



Sysco's Nutrition Services offers insight on trends, research and best practices for nutrition in food service. The team of registered dietitians and culinary experts provides a diverse suite of tools and resources to help drive your business.

WHAT WE OFFER

SYNERGY TECH SUITE® MENU MANAGEMENT

- Menu planning
- Recipe development
- Costing & nutrition analysis
- Product linking
- Menu implementation support

NUTRITION COMMUNICATIONS

- Develop nutrition guidelines & standards
- Seasonal, theme & emergency menu creation
- Education event planning
- Nutrition publications & presentations

PRODUCT AND RECIPE IDEATION

- Recipe testing & development
- IDDSI implementation ideation
- Vendor partnership for product feedback
- Sysco Business Resources collaborations



WHO WE ARE

JULIE PARK, MHS., RD | Manager, Nutrition Services & Healthcare Technology



Julie is responsible for the leadership of the Sysco Canada Nutrition Services team and the all-in-one foodservice management technology, Synergy Tech Suite. Julie graduated from Ryerson University with a Bachelor of Applied Sciences, in Food and Nutrition, and a Master of Health Science Degree, specializing in Nutrition Communication. She has a breadth of experience menu planning, healthcare products, technology, sales and marketing. Julie is driven by her passion for enhancing the quality of life for healthcare and senior living communities.

KRISTINA PARSONS, RD | Nutrition Services Consultant



Kristina is a Registered Dietitian with the College of Dietitians of Ontario and is a member of Dietitians of Canada. A graduate of McGill University, Kristina has experience in clinical nutrition research and education in the older adult population, working in both English and French. Kristina provides menu services for a wide variety of customers and works closely with vendors to bring the most up to date data in Synergy Tech Suite®.

KAITLIN CHARD, MAN, RD | Nutrition Services Consultant



Kaitlin is a Registered Dietitian with the College of Dietitians of Ontario and a member of Dietitians of Canada and the Gerontology Network. Kaitlin obtained her Masters of Applied Nutrition from University of Guelph. Kaitlin brings experience and knowledge of the daily operations of food services in long-term care. Kaitlin is the Nutrition Services IDDSI project lead, supporting customers through menu and recipe development.

EMILY DOMINGUES, NM | Nutrition Services Consultant



Emily is a Nutrition Manager with the Canadian Society of Nutrition Management. Emily is a graduate of Ryerson University with extensive background in menu systems, product knowledge, and menu development and implementation in many care and hospitality settings. Emily leads the Sysco database initiatives including the seasonal Sysco menus.

LILLIAN LAU, RD, MScAHN | Nutrition Services Consultant



Lillian is a Registered Dietitian with the College of Dietitians of Ontario and is a member of Dietitians of Canada. Lillian has a Bachelor of Applied Science in Applied Human Nutrition from the University of Guelph and a Master's of Science in Applied Human Nutrition from Mount Saint Vincent University in Halifax, Nova Scotia. She has previous experience as a LTC Clinical Dietitian and has a wealth of knowledge and experience in the Senior Living segment.

NANCY MA, NM | Nutrition Services Consultant



Nancy has a Bachelor of Applied Science in Applied Human Nutrition from the University of Guelph and is an active member of the Canadian Society of Nutrition Management (CSNM). She has a wealth of knowledge and experience in Synergy Tech Suite, Food Service Operations and the Senior Living segment.