

# RENEA LYLES

Licensed Registered Dietitian Nutritionist  
[rlyles4@uic.edu](mailto:rlyles4@uic.edu)

Classically trained chef and Registered Dietitian with experience building nutrition-focused culinary courses and creating nutrient dense recipes for teaching applications and professional kitchens. Skilled in planning, managing, and overseeing professional kitchen activities including procurement, food safety monitoring and production. Experienced in creating food & nutrition curricula and media using evidence-based nutrition information and culinary demonstrations. Knowledgeable in maintaining a supply of ingredients grown in a local garden to support procurement activities.

## EXPERIENCE

MAY 2016 – PRESENT

### **CULINARY NUTRITION FACULTY** UNIVERSITY OF ILLINOIS AT CHICAGO

Create curriculum and recipes for human nutrition foods courses incorporating seasonal produce grown in the UIC Nutrition Teaching Garden, established inventory control and cleaning schedule/protocol for lab, oversee procurement, manage two teaching assistants and one part-time employee each semester.

**Courses taught:** HN 332 Food Service Management (55 students), HN 330 Quantity Food Production (55 students), HN 110 Introduction to Foods (115 students), HN 203 Food & Culture (24 students), and nutrition focused medical colloquia cooking labs for first and second year medical students at UIC's College of Medicine (24 students per session)

MAY 2016 – PRESENT

### **UIC NUTRITION TEACHING GARDEN MANAGER** UNIVERSITY OF ILLINOIS AT CHICAGO

Manage all growing, maintenance, harvesting and composting operations, supervise one part-time employee and student volunteers, elicit student involvement with garden.

MAY 2019 - PRESENT

### **SANITATION CONSULTANT** NATIONAL RESTAURANT ASSOCIATION

Food safety and sanitation advisor to approximately 5,000 industry participant booths at the annual national trade show.

MAY 2016 – DECEMBER 2017

### **UIC METABOLIC KITCHEN** UNIVERSITY OF ILLINOIS AT CHICAGO

Created kitchen layout and design, responsible for selecting and purchasing of kitchen equipment and utensils, purchasing and organizing equipment inventory, creating maintenance schedule.

DECEMBER 2013 – JUNE 2016

**BEVERAGE PROGRAM DIRECTOR** EMBEYA RESTAURANT

AUGUST 2012 – NOVEMBER 2013

**BARTENDER** PROVINCE RESTAURANT

JUNE 2011 – APRIL 2012

**PASTRY CHEF & BEVERAGE PROGRAM DIRECTOR** BROWNTROUT RESTAURANT

APRIL 2011 – NOVEMBER 2011

**PASTRY COOK** RICK BAYLESS TOPOLOBAMPO RESTAURANT

JULY 2009 – APRIL 2011

**SAVORY LINE COOK** ELATE RESTAURANT (HOTEL FELIX)

SEPTEMBER 2008 – MARCH 2010

**PASTRY CHEF** ART SMITH'S TABLE 52 RESTAURANT

AUGUST 2007 – AUGUST 2008

**BAKER** GARDEN GATE CAFÉ

JUNE 2004 – SEPTEMBER 2008

**VEGETABLE GARDEN MAINTENANCE** DOG TOWN RESORT

## EDUCATION

MAY 2019

**MASTER OF SCIENCE** UNIVERSITY OF ILLINOIS AT CHICAGO,  
College of Applied Health Sciences, Department of Kinesiology & Nutrition

MAY 2016

**BACHELOR OF SCIENCE** UNIVERSITY OF ILLINOIS AT CHICAGO,  
College of Applied Health Sciences, Department of Kinesiology & Nutrition

MAY 2009

**CERTIFICATE OF CULINARY ARTS** COOKING & HOSPITALITY INSTITUTE OF  
CHICAGO, LE CORDON BLEU

## PRESENTATIONS

- Culinary Demonstrations: *Stress Reduction Techniques & Culinary Skills for New Moms* Center for Health Equity Research (CHER) Chicago, 2023
- Media Appearance: *Eat. Move. Save. An Illinois SNAP-ed program* Chicago Partnership for Health Promotion + Office of Community Engagement and Neighborhood Health Partnerships. April 2023
- Conference Speaker/Presenter: *Planting Seeds, Growing Students: Building Foundations for Interdisciplinary Health Promotion* Food & Nutrition Conference & Expo. October 2022
- Video Series: *Cultivate Cooking Skills: Mediterranean Diet Inspired Eating Habits at Home* Created, filmed, and produced culinary demonstrations for study participant instruction materials for the randomized control trial *Mediterranean Diet and Weight Loss: Targeting the Bile Acid/Gut Microbiome Axis to Reduce Colorectal Cancer (Bridge CRC)* by Dr. Lisa Tussing-Humphreys, University of Illinois at Chicago. January 2022
- Invited Workshop/ Lecture: *Iron Mom* Created, filmed, and produced culinary demonstration for UIC alumni guests featuring nutrient dense ingredients grown in the UIC Nutrition Teaching Garden for the 2021 UIC AHS Alumni Event.

## OTHER FOOD & NUTRITION RELATED EXPERIENCES

- Illinois Academy of Nutrition & Dietetics Treasurer & Finance Committee Chair FY 2023-24
- Illinois Academy of Nutrition & Dietetics Treasurer Elect FY 2022
- Illinois Academy of Nutrition & Dietetics Spring Assembly attendee 2022, 2023
- Serve Safe certified (manager's certification) May 2018 - May 2023
- Vice President- Student Nutrition Association at UIC August 2015-May 2016
- Nutrition volunteer at Edward Hines Jr. Veteran's Affairs Hospital January 2015- April 2016
- Food & Nutrition Conference & Expo attendee 2015, 2022
- Volunteer chef instructor for Cooking Matters, Chicago, IL June 2013– August 2013

## MEMBERSHIPS & AFFILIATIONS

- KN Departmental Faculty Advisory Committee 2022-23
- UIC Teaching Sustainability Initiative Fellowship 2022 cohort
- Illinois Academy of Nutrition & Dietetics 2022-present
- Academy of Nutrition and Dietetics 2015-present
- Chicago Bread Club 2017-2019

## AWARDS

- Chicago Excellence in Gardening Award awarded consecutively 2017-2023
- Chancellor's Student Services Award 2016