



Carolyn Ruck

Principal

Education

Bachelor of Science
Food and Nutrition
Texas Christian University
Fort Worth, TX

Registered Dietitian

Affiliations

The Academy of Nutrition
and Dietetics

The Food Consultants
Group (FCG)

Association for
Healthcare Foodservice
(AHF)

Association for
Healthcare
Environmental Services
(AHE)

Presentations

AHF
NACFUS
National Restaurant Assoc.
Food and Nutrition Conference,
Academy of Nutrition and Dietetics
Premier GPO
US Foodservice
Gordon Foodservice
Sysco

Experience

Carolyn has over 35 years of operational and project experience including operational review & assessment studies; service integration (multi-service/multi-unit); food and environmental service management and operations, supply cost, work flow and productivity management, meal deliver service programs; oversight reviews; implementation processes and request for proposal (RFP) leadership. She has extensive knowledge in all aspects of hospitality management, including the management of daily operations, proposal, contract negotiations and RFP processes, cost control and revenue generating programs.

Carolyn is trained in clinical nutrition, European and US food service delivery systems, cost controls, retail and patient service models and is experienced in developing efficient operating systems. She also has experience in menu and recipe development, food product availability and application, and special diet and clinical nutrition needs. Carolyn utilizes financial and cost benefit analysis skills to assist in creating master plans, whether operationally or capital focused, that are effective.

Selected Project Experience

Sutter Health System
California
Various locations

UCLA Medical Center
Los Angeles, CA

UC Davis Medical Center
Sacramento, CA

UC San Francisco Medical Center
San Francisco, CA

FCA/San Francisco General Hospital
San Francisco, CA

University Pittsburg Medical Center
Pittsburg, PA

Geisinger Health System-Department of
Medicine/Clinical Nutrition
Danville, PA

Oakland Unified School District
Oakland, CA

Premera Blue Cross
Mountlake Terrace, WA

Dignity Health System
California and Arizona
Various locations

The Cleveland Clinic
Cleveland, OH

Peace Health System
Eugene, OR

John Muir Health System
Walnut Creek, CA

Huron Consulting Group
Chicago, IL