- 2019 – COEHS – Excellence in Community Service Award

- 2019 – Provost – Excellence in Community Service Award
- American Public Health Association – Section Councilor for Food and Nutrition
  - Member # 9985458
- National Wellness Institute – Member
- Academy of Nutrition and Dietetics – Member #821999
  - Dietetic Educators of Practitioners Practice Group Member
  - Public Health / Community Nutrition Practice Group Member
- Illinois Academy of Nutrition and Dietetics – Member #821999
- Commission on Dietetic Registration - Registered Dietitian # 821999
- Illinois Department of Financial and Professional Regulation
  - Licensed Dietitian/Nutritionist # 164.002954
- State of Illinois Department of Public Health
  - Certified Manager in Food Service Sanitation # 01015162

## **COURSES TAUGHT AT THE UNIVERSITY LEVEL**

- HE 120** – Health Promotion  
In-Person and Online
- HE 121** – Human Sexuality
- NUTR 109** - Introduction to Nutrition traditional classroom  
Regular class as well as First year Experience (FYE)  
In-Person and Online
- NUTR 203** Nutrition for the Young Child – Developed New Course  
In-Person and Online
- NUTR 206** – NFSM Practicum
- NUTR 209** - Intermediate Nutrition
- NUTR 220** – Beginning Foods for the Nutrition Professional - Online
- NUTR 253** - Procurement – Developed Online Course  
In-Person and Online
- NUTR 300** – Food and Culture  
In-Person and Online
- NUTR 301** - Food Science - Food Science Lab  
In-Person and Online
- NUTR 304** - Nutrition Informatics
- NUTR 305** - Nutrition through the Life Span  
In-Person and Online
- NUTR 307** – Field Trip

**NUTR 308** - Nutrition for the Older Adult – Developed New Course

**NUTR 409** – Dietetic Practicum

**NUTR 450** - Healthy cooking (online) – Co/Developed Online Course  
Graduate and Undergraduate

**NUTR 450** - Weight Management (online)

**NUTR 498** – Independent Studies

**DPD director for dietetics (Fall 2014)**

## **ONLINE COURSE DEVELOPMENT**

**2023** Beginning Foods for the Nutrition Professional

**2023** Food Science

**2022** Nutrition for the Young Child

**2021** Nutrition Through the Lifespan

**2021** Nutrition for the Older Adult

## **UNDERGRADUATE RESEARCH/HONORS STUDY**

2023 Mentored Illinois Centennial Honors College Project  
Annabelle Schaffnit “Impact of a Campus Food Pantry on Student Success – A Focus Group” – NUTR 109

2023 Mentored Illinois Centennial Honors College Project  
Erin Forde “The Effect of Pectin’s and Gums in Food” – NUTR 301

2021 Mentored Illinois Centennial Honors College Project  
Samantha Econie “Role of Fat Replacers in Cookies” – NUTR 301  
Presentation – Undergraduate Research Day

2019 Mentored Illinois Centennial Honors College Project  
Elysa Doherty “Nutrition and Cystic Fibrosis” – NUTR 305

2018 Mentored Illinois Centennial Honors College Project  
Shakyra Ragsdale “Nutritional Needs of Injured Athletes” – NUTR 305

2018 Mentored Illinois Centennial Honors College Project  
Crystal Rodarte “The Effects of Fruit on Brownies” – NUTR 301

2018 Mentored Illinois Centennial Honors College Project  
Eve Guenther “The Effects of Various Types of Dairy and Dairy Alternatives on the Final Product of Ice Cream” – NUTR 301

2018 Mentored Illinois Centennial Honors College Project

- Kate McTaggart “Functional Properties, Uses, and Health Impacts of Common Artificial Sweeteners” – NUTR 301
- 2017 Mentored Illinois Centennial Honors College Project  
Casey Sollenberger “Dietary Patterns, Body Fat Percentage and Rate/Risk of the Female Athlete Triad – Study of the Diet” – NUTR 305
- 2017 Mentored Illinois Centennial Honors College Project  
Kara Downing “Dietary Patterns, Body Fat Percentage and Rate/Risk of the Female Athlete Triad – Study of Hormone Patterns” – NUTR 305
- 2017 Mentored Illinois Centennial Honors College Project  
Stellera English “The Influence of Education on Geriatric Consumption of Fruits and Vegetables” – NUTR 308
- 2017 Undergraduate Research Day—Faculty Research Mentor – Oral Presentation  
Stellera English “The Influence of Education on Geriatric Consumption of Fruits and Vegetables” – NUTR 308
- 2016 Mentored Illinois Centennial Honors College Project  
Kara Downing “The Effects of Avocado as a Fat Replacement in Pie Crust” – NUTR 301
- 2016 Undergraduate Research Day—Faculty Research Mentor  
Kara Downing “The Effects of Avocado as a Fat Replacement in Pie Crust” – NUTR 301
- 2016 Mentored Illinois Centennial Honors College Project  
Crystal Rodarte “Nutritional Comparison of Breast Milk and Formula through the Decades” – NUTR 305
- 2016 Undergraduate Research Day—Faculty Research Mentor  
Crystal Rodarte “Nutritional Comparison of Breast Milk and Formula through the Decades” – NUTR 305
- 2016 Mentored Illinois Centennial Honors College Project  
Lars Smith “Case Study Review of Cystic Fibrosis in Children” – NUTR 305
- 2014 Mentored Illinois Centennial Honors College Project  
Brown, L. “Creating Nutritious Meals for Children” – NUTR 303
- 2014 Mentored Illinois Centennial Honors College Project  
Perry, A. “Healthy Foods, Healthy Baby” – NUTR 305
- 2014 Mentored Illinois Centennial Honors College Project  
Brown, L. “Need for Change; Obesity in Children” – NUTR 305
- 2014 Undergraduate Research Day- Faculty Research Mentor  
Sell, A. The Use of Alternative Flours in Baked Goods – NUTR 301
- 2014 Undergraduate Research Day- Faculty Research Mentor  
Osman, J. The Use of Fat Replaces in Pie Crust – NUTR 301

- 2014 Undergraduate Research Day- Faculty Research Mentor  
Horney, L. The Use of Fat Replacers in Brownies – NUTR 301
- 2013 Mentored Illinois Centennial Honors College Project  
Horney, L. A Case Study Review of Gestational Diabetes – NUTR 305
- 2013 Undergraduate Research Day—Faculty Research Mentor  
Horney, L. A Case Study Review of Gestational Diabetes  
Poster Presentation – NUTR 305
- 2010 Mentored Illinois Centennial Honors College Project  
Meyers, A. Sugar Substitutes in Baked Products – NUTR 301
- 2010 Undergraduate Research Day—Faculty Research Mentor  
Meyers, A. Sugar Substitutes in Baked Products – NUTR 301
- 2010 Mentored Illinois Centennial Honors College Project  
Fuegen, A. The Effect of Fat Substitutes in Baked Good – NUTR 301
- 2010 Undergraduate Research Day—Faculty Research Mentor  
Fuegen, A. The Effect of Fat Substitutes in Baked Good  
Poster Presentation – NUTR 301

## UNIVERSITY SERVICE ACTIVITIES

- 2023-2026 **Member** – Council for Instructional Technology CIT
- 2023 **Chair** – COEHS - Interim Dean Search Committee
- 2023 **Member** – COEHS Dean Search Committee
- 2023 **Member** – COEHS – Faculty Awards/ Scholarship Committee
- 2023 **Chair** – COEHS – Faculty Council
- 2021-2023 **Member** – KIN Department Service Award
- 2021-2023 **Chair** – KIN – Grade Appeal Committee
- 2021-2023 **Member** – KIN – Recruitment and Scholarship Committee
- 2021 **Member** – Provost Excellence Award Committee - Teaching
- 2020 - 2023 **Member**, Faculty Senate Representing COEHS

2020- 2023 **Member**, Faculty Council – COEHS

2020- 2023 **Member**, Faculty Awards, Scholarship - COEHS

2020-2022 **Member** – KIN – Department Personnel Committee

2020 **Member** – Provost Excellence Award Committee- Service

2019 – Present **Member**, Department Service Award - KIN

2018- Present **Chair**, Kinesiology General Education Committee

2017 – Present **Director**, WIU Food Pantry

2015- 2020 **Member**, Recruitment and Scholarship Committee DFMH

2018- 2019 **Member**, Undergraduate Academic Affairs Committee DFMH

2017-2020 **Member**, Council of Student Activity Funds

2017- 2019 **Member**, CCPI

2016- Present **Member**, Provost Advisory Committee

2018- 2019 **Member/ Vice Chair**, Board of General Studies

2018- 2021 **Member**, IBHE Faculty Advisory Council

2018- 2018 **Member**, WIU FYE Committee

2016- 2018 **Member**, WIU General Education Review Committee

2016- 2017 **Member**, University Technology Advisory Group

2016- 2017 **Member**, University Honors Council

2015- 2018 **Member**, DFMH Academic Integrity Committee

2015-2018 **Member**, DFMH Library and Technology Committee

2014-2018 **Member**, COEHS Technology Committee

2014-2018 **Member**, COEHS Academic Integrity Committee

2014-2015 **Chair**, DFMH Dietetics Position Search Committee

2014-2015 **Member**, DFMH Curriculum Committee

2013-2014 **Member**, DFMH Dietetics Position Search Committee

2013-2014 **Member**, DFMH Adjunct Dietetics Position Search Committee

2013-2014 **Member**, DFMH Fashion Position Search Committee



- 2013-2017    **Member**, DFMH Scholarship Committee
- 2013-2014    **Member**, University FYE Committee
- 2013-present **Member**, DFMH Assessment Committee
- 2012- 2013    **Member**, DFMH Travel Committee
- 2008-2009    **Member**, DFMH Library Committee
- 2005- Present **Member**, Undergraduate Dietetics Committee

## **FACULTY SPONSOR FOR STUDENT ORGANIZATIONS**

- 2023- Present        **Faculty Sponsor** – Alpha Sigma Alpha
- 2017- Present        **Faculty Sponsor** for the WIU Food Pantry
- 2014- Present        **Faculty Sponsor** for the Food and Culture Club  
Develop and Present four cultural presentations/meals per year
- 2009- Present        **Faculty Sponsor** for SANE, Student Association for Nutrition Education
- 2012-2013            **Faculty sponsor**, Culinary Creations

## **NUTRITION-RELATED UNIVERSITY SERVICE**

- 2023    Nutrition Presentation to the Ellington Hilltopers 4H Club
- 2023    Nutrition Presentation for the Illinois Ag Teacher meeting – Food Science
- 2023    Hosted Special Needs Cooking Classes – Eight Classes per Year – Macomb Park District
- 2022    Supervised Dietetics students who volunteered at the Macomb Special Olympics Santa Party – Catered Event Meal - NUTR 305
- 2022    Catered Brunch for Macomb Feminist Network Reception to Honor Community Women
- 2022    Reviewer – McGraw Hill – How do you Make Nutrition Relevant to Students?
- 2022    Hosted Special Needs Cooking Classes – Eight Classes per Year – Macomb Park District
- 2022    Participated with The Office of Lt. Governor Juliana Stratton Webinar – Food Insecurity
- 2022    Hosted Lt. Governor Juliana Stratton – WIU Food Pantry
- 2021    Hosted Special Needs Cooking Classes – Eight Classes per Year – Online – Macomb Park District

- 2021 Participant – McGraw Hill – Focus Group – Empowering the Nutrition Student
- 2021 Participant – Today’s Dietitian – Spring Symposium
- 2020 Participated/ supervised students – Open Food Pantries (4) – Riverbend Feeding America Program
- 2020 Supervised Dietetics and Hospitality students who volunteered at the Macomb Special Olympics Santa Party – NUTR 305
- 2020 Developed and led students – Food Science Olympiad – Testing for Regional event
- 2020 Organized and supervised student participation – HyVee Fit4 Kids (Macomb and Quincy IL)
- 2020 Supervised students – Participation with the Home Delivered Program – Macomb MCA Senior Center
- 2020 Supervised students – Nutrition Education – Lincoln Elementary in Macomb IL
- 2020 Hosted/ Led 6 Cooking classes for special needs individuals through the Macomb Park District
- 2020 Organized and supervised students - SANE– Catering for fraternity and sorority - WIU
- 2020 Catered Brunch for Macomb Feminist Network Reception to Honor Community Women
- 2020 Presented on Nutrition and Labels – Macomb High School Wellness Conference  
4 presentations
- 2019 Supervised Dietetics and Hospitality students who volunteered at the Macomb Special Olympics Santa Party – NUTR 305
- 2019 Presented on Nutrition and Labels – Macomb High School Wellness Conference  
4 presentations
- 2019 Catered Brunch for Macomb Feminist Network Reception to Honor Community Women
- 2019 Presented on Nutrition and Labels – Macomb High School Wellness Conference  
4 presentations
- 2018 Development of the WIU Food Pantry – Opened March 28, 2018
- 2018 Supervised students completing nutrition education lessons at Lincoln Elementary in Macomb – Grades K-3 - NUTR 203
- 2018 Supervised Dietetics and Hospitality students who volunteered at the Macomb Special Olympics Santa Party – NUTR 305

- 2018 Supervised students nutrition education sessions and the Macomb YMCA senior center – NUTR 308
- 2018 Hosted eight cooking sessions with Macomb Park District – Special Needs Individuals and WIU students - Facilitate the comfort level of working with individuals with specific disabilities and nutritional needs – NUTR 305
- 2018 Presented on Nutrition and Labels – Macomb High School Wellness Conference 4 presentations
- 2017 Hosted eight cooking sessions with Macomb Park District – Special Needs Individuals and WIU students - Facilitate the comfort level of working with individuals with specific disabilities and nutritional needs – NUTR 305
- 2017 Supervised students completing nutrition education lessons at Lincoln Elementary in Macomb – Grades K-3 – NUTR 203
- 2017 Supervised Dietetics and Hospitality students who volunteered at the Macomb Special Olympics Santa Party – NUTR 305
- 2017 Developed/Sponsored, Food Science Olympiad - NUTR 301 (Feb, 2017) – NUTR 301
- 2017 Attended and Mentored six students at the Illinois Academy of Nutrition and Dietetics Association – March 2017 – Oak Brook IL
- 2017 Presented – Nutrition and the Field of Dietetics – Spoon River Career Days
- 2017 Presented on Nutrition and Labels – West Prairie High School Wellness Conference 4 presentations
- 2016 Hosted eight cooking sessions with Macomb Park District – Special Needs Individuals and WIU students - Facilitate the comfort level of working with individuals with specific disabilities and nutritional needs – NUTR 305
- 2016 Supervised students nutrition education sessions and the Macomb YMCA senior center – NUTR 308
- 2016 Pilot program for MLevel Games – Pearson Education – NUTR 109 Introduction to Nutrition – One of only two courses in the United States that was a pilot
- 2016 Organized and supervised senior dietetic students presenting “Nutrition and Sports” to athletic teams at Macomb Senior High (May, 2016)
- 2016 Participated in Pearson Publishing Nutrition Forum with Pearson Education in San Francisco, CA. (March, 2016)
- 2016 Developed/Sponsored, Food Science Olympiad - NUTR 301 (Feb, 2016)
- 2016 Supervised NUTR 303 students in the research project “Fruit and Vegetable Identification and Consumption: Post Nutrition Education in a Preschool Center”

- 2016 Review of book chapter – Wolters Kluwer – Clinical Nutrition  
Chapter 6- - Bariatric Surgery
- 2016 Review of book chapter – Wolters Kluwer – Clinical Nutrition  
Chapter 9 – Diabetes
- 2016 Presented – Nutrition and the Field of Dietetics – Spoon River Career Days
- 2016 Presented – Nutrition and the Field of Dietetics – John Wood Career Days
- 2015 Hosted eight cooking sessions with Macomb Park District – Special Needs Individuals  
and WIU students - Facilitate the comfort level of working with individuals with specific  
disabilities and nutritional needs – NUTR 305
- 2015 Attended the American Public Health Association Annual Meeting (November, 2015)
- 2015 Attended the Health, Wellness, and Society Conference (September, 2015) Spain
- 2015 Reviewer of 7 abstract submissions for the American Public Health Association Annual  
Meeting
- 2015 Reviewer for the *International Journal of Health, Wellness, and Society* - "Personal  
Wellbeing Index and Clinical Significance"
- 2015 Reviewed article for the International Journal of Health, Wellness and Society "Educate  
Faculty to Navigate an Electronic Health Record to Enhance Student Learning"
- 2015 Reviewed "The Clinical Dietitian's Essential Pocket Guide" – Width & Reinhard
- 2015 Presented at the 2015 CBT (College of Business and Technology) Professional  
Development Series "Too Much Take-out"
- 2015 Presented "Highlights of Nutrition" to Univ100 course at Western Illinois University
- 2015 Mentored/ supervised student organization SANE in fundraising to donate money to the  
Midwest Food Bank to feed 12,000 meals to the hungry
- 2015 Organized/ supervised nutrition education lessons in the community (fall, 2014)  
Weekly preschool education sessions at Western Illinois University's Infant and  
Preschool Center
- 2015 Biweekly nutrition interactions at Food for Thought working with school age children
- 2015 Two nutrition health fairs within Western Illinois University dorms
- 2015 Two nutrition health fairs at McDonough District hospital
- 2015 Biweekly meal service participation at Wesley nursing home in Macomb, Illinois
- 2015 Biweekly nutrition education sessions to elderly participants at the Macomb Senior  
Center

- 2015 Attended Illinois Dietetic Association – Supervised 8 students - Food and Culture Club (April, 2015) Oakbrook, IL
- 2015 Organized/ supervised child nutrition education lessons in the community - FCS 303
- 2015 Assisted with the HyVee Health and Wellness Bus at Western Illinois University (SANE)
- 2014 Attended FNCE (Food & Nutrition Conference & Expo) - Atlanta, GA (October, 2014)
- 2014 Attended Maryville SoTL Conference - St. Louis, MO
- 2014 Attended International Learning Conference (July, 2014) New York, NY
- 2014 Organized/ supervised nutrition interaction sessions with the elderly
- 2014 Weekly participation with home delivered meals to the elderly
- 2014 Developed/Sponsored, Food Science Olympiad
- 2014 Participated in an Introductory Nutrition Forum with Pearson Education in San Francisco, CA. (March, 2014)
- 2014 Attended National Wellness Conference (June, 2014) Minneapolis, MN
- 2014 Attended the Fourth International Conference on Health, Wellness, and Society (March, 2014) British Columbia
- 2013 Developed /Presented 8 sessions of Nutrition and Health at CUSD #4 school district to faculty and students (fall, 2013)
- 2013 Participated in Western Illinois University- COEHS, Faculty Innovators (fall, 2013)
- 2013 Developed/Sponsored, Food Science Olympiad
- 2013 Attended FNCE (Food & Nutrition Conference & Expo) Houston, TX
- 2013 Supervised dietetic students at FNCE, the national conference for the Academy of Nutrition and Dietetics in Houston, TX (October, 2013)
- 2013 Developed professional materials for the Commission on Dietetic Registration Competency Writing Session in Chicago, IL. (July 2013)
- 2012 Developed/Sponsored, Food Science Olympiad

## **OTHER PROFESSIONAL ACTIVITIES**

- 2023 Riverbend Mobile Food Pantry – 4 Events 2023
- 2023 Education for KIN GA/TA – Western Online

- 2023 DOT Foods Charitable Giving Event – Presenter
- 2023 Attended the Illinois Academy of Nutrition and Dietetics Meeting- Online
- 2023 Catered meal for the Illinois Ag Teacher meeting
- 2022 Riverbend Mobile Food Pantry – 4 Events 2022
- 2022 Attended the Academy of Nutrition and Dietetics Conference – FNCE - Online
- 2022 Assisted with WIU UUB – Casino Night
- 2022 Judge – WIU Homecoming Parade
- 2021 Riverbend Mobile Food Pantry – 4 Events 2021
- 2021 Attended the Academy of Nutrition and Dietetics Conference – FNCE - Online
- 2021 Attended the Illinois Academy of Nutrition and Dietetics Meeting - Online
- 2021 Assisted with WIU UUB – Casino Night
- 2021 MC for WIU UUB – BINGO night
- 2021 Judge for WIU Homecoming Parade
- 2021 Participant – WIU Major/ Minor Fair
- 2020 Committee Member – Master Thesis – Katie Putnam - Feasibility Study for Student-Athlete Nutrition Fueling Station
- 2020 Member – Student/ Faculty Panel Discussion - COEHS
- 2020 Reviewer – Hales’ “An Invitation to Health, Brief” 11e
- 2019 Attended and supervised 11 students at FNCE, Food and Nutrition Conference and Expo, Philadelphia, PA
- 2019 Section Councilor for APHA (American Public Health Association) Food and Nutrition Section
- 2019 Judge – WIU Ag Department – Chili Cook-Off
- 2018 Preceptor for student completing DNP – Doctorate in Nursing Practice at ISU – Committee Member- Project – Kirsten Clerkin

- 2018 Section Councilor for APHA (American Public Health Association) Food and Nutrition Section
- 2017 Attended FNCE – Food and Nutrition Conference and Expo – Supervised 10 students – Chicago, IL
- 2017 Reviewed Nutrition Textbook (Pope) – “Nutrition for a Changing World” 2e
- 2017 American Public Health Association (APHA) – Reviewed abstracts for both oral presentation and poster presentations. Reviewed 12 abstracts
- 2017 APHA Annual Meeting and Expo – Professional Participant – Student Assembly Speed Mentoring Event – Atlanta, GA November 2017
- 2017 Section Councilor for APHA (American Public Health Association) Food and Nutrition Section
- 2016 Illinois Academy of Nutrition and Dietetics Spring Assembly – Oak Brook, IL –March 2016– Supervised 6 students
- 2015 Attended American Public Health Association National Assembly – Chicago, IL
- 2015 Reviewer for Width & Reinhard, *Wolters Kluwer Health, Baltimore, MD*. Book reviewed: “The Clinical Dietitian’s Essential Pocket Guide, 1e.”
- 2015 Reviewer for the *International Journal of Health, Wellness and Society* (July, 2015). Article reviewed: Educate Faculty to Navigate an Electronic Health Record to Enhance Student Learning.
- 2015 Reviewer for the *International Journal of Health, Wellness and Society* (March, 2015). Article reviewed: Personal Wellbeing Index and Clinical Significance.
- 2015 Collaborated in feasibility study for Masters of Science in Nutrition Wellness (spring, 2015)
- 2015 Supervised 8 dietetic students at IAND, the Illinois Academy of Nutrition and Dietetics spring assembly (spring, 2015)
- 2014 Reviewed article for the Journal of Learning in Higher Education *May (2014)* "How Can a Student Teacher’s Practice Be Developed and Enhanced by Incorporating the Views of Children about Their Learning."
- 2014 Reviewed article for the Journal of Learning in Higher Education *July (2014)* “Balancing the Books”
- 2014 Presented at the COEHS first annual TECHFEST, discussing incorporating technology into service learning
- 2014 Supervised 6 dietetic students at FNCE, the national conference for the Academy of Nutrition and Dietetics in Atlanta, GA (October, 2015)

- 2014 Participated in an Introductory Nutrition Forum with Pearson Education in San Francisco, CA. (March, 2014)
- 2013 Participated in Western Illinois University- COEHS, Faculty Innovators
- 2013 Developed professional materials at the Commission on Dietetic Registration Competency Writing Session in Chicago, IL. (July, 2013)
- 2013 Co-Developed on online version of Healthy Cooking (FCS 450) With Dr. Lorri Kanauss (July, 2013)
- 2013 Collaborated in a feasibility study for the Nutrition and Foodservice Management major (spring, 2013)
- 2012 Developed Foodservice Procurement course online
- 2007-present Collaborated with other Dietetics faculty to present a review session for the OSF Saint Francis Medical Center Dietetic Interns and Bradley University Dietetic Interns (Yearly)
- 2010-2013 Co-Developed/Educator, Kids University at WIU

## **PUBLICATIONS**

- 2019 Clerkin, K., Pohl, C, **Shupe, E.** & Myoung, K. (2019) Influencing Nutritional Habits of College Students using a Food Pantry. *Journal of American College Health*
- 2016 Kanauss, L. & **Shupe, E.** (2016). Academic and Industry Collaboration: A Nutrition-Related Worksite Wellness Program. *International Journal of Health, Wellness, and Society.* 6(3) 1-7.
- 2016 Kaul, R., **Shupe, E.** & Kanauss, L. (2016). Presenting Food and Culture: Teaching Nutrition through “Learning by Doing”. *International Journal of Organizational Studies,* 11(2) 27-34.
- 2014 Kanauss, L. & **Shupe, E.** (2014) Nutrition-related Service Learning Activities on a University Campus. *International Journal of Health, Wellness, and Society.* 2; 29-37.
- 2014 Kanauss, L. & **Shupe, E.** (2014). Dietetics Curriculum: Incorporating Service Learning Activities to Meet Required Competencies. *International Journal of Adult, Community and Professional Learning.* 1; 15-22.
- 2014 **Shupe, E.** & Kanauss, L. (2014) Education and Experience beyond the Classroom: University Dietetic Students Involvement with Nutrition-related Workplace Wellness Program for an International Company. *International Journal of Learning in Higher Education.* 21; 1-6.



## PROFESSIONAL PRESENTATIONS

- 2017 Presented Poster “Impacting our Future: Nutrition Education to Preschool Children through Activity and Play” APHA 2017 Annual Meeting and Expo. Atlanta, GA – November 2017.
- 2015 Shupe, E., Kaul, R, & Kanauss, L. (2015) *Presenting Food and Culture: Teaching Nutrition through “Learning by Doing”*. International Journal of Health Wellness and Society in Madrid Spain (September, 2015)
- 2015 Kanauss, L. & Shupe, E. (2015) *Academic and Industry Collaboration: A Nutrition-related Worksite Wellness Program*. International Journal of Health Wellness and Society in Madrid Spain (September, 2015)
- 2015 Kanauss, L. & Shupe, E. (April 2015). *Community Collaboration between the Dietetics Program at Western Illinois University and Titan International in Quincy, IL*. Poster presentation at the Illinois Academy of Nutrition and Dietetics Spring Assembly in OakBrook, IL
- 2015 Shupe, E. (November, 2015). *Who is responsible for providing menu labeling?* Presented at the American Public Health Association National Conference, Chicago, Illinois
- 2014 Shupe, E. & Kanauss, L. (October 2014). *“Wheel” World Practice: Collaboration between the Dietetics Program at WIU and Titan International in Quincy, IL* presentation at the Maryville SoTL Conference in St. Louis, Missouri.
- 2014 Kanauss, L. & Shupe, E. (October 2014). *SLIDE- Service Learning in Dietetics Education: Opportunities and Challenges* poster presentation at the Maryville SoTL Conference in St. Louis, Missouri.
- 2014 Kanauss, L. & Shupe, E. (July 2014). *Dietetics Curriculum: Incorporating Service Learning Activities to Meet Required Competencies* presentation at the International Learning Conference in New York, New York.
- 2014 Shupe, E. & Kanauss, L. (July 2014). *Education and Experience beyond the Classroom: University Dietetic Students Involvement with Nutrition-related Workplace Wellness Program for an International Company* presentation at the International Learning Conference in New York, New York.
- 2014 Shupe, E. (June 2014). *Menu Labeling as a Tool to Combat the Obesity Epidemic in America and the Obstacles that Restaurants are Experiencing with the Implementation of Labeling*. Presentation at the Annual National Wellness Conference in Minneapolis, Minnesota.
- 2014 Shupe, E. (April, 2014). *Incorporating technology in the classroom through service learning*, presentation at the COEHS TechFest, Macomb, Illinois.
- 2014 Shupe, E. & Kanauss, L. (March 2014). *Nutrition-related Service Learning Activities on a University Campus* presentation at the International Conference on Health, Wellness, and Society in Vancouver, Canada.

## **GRANTS RECEIVED**

- 2023 DOT Foods – Charitable Giving Festive - \$1,500
- 2023 DOT Foods – Grant for a total of \$12,825 - \$3,206 in cash and \$9,618 in store credit to Dorothy’s Market – Mt. Sterling IL
- 2023 Wesley Church – Fellheimer Trust Committee of the Wesley United Methodist Church \$5,100
- 2022 DOT Foods – Grant for a total of \$7,517 - \$1,817 in cash and \$5,660 in store credit to Dorothy’s Market – Mt. Sterling IL
- 2021 AGR – Smoking Hog - \$1,000
- 2021 Sodexo - \$5,000
- 2020 DOT Foods - DOT Foods – Grant for a total of \$2,281 - \$570 in cash and \$1,711 in store credit to Dorothy’s Market – Mt. Sterling IL
- 2020 Macomb Balloon Raley - \$560

**Total Grants Received for the WIU Food Pantry - \$35,783**