

Maruša Jonas

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EDUCATION

University of Nebraska-Lincoln	Lincoln, NE
M.S., Nutrition and Health Sciences	May 2018
Minors: Business Administration & Psychology	
B.S., Nutrition Exercise and Health Sciences	May 2016

PROFESSIONAL EXPERIENCE

University of Nebraska- Lincoln, Nebraska Extension

Lincoln, NE

Extension Assistant, Nutrition Education Program

Sept 2021 – present

- Implementing the Nutrition Education Program (SNAP-Ed) by providing indirect nutrition education to limited resource audiences, and providing policy, system, and environmental strategies within limited resource communities
- Managing Nutrition Education Program social media accounts to provide research-based information on obesity prevention, well-being, and food systems, improve virtual learning, and increase indirect education reach and engagement
- Managing food.unl.edu website by providing accurate and reliable information to the public, updating recipe photos and creating video content to enhance the visual appeal and engagement of the website
- Collaborating with community and faculty to develop and adapt culturally relevant recipes and curricula, provide training, raise awareness and align with cultural preferences of all Nebraskans
- Assisting with NUTR253: Cultural Aspects of Food and Nutrition course, working with 120 students, grading assignments and providing feedback to navigate students to become aware of different cultural food patterns, communication patterns, religions and their influence on food choices, and diverging expectation in a health care setting

Slovenian Athletics Federation

Ljubljana, SLO

Professional Athlete, Olympian, High Jumper

January 2016 – July 2021

- Represented Slovenia as a high jumper at the Olympic Games, showcasing exceptional athletic abilities and technical skills
- Contributed to the promotion and development of athletics in Slovenia as a member of the Slovenian Athletics Federation and Slovenian Olympic Committee
- Embraced challenges with a positive mindset, taking responsibility for personal growth and development
- Upheld the principles of clean sport, adhering to anti-doping regulations and promoting fair competition in line with the values of integrity and sportsmanship

HIPSTER, Catering Services

Ljubljana, SLO

Special project member: Menu developer

Feb 2020 – Sept 2020

- Developed recipes for a Salad bar menu by applying federal food standards, cultural preferences, market demands and culinary trends
- Designed and aligned seasonal offer items with ingredient availability and local farmer partnerships
- Created menu items that meet special dietary needs and/or dietary beliefs
- Provided detailed explanation for each menu item in terms of taste combinations, appearance, nutritional value, and ingredient availability
- Tested each menu item, and provided training and demonstration on item preparation and presentation

University of Nebraska-Lincoln, Nebraska Extension

Lincoln, NE

Extension Assistant, Nutrition Education Program

Sept 2018 – June 2019

- Implemented the Expanded Food and Nutrition Education Program (EFNEP) by providing direct nutrition education to limited resource audiences
- Taught nutrition and physical activity lessons (WeCook) during weekly afterschool programming to educate and inspire students to make healthier food choices and choose physically active lifestyle
- Recruited, managed, and evaluated the use of an online sports nutrition curriculum (Husker Performance) by High School teachers
- Developed, transferred, and organized various curricula into an online platform (Canvas) to serve for student learning and employee training

University of Nebraska-Lincoln, Department of Nutrition & Health Sciences

Lincoln, NE

Graduate Teaching Assistant

Aug 2016 – May 2018

- Assisted with three nutrition and fitness courses, working with up to 150 students each semester to guide and expand expertise of nutrition and exercise and health science
- Provided guidance for practical application through one-on-one lab assistance, written and verbal feedback, and accountability
- Redesigned course material to better assist students through all areas of learning, including oral, written, visual aids, group work, and hands-on activities

University of Nebraska-Lincoln Athletic Department, Husker Power

Lincoln, NE

Strength & Conditioning Intern

Jan – May 2016

- Assisted 50 student-athletes in achieving their lifting and conditioning goals, motivating, and encouraging athletes, providing supervision, correcting form, adjusting weights, and cleaning and moving equipment
- Expanded personal skills and knowledge for proper techniques and strength enhancement

University of Nebraska-Lincoln Athletic Department

Lincoln, NE

Track & Field Student-Athlete

Aug 2011 – May 2016

- Balanced the demands of athletics and academics, taking up to 12 credit hours a semester, investing 20+ hours in athletic-related activities a week, and working 15 hours a week
- Demonstrated a positive mindset, responsibility, and teamwork by accepting challenges, being self-guided to accomplish tasks, and encouraging others
- Maintained a well-balanced diet and healthy eating behavior for optimal athletic performance
- Served as a positive female role model through participating in volunteer opportunities to encourage and impact youth throughout the Lincoln community

University of Nebraska-Lincoln, Department of Nutrition & Health Sciences

Lincoln, NE

Student Nutrition Consultant

Aug 2014 – Dec 2014

- Provided one-on-one consultations to meet client's short and long-term dietary goals using effective communication and motivation to provide detail-oriented handouts, establish new dietary patterns, and healthy lifestyle choices

AWARDS/HONORS

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- European Indoor & Outdoor Championship Team (Slovenia – High Jump) 2016 – 2021
 - National Champion (Slovenia – High Jump) 2010 – 2020
 - Outdoor World Championship Team (Slovenia – High Jump) 2017, 2019
 - Olympian (Slovenia – High Jump) 2016
 - All-American First Team (High Jump – NCAA 7th Place) 2015
 - Student-Athlete of the Year Candidate 2015
 - Most Valuable Track and Field Female Athlete 2014 – 2015
 - USTFCCA All-Academic Team 2012, 2014, 2016
 - All-American Second Team (High Jump – NCAA Qualifier) 2012, 2015
 - Big Ten Champion (High Jump) 2012
 - Nebraska Scholar-Athlete Honor Roll 2011 – 2016

PROFESSIONAL DEVELOPMENT

- Every Person's Safety and Interaction Matters Training, UNL Extension 2023
- Adult Learning Theory Workshop, UNL Extension 2023
- The Lakota Medicine Wheel Talking Circle Training, UNL Extension 2023
- Sports Nutrition Symposium, My Sports Dietitian 2023
- Community CARES: Cancer Action Resource Education Series, Rutgers Cancer Institute 2023
- Navigating Difference: Cultural Competency Training, UNL Extension 2022
- Latin American Cuisine Summit, Culinary Institute of America, San Antonio 2022
- The 7 Habits of Highly Effective Extension Professionals, UNL Extension 2022
- ServSafe Food Handler Certified, National Restaurant Association, UNL Extension 2021
- CATCH Kids Club Training 2021
- Civil Rights Training, UNL Extension Annually

SKILLS

- Ability to effectively work in team setting
- Ability to communicate effectively, both verbally and in writing
- Ability to efficiently manage multiple responsibilities and priorities
- Fluent in Slovene and English, conversational in Croatian, Serbian, and Bosnian
- Skilled in graphic design, food photography, photo, and video editing
- Proficient in Word, Excel, Adobe Lightroom, Canvas and Canva
- Experienced in cooking, food preparation, plating and recipe development