

Kristen Rasmussen (she/her), MS, RDN

EMPLOYMENT

2022 – Present Cal Discoveries

Faculty Director/Instructor

Developing a Mediterranean Nutrition Program for Cal Alumni in Crete, Greece with launch set for Fall 2024.

2022 – Present Berkeley Study Abroad

Faculty Director/Instructor

- Developed, lead, and teach summer abroad course, “Mediterranean Nutrition and Food Systems” in Chios, Greece. First nutrition-focused course in the Berkeley Study Abroad program.

2017 – Present UC Berkeley Nutritional Sciences & Toxicology Department

Remote Teaching Faculty

- Spearheaded and instruct the Nutritional Sciences & Toxicology Department’s first online course, *Food, Culture, and the Environment* (NSTW104). Course frequently exceeds enrollment expectations, receives exceptional student evaluations, and generates departmental revenue.
- Participated in the Anti-Racist and Inclusive Course Curriculum program to redevelop course to meet the Anti-Racist Course Assessment Tool developed by the Berkeley Food Institute.
- Collaborated with the Berkeley Resource Center for Online Education and Berkeley Summer Sessions teams to create and update curriculum for NSTW104. Curriculum includes scripts for and filming of lectures, hosting recorded interviews with subject matter experts, developing interactive learning activities and evaluation tools, incorporating relevant resources, and overseeing three Graduate Student Instructors each term. The course was also adapted to include the topics of race, ethnicity, and diversity as they relate to food, thereby fulfilling the American Cultures requirement at UC Berkeley.
- Co-founded Berkeley Open Source Food, a non-profit dedicated to increasing consumption of and research surrounding wild foods, including an annual “Wild and Feral Food Week”.
- Worked with the CAA (Cal Alumni Association) and UC Berkeley OLLI (Osher Lifelong Learning Institute) to restructure and teach the Food, Culture, and the Environment course for use in a CAA fundraising campaign and OLLI’s first hybrid offering. Due to its popularity, the course continues to be offered and over 6,000 UC Berkeley Alumni have participated.

2017 – Present Rooted Food, Inc.

Principal and Consultant

- Provide culinary nutrition and food sustainability consultation for organizations including start-ups in the foodservice sector, restaurants, and non-profit universities. Work includes innovative menu and recipe development, sustainable ingredient sourcing, nutrition analysis, food photography, marketing, and branding.
- Key fact-checker for *Salt, Fat, Acid Heat*, a New York Times Bestseller and James Beard Award-winning cookbook that has been adapted into a popular Netflix series.

2015 – 2020 The Culinary Institute of America’s Strategic Initiatives & Leadership Group

Program Coordinator for the Healthy Kitchens, Healthy Lives conference

- In partnership with the Harvard T.H. Chan School of Public Health, assist with the development and execution of a program that is geared toward teaching medical professionals, foodservice directors, and chefs how to cook delicious, healthy food and updating them on the latest nutrition science. The conference has over 450 attendees and sells out far in advance each year.
- Collaborate with chefs on recipes both for teaching demonstrations as well as for feeding the conference attendees to ensure recipes adhere to conference goals.
- Acting conference emcee and present on topics such as, “Plant-Forward Plate Strategies in the Relentless Pursuit of Deliciousness” (including cooking demonstrations).

2016 – 2019 Rasmus Pop-Ups

Founder and Head Chef

- Spearheaded menu concept design, recipe development, and operational plan as well as head cheffed for pop-ups focused on foods that are New Nordic-inspired with west coast accents using local, seasonal, and wild ingredients.
- Often include collaborations with other local makers and businesses such as Koik Ceramics, Pizzaiolo, Sea Star Bakery, and Portland Cookshop.

2012 – 2017 UC Berkeley Nutritional Sciences & Toxicology Department

Teaching Faculty and Academic Coordinator

- Instructed upper division nutrition courses including Introduction to Food Science lecture and laboratory, Human Food Practices, and Food Systems Organization and Management as well as the graduate course Professional Preparation: Teaching in Nutritional Sciences. Received high evaluation scores and managed Graduate Student Instructors in all courses.
- Coordinated introductory nutrition course with enrollment of over 700 students including logistic management, supervision of 10 Graduate Student Instructors each semester, and collaborating with professors on syllabus and course content.
- Assisted with other departmental projects and advised students as needed.
- Participant of the American Cultures Engaged Scholarship program, which required coordination of a community engagement project to contribute to the campus commitment to equity, social justice, and civic responsibility.

2011 – 2018 Bon Appétit Management Company

Nutrition Consultant

- Worked with chefs, management, and design team to develop theme-inspired educational materials, recipes, activities, and trainings to be used across the country for monthly nutrition promotions that incorporate sustainable food practices.
- Provided consultation on establishing a process to obtain nutrition information for café menus and assist with determining a procedure for evaluating nutritional quality and illustrating this to customers.
- Developed chef training materials for nutrition initiatives and assist with other special projects, such as development of food allergy policies, as needed.

2015 – 2016 Cal Dining – brown's: a California café

Culinary Nutrition and Food Sustainability Advisor

- Directed the relaunch of a café on the UC Berkeley campus including mission/vision, menu, sustainable procurement, marketing, and guest engagement. This plant-forward, California-local café concept led to a sales increase of 23%, a customer increase of 13%, was awarded the Chancellor's Sustainability Award, and won "Best Café on Campus" in its first two years open.
- Led R&D for all recipes including recipe development, local ingredient sourcing, recipe testing and standardization, and production.
- Worked with café's head chef to continually revamp menu according to seasons, sales, special events, and customer reactions.

2014 – 2016 The Culinary Institute of American – Greystone Campus

Adjunct Faculty

- Coordinated and conducted food science lectures in collaboration with chef-instructors to first year culinary students.

2010 – 2012 UC Berkeley Health *Matters

Worksite Wellness Dietitian

- Developed and implemented cooking classes and health behavior change programs for faculty and staff including *Eat Green*, an online behavior change program promoting sustainable food habits.
- Worked with campus and community partners to develop, execute, and evaluate the *Eat Well Berkeley Initiative*, which endeavors to increase access to healthy food on campus.
- Worked with clinical team to spearhead UC-wide outpatient clinic and provided nutrition counseling.
- Assisted with implementation of other campus health and sustainability programs and policies.

2010 – 2015 Timber Ridge Senior Center- Consultant Dietitian

- Conduct in-services and nutrition consultation for residents, staff, and family members as needed.

2010 – 2011 Laguna Honda Hospital and Rehabilitation Center

Foodservice and Sustainability Consultant

- Provided recommendations for and assisted with the advancement of sustainable and healthful menu options and foodservice practices as well as developed methods for promoting these ideals to cafeteria customers and hospital residents.
- Assisted with federal and state regulations regarding nutrition and food safety as well as any additional requirements for food production and foodservice as needed.

2010 – 2011 Bayview Adult Day Healthcare Center

Consultant Dietitian

- Provided nutrition counseling for clients and completed nutrition assessments according to schedule.
- Attended interdisciplinary meetings and provided nutrition information for team.

2008 – 2009 Arizona Farmers' Market Association

Community Organizer and Logistics Manager

- Worked with Arizona State University's Nutrition Department, farmers' market managers from various states, and other community programs to obtain USDA-funded grant and in turn, develop the Arizona Farmers' Market Association.

2007 – 2009 Aramark: Arizona State University Dining Services

Nutrition Manager and Farm to School Facilitator

- Conducted cooking demos and other nutritional education sessions for students and staff.
- Key participant in the implementation of new campus restaurant highlighting ecological concepts.
- Initiated Campus Harvest Program, which resulted in use of campus-grown produce in the dining halls.
- Facilitated communications with campus health inspector on a variety of campus dining projects and supervised the safety, sanitation, and nutrition labeling regulations for grab-n-go program.
- Maintained ASU Campus Dining nutrition webpage and acted as spokesperson for nutrition services.
- Counseled college students and staff on dietary issues through private sessions and cooking demos.

2007 – 2008 Arizona State University

Teaching Assistant: Community Nutrition and Computer Applications in Nutrition

- Developed and administered lectures for lower and upper division undergraduate students.

EDUCATION

Spring 2018 Oregon State University

Master Gardener Program Participant

2007 – 2009 Arizona State University

MS in Human Nutrition

Thesis: *Organically Vs Conventionally Grown Wine: Resveratrol Concentration and Absorption*

2003 – 2007 University of California, Berkeley

BS in Nutritional Sciences, Dietetics

Professional Credentials

Registered Dietitian Nutritionist

Certified ServSafe® Manager Instructor and Registered ServSafe® Manager Proctor

PUBLISHED

Stark P.B., Miller D., Carlson T., **Rasmussen de Vasquez K.**, 2019. Open Source Food: Nutrition, Toxicology, and Availability of Wild Edible Greens In the East Bay, PLOS One, to appear. Preprint: <http://doi.org/10.1101/385864>.

Rasmussen de Vasquez K. "UC Berkeley Undergrads Revamp Dining Hall Recipes" *Berkeley Food Institute Newsletter*, 2017, <https://food.berkeley.edu/from-the-field/uc-berkeley-undergrads-revamp-cal-dining-recipes/>

Bevilacqua M., Santos Silva B., Bom Frøst M., Reade B., **Rasmussen de Vasquez K.** Complex visualized flavor worlds – information from four domains presented simultaneously, The Nordic Food Lab Blog, April 2017,

<http://nordicfoodlab.org/blog/2017/4/28/complex-visualised-flavour-worlds>

Rasmussen de Vasquez K. “Nasturtium: More than Just a Sprawling Garden Staple.” *Edible East Bay* Spring 2017, <http://edibleeastbay.com/online-magazine/spring-2017/foragers-notebook/>. Print/online.

Rasmussen de Vasquez K. “The Regal Elder: Part II.” *Edible East Bay* Fall 2016, <http://edibleeastbay.com/online-magazine/fall-harvest-2016/fall-foraging-elderberries/>. Print/online.

Rasmussen Vasquez K. “Wild Eats.” *Food & Nutrition Magazine* Jul/Aug 2016: 20-21, <http://www.foodandnutrition.org/July-August-2016/Wild-Eats/>. Print/online.

Rasmussen Vasquez K. “The Regal Elder: Part I.” *Edible East Bay* Summer 2016, <http://edibleeastbay.com/online-magazine/summer-2016/the-regal-elder/>. Print/online.

Rasmussen K. Calibrating Flavour Part II: Formulae for Deliciousness, The Nordic Food Lab Blog, October 2015, nordicfoodlab.org/blog/2015/12/8/calibrating-flavour-part-2-formulae-for-deliciousness

Rasmussen K. Calibrating Flavour Part I: Measuring Senses in a Fast-Paced World, The Nordic Food Lab, October 2015, nordicfoodlab.org/blog/2015/10/24/calibrating-flavour-part-i-measuring-the-senses-in-a-fast-world

Rasmussen K. “Bay Nuts: Northern California’s Indigenous Cacao.” *Edible East Bay* Fall 2015, edibleeastbay.com/online-magazine/fall-harvest-2015/roasted-bay-nuts/. Print/online.

Rasmussen K. “Green Walnuts: An Elegantly Bitter Harvest.” *Edible East Bay* Summer 2015, edibleeastbay.com/online-magazine/summer-2015/green-walnuts/. Print/online.

Frøst M.B., Giacalone D., **Rasmussen K.K.** (2015) Alternative methods of sensory testing: working with chefs, culinary professionals and brew masters. In Delarue, J, Ben Lawlor, J., Rogeaux, M. (Eds.) *Rapid Sensory Profiling Techniques and Related Methods - Applications in New Product Development and Consumer Research*, Cambridge, Woodhead Publishing, pp. 353-382

Rasmussen K. Owner and blogger of Rooted Food, rootedfood.com. 2013 - Present

Martin, K., **Rasmussen, K.**, 2011. Comparison of Sensory Qualities of Geographically Paired Organic and Conventional Red Wines from the Southwestern US with Differing Total Polyphenol Concentrations: A Randomized Pilot Study. *Food and Nutrition Sciences*. DOI: 10.4236/fns.2011.21054.

Rasmussen K. bamco.com/blog. Contributing blogger for Bon Appétit Mgt. Co., 2011 - Present

Rasmussen K. Contributor to Bay Area Dietetic Association’s newsletter, The Bayleaf, 2010 - 2013

Rasmussen K. Alumni article for ASU Innovations in Nursing and Health magazine, August 2011

Rasmussen K. Contributing blogger for Berkeleyside, 2009

Rasmussen K. Pasties Past and Present, *Edible Phoenix*, Summer 2009

Rasmussen K. An Urban Desert Harvest. *Civil Eats*, March 30, 2009

Rasmussen K. The Overlooked Orange. *Edible Phoenix*, Spring 2009

Rasmussen K. Sustainability on a Desert Campus: Both Sides of Supply and Demand. *Organic on the Green*, February 9, 2009

PRESS

- Ferraro, K. The secret foods dietitians eat to stay fit and healthy. Ace Fitness, November 13, 2017.
- Mindess, A. Kristen Rasmussen creates smørrebrød sandwiches with a West Coast spin. KQED Bites, August 24, 2017.
- Fritsche, S. Kristen Rasmussen finds comfort in a bowl of porridge. The San Francisco Chronicle, July 7, 2017.
- Chronicle Staff. The best things we've eaten this year (so far). The San Francisco Chronicle, April 30, 2017.
- Holzman, S. The weeds you should be eating...Furthermore, August 2016.
- Neimark, J. Instead of Pokémon, use your smartphone to catch tasty wild edibles. Good Food, August 2016.
- Kell, G. Food Day star: new 'plant-forward' Brown's café. UC Berkeley News, October 2015.
- Out of the Weeds, Lucky Peach, 29 June 2015.
- Belz P. Edible urban weeds – Oakland's sidewalk salad. Wild Oakland, May 2015.
- Bos S. Eat Your Weeds. East Bay Express, May 2015
- Jozuka E. Dandelions should be the new kale. Motherboard, April 2015
- Mark J. Weeds are the future of healthy eating. Salon, April 2015
- Mark J. Weeds – they're what's for dinner. Earth Island Journal, April 2015
- Palmer T. Wild food week highlights edible weeds going to waste. NBC Bay Area, April 2015
- Mission Loc@l. It's Wild Food Week, and weeds are on the menu. SF Gate, April 2015
- Growing Magazine. San Francisco Bay Restaurants Serving Weeds for Wild Food Week. April 2015
- Tsai L. Slinging Weeds: Wild Food Week. East Bay Express, March 2015
- Lucchesi P. Wild Food Week: Bay Area dinner series showcases foraged plants. SF Gate, March 2015
- Arroyo N. It's Alive and Growing. The North Coast Journal, April 2014
- Applegate J. Picnic Marks First Food Day at UC Berkeley. The Daily Californian, October 24, 2011
- Henry S. Food Day: Growing a Movement Around What We Eat. Berkeleyside. October 21, 2011
- Ness, C. Berkeley Joins National Food Day on Monday. UC Berkeley News Center, October 21, 2011
- Clark, K. New Catering Program Prioritizes Healthy Eating. The Daily Californian, February 15, 2011
- Weaver R. Study Confirms Health Risks of Eating Too Much Red Meat. The State Press, April 7 2009
- Cepessy C. ASU partners with local non-profit food organization. The State Press, February 6, 2009
- Fleishans A. Poly student tests health benefits of organic wine. The State Press, September 16, 2008
- Biggers A. Living la vida locavore. Phoenix Magazine, July 2008
- Lipka N. Student's aim to see campus-grown food put to use. College Times, March 20 2008

OTHER PROFESSIONAL PRESENTATIONS

- 2022 Earth Day Presentation – Kaiser Permanente
The Evolution of the Human Diet & Modern-Day Foraging
- 2020 Healthy Kitchens, Healthy Lives Conference – The Culinary Institute of America, Greystone
Diet as a Key Lever to Nurture a Healthy Gut Microbiome (presentation and cooking demo)
- 2019 Healthy Kitchens, Healthy Lives Conference – The Culinary Institute of America, Greystone
Plant-Forward Plate Strategies in the Relentless Pursuit of Deliciousness (presentation and cooking demo)
- 2018 Incredible Edible Plant Sale – Oregon State University’s Master Gardener Program
Picnic Worthy Harvest Eats (cooking demo)
- 2018 Healthy Kitchens, Healthy Lives Conference – The Culinary Institute of America, Greystone
Whole Grains: Strategies in the Relentless Pursuit of Deliciousness (presentation and cooking demo)
- 2017 Healthy Kitchens, Healthy Lives® Conference – The Culinary Institute of America, Greystone
A Culinary Review of the Breakfast Menu
- 2016 Menus of Change Leadership Summit – The Culinary Institute of America, Hyde Park
Re-Wilding Our Diet: Getting Wild to Work in High-Volume Food Service
- 2016 Food Innovation Symposium
Food Systems: Water, Resources, Energy, and Waste
- 2016 Portafilter Podcast
Sensory Evaluation, Food Science, and Coffee
- 2016 Healthy Kitchens, Healthy Lives® Conference
A Culinary Nutrition Review of the Breakfast Menu
- 2015 California Higher Education Sustainability Conference
Brown’s: A California Café at Cal Berkeley
- 2015 WILD Oakland
Edible Weeds in Oakland walk
- 2015 Peralta Community Garden
Edible weed identification session
- 2015 Berkeley Path Wanderers Association
Where the Wild Things Grow foraging guided walk
- 2015 Golden Gate Dietetic Internship
Presentation on Food Sustainability and the Nutrition Professional
- 2014 Asian Sensory and Consumer Research Symposium (Singapore)
Abstract Presentation: Projective methods with culinary professionals, master brewers and small primary producers – Applications, developments and insights from use of fast sensory methods in the real world of experimentation and small scale production.
- 2013 Panel Discussion: Sustainable Meat (The Local Butcher, Berkeley)

Panel Moderator

2013 Seminar on Social, Political, and Ethical Issues in Health and Medicine (Berkeley)

Presentation on Human Nutrition and Public Health

2013 Berkeley Student Food Collective Decal: Berkeley in the Global Food Systems

Presentation on Human Nutrition & the Environment, Foraging Walk

2012 UC Berkeley Nutrition and Physical Activity Workgroup

Presentation on the Eat Well Berkeley program to faculty and staff at a workgroup meeting

2011 UC Berkeley's ASUC Planning Meeting

Presentation on the Eat Well Berkeley program to ASUC staff and students

2010 Filice Insurance Health Fair

Presentation on Nutrition & Wellness to staff members at corporate wellness fair

2009 - 2012 Timber Ridge In-Service

Presentation on nutrition in older adults and diabetes to staff and family members yearly.

AWARDS AND HONORS

UC Berkeley American Cultures Course Development Grant 2023

UC Berkeley American Cultures Engaged Scholarship Program, Chancellor's Public Fellow 2022

The Daily Cal - Best Café on Campus - Brown's Café 2016 and 2017

UC Berkeley Chancellor's Sustainability Award - Brown's Café 2016

UC Berkeley Professional Development Fund Grant for Menus of Change Conference 2016

Higher Education Energy Efficiency and Sustainability Best Practice Awards: Sustainable Food Systems (brown's Café) 2016

California Academy of Nutrition and Dietetics, Excellence in Education Award 2016

Bay Area Academy of Nutrition and Dietetics, Distinguished Service Award 2015

Berkeley Food Institute Seed Grant Recipient 2014

UC Berkeley Chancellor's Public Scholar 2014 - 2015

UC Berkeley American Cultures Engaged Scholarship Program, Faculty Fellowship 2014

UC Berkeley Professional Development Fund Grant for Singapore SenseAsia Conference Travel 2014

Graduate Council's Advisory Committee, selected for "How Students Learn" seminar and funding 2013

The Green Initiative Fund, awarded grant for UC Berkeley Food Day 2012

Bay Area Dietetic Association, Volunteer of the Year Award, 2012

American Dietetic Association, Recognized Young Dietitian of the Year Award, 2011

Arizona State University, President's Award for Sustainability, PolyHarvest CSA, 2011

Iron Cupcake SF, repeated Most Creative and Best Tasting Cupcake Champion, 2010-2011

Arizona State University, Travel Grant for study abroad program in Argentinian hospitals, 2009

Arizona State University, Earl A. and Lenore H. Tripke Travel Award for the International Terra Madre

Network in Italy, 2008

UC Berkeley College of Natural Resources, Helen Francis MacCollister Scholarship, 2007

California Dietetic Association, Carol Hayes Torio Memorial Undergraduate Scholarship, 2007

Nutrition College Bowl, UC Berkeley Team Captain, First Place Champions, 2007

UC Berkeley, Geraldine F. Piper Memorial Scholarship, 2005

SERVICE AND PROFESSIONAL ACTIVITIES

2023 – Present México Salud-hable

Volunteer, ¡Eliminemos las Grasas Trans! campaign

Work with public health campaign in Mexico, act as faculty advisor for student projects surrounding the campaign targeting artificial trans-fats.

2015 – Present Berkeley Open Source Food, forage.berkeley.edu

Co-Investigator, Co-Founder, Photographer

Conduct research on wild edible plants, lead foraging workshops, and coordinate events such as Wild and Feral Food Week with participating restaurants including Chez Panisse and The Perennial.

2013 – Present The Berkeley Food Institute

Key Collaborator

Work with other campus members from various disciplines on issues surrounding sustainable agriculture, food justice, nutrition, health, and regulatory reform.

Summer 2017 Selma Copenhagen, selmacopenhagen.dk

Stage

Assist with food preparation for reputed smørrebrød restaurant in Copenhagen, Denmark and spearhead/chef for California-inspired pop-up.

2015 – 2017 UC Berkeley DeCal (student-led courses) program and clubs

Faculty Sponsor

Sponsor courses including environmental, nutritional, and social aspects influencing our food system, fermentation, food innovation, and intro to baking. Advisor for Food Science and Tech at Cal Club.

2011 – 2017 Wild Lilac Child Development Community

Board Member

Participate in board meetings; provide consultation on menus and development of non-profit.

2010 – 2017 UC Berkeley Sustainable Food and Nutrition & Activity Workgroups

Member

Help plan and contribute to meetings, implement goals, and provide input on agenda items.

2007 – 2015 Academy of Nutrition and Dietetics and California Dietetic Association
CDA VP of Communications (2013-2015), Dietetic Practice Group eZine Chair (2009-2011), Bay Area Dietetic Association President and newsletter editor (2011-2013)

Summer 2013 The Nordic Food Lab, Copenhagen
Visiting Researcher

Conducted sensory evaluation studies and assisted with other lab projects as needed for the exploratory food lab affiliated with the restaurant Noma.

2007 – 2013 Slow Food USA and Slow Food International
Co-Chair, Board Member, and Terra Madre Delegate

Current Slow Food Portland member, past leadership team for Slow Food East Bay, and past Slow Food Phoenix board member. Participated as delegate for bi-annual Terra Madre Conference in Turin, Italy.

November 2013 – April 2014 Bar Tartine and Penrose Restaurants
Stage

Assist with food preparation for reputed Bay Area restaurants.

2007 – 2008 Real Food Challenge
Southwest Campus Coordinator

Worked with Real Food Challenge team to move toward more sustainable purchasing practices.

2007 Berkeley International Food Festival
Logistics Coordinator

Worked with local restaurant and food purveyors to assure that they met health and safety requirements. Assist with other event coordination and management tasks.

2004 – 2007 Vitamin Angels Alliance
Event Planner

Spearheaded three consecutive block party/benefit concerts to raise funds for Vitamin C Campaign. Spread public awareness of organization's events and other international nutrition issues.

2007 UC Berkeley Diabetes Research Lab
Laboratory Assistant

Assisted principal investigator with laboratory work for fasting study.

2006 – 2007 UCSF Osteoporosis Research Center
Research Assistant

Helped with recruitment of subjects and creation of nutritionally appropriate menus for intake studies.

2005 John Muir Elementary School
Nutrition Educator

Developed and presented nutrition-based lessons to classroom of hearing impaired elementary students.

Performed seasonal cooking demonstrations tied to school garden produce.

PROFESSIONAL MEMBERSHIPS

Slow Food USA, Slow Food Portland Chapter

Berkeley Food Institute

California Academy of Nutrition and Dietetics Bay Area District (previously the Bay Area Dietetic Association)

Academy of Nutrition and Dietetics (previously the American Dietetic Association)

California Academy of Nutrition and Dietetics (previously the California Dietetic Association)

Hunger and Environmental Nutrition Dietetic Practice Group

Nutrition Entrepreneurs Dietetic Practice Group

Food and Culinary Professionals Dietetic Practice Group

Nutrition and Dietetic Educators and Preceptors Dietetic Practice Group