

Alma Salalila

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EDUCATION

Old Dominion University, Norfolk, VA

Bachelor of Degree Obtained

Major: Health Services Administration

GPA: 3.75

Dean's List: Fall 2023 – 2024, Spring 2024 – 2025

December 2025

Minor: Management

Northern Virginia Community College, Alexandria, VA

Associate of Degree Obtained

GPA: 3.75

May 2023

RELATED EXPERIENCE

ForKids, Chesapeake, VA

Healthy Chesapeake Intern

September 2025 – Present

- Support the Food is Medicine program by preparing and serving hot, nutritious dinners to families each day. Assist with meal setup, portion meals for residents, and ensure everyone is served in a welcoming environment. These efforts provide immediate access to healthy meals, reduce hunger, and encourage better nutrition for families in the community.
- Provide nutritious meals for different organizations' events, preparing and serving balanced meals to participants. Ensure meals are properly portioned and presented, helping organizations meet the dietary needs of attendees and promoting healthy eating in the community.
- Develop and share educational pamphlets on nutrition, healthy cooking, and practical meal planning tips. Translate complex nutrition information into clear, easy-to-understand language, giving families resources they can use to improve their eating habits and overall wellness.
- Assist with the after-school program by serving balanced meals and snacks to children while encouraging them to make healthy choices. Set up meal stations, monitor portion sizes, and engage children in conversations about nutritious eating, helping to establish positive habits early in life.
- Participate in community health and wellness conferences with staff and partner organizations, learning new strategies for public health initiatives. Take notes during presentations and engage in discussions.

ADDITIONAL EXPERIENCE

Amazon, Suffolk, VA

Warehouse Associate

August 2022 – Present

- Collaborate with team members to efficiently process and package orders for timely delivery.
- Use problem-solving skills to troubleshoot issues during the packing and shipping process.
- Maintain an organized workspace to ensure safety and efficiency in daily operations.
- Communicate effectively with supervisors and coworkers to ensure smooth workflow.
- Adapt to changing priorities and tasks as required by the daily operations.

Sentara Obici Hospital, Suffolk, VA

Pharmacy Services Volunteer

February 2025 – April 2025

- Assisted pharmacy staff by organizing and restocking medication inventory, ensuring that all supplies were readily available for patient care.

- Supported the preparation of medication orders by labeling and packaging prescriptions under the supervision of licensed pharmacists.
- Participated in inventory audits and assisted in the disposal of expired or unused medications, ensuring compliance with safety regulations and maintaining a safe environment for both patients and staff.

Wendy’s, Alexandria, VA

Crew Member

December 2020 – January 2021

- Provided exceptional customer service by taking orders and addressing customer inquiries.
- Worked as part of a team to prepare and serve food efficiently.
- Ensured cleanliness and organization of the dining area and kitchen.
- Handled cash register operations, including processing transactions accurately.
- Adapted to various roles during busy shifts, demonstrating flexibility and teamwork.

SKILLS

Knowledgeable in using QuickBooks, Microsoft Office (Word, Excel, PowerPoint, and Access)	Teamwork Detailed-oriented Problem-solving	Organizational Communication skills Adaptability
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