








# CRISTINA LAURENTI

Dietitian and agroecologist

I am an agroecologist and dietitian who promotes sustainable food consumption to enhance the agroecological transition of the food system.

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Sex Female | Date of birth 18/02/98 | Nationality Italian

## WORK EXPERIENCE

-From 06/2017 to 06/2020

### Trainee Dietitian

University Internship

I acquired:

- How to evaluate food handling, sanitation, preparation, service procedures and equipment as well as how to establish a proper care plan and minimize nutritional complications.
- How to calculate nutritional needs, count calories and protein.
- Principles of a healthy and sustainable diet for the general population.
- The importance of nutrition as regards the physical, mental and social spheres.

**Oncology**- Molinette Hospital, Turin

**Nephrology**- Mauriziano Hospital and A.O.U San Giovanni Battista, Turin

**Diabetology**- Molinette Hospital and San Giovanni Bosco Antica Sede, ASL TO1; Turin

**Internal medicine**- Molinette Hospital, CTO; Turin

**Obesity**- Molinette Hospital, Turin

**Pediatrics**- Regina Margherita Hospital, Turin

**Eating disorders**- Molinette Hospital, Turin

**Spinal Unit**- CTO Hospital (Center of Traumatology and Orthopaedic), Turin

**Artificial nutrition** (parenteral and enteral nutrition)- Molinette Hospital, Turin

**Collective catering**- SIAN TO1 and SIAN TO4, Turin

**Nutrition education**- "Bocciabili" project (nutrition education for athletes with special needs), Project NovaCoop

- From 06/2020 to 07/2020

### Assistant Teacher

Oasi dei bimbi, Polonghera IT

Teacher assistant in a kindergarten with children from 3 to 6 years.

- From 09/2017 to 12/2017

### Waitress

La Gallina Bianca, Saluzzo, IT

-From 05/2021 to 08/2021

### Intern

[Valdibella Cooperative](#) in Camporeale (PA)

I experienced working in an agroecological reality in different sectors:

- production: participated in several agroecological practices
- communication: editing of an article about Valdibella for FAO
- enotourism: participated actively in events, tours of Valdibella and festivals

## PROJECTS/PUBLICATIONS

- [Valdibella Cooperative: restoring the dignity to Sicilian farmers in Italy by preserving biodiversity and native crops](#), 2021, FAO

- [Lo spreco alimentare: quanto ci dobbiamo allarmare?](#), 2021, Slow Food Italia

-Instagram profile dealing with agroecology and sustainable diets: [Talea](#) +500 followers

- Master thesis titled: "[The interconnection between sustainable diets, agroecology and food sovereignty. Analysis of two case studies: Valdibella Cooperative in Camporeale \(PA, Italy\) and Bioversity International's project \(Vihiga County, Kenya\)](#)" (2021)"

-Triennial thesis titled: "[Food wastage: assessment on awareness and quantification of food wastage in Italian households](#)", 2020

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## EDUCATION

-From 09/2020- 09/2021

110 out of 110

### Master in Agroecology and Food Sovereignty

*University of Gastronomic Science*

Pollenzo- Italy

-From 2017-2020

110 cum laude out of 110

### Degree course in Dietetics and Nutritional Science

*University of Turin*

Turin- Italy

-From 2012 to 2017

### Scientific High School

*Scientific High School G.B. Bodoni*

Saluzzo- Italy

## LANGUAGES

Italian : Mother tongue  
English : Proficient user  
(IELTS indicator)

Spanish : Basic  
French: Basic

## SKILLS

Communication skills  
Teamwork skills  
Organisational skills

Management skills  
Writing skills  
Team building

## MEMBERSHIPS

-Agroecology Europe  
-Agroecology European  
Youth Network

-Global Youth Biodiversity  
Network  
-Slow Food Youth Network

## CONFERENCES

- Esiste una cura efficace per la grave obesità?  
(Seminar for health professional in June 2019)
- Congresso NUTRISSENS  
(Seminar for health professional in  
September 2019, Genova.)
- Corso FAD dell'ISS  
(Health emergency from new coronavirus  
SARS Cov2: preparation and contrast)
- Oxford Real Farming Conference 2021
- Our Planet Action Training: Taking the #ForNature  
youth manifesto from words to actions by YfOP, GYAT,  
the Global Youth Biodiversity Network (GYBN) and  
WWF)
- Change the World: Model United State, New York  
edition July 2021

## SOFTWARE

-Microsoft Office (Excel, Power Point, Word)

Dear members,

My name is Cristina Laurenti, I am 23 years old and I have just finished my Master in Agroecology and Food Sovereignty at the University of Gastronomic Science in Pollenzo.

Even if I do not have too many work experiences, I truly believe that AEEU has the potential to involve young people in the agroecological transition by training them but most importantly by helping them find their place as agroecologists in the world. Young people must be felt included and inspired by associations such as Agroecology Europe.

As a young agroecologist, I know which are the challenges that we face when we want to start making our contribution. Sometimes it is incredibly difficult even to know where to start, that is why I think one new project for Agroecology Europe could be to improving the "job" section of the AEEU website, including job offers from agroecological farms and making it more active.

I decided to candidate myself with the hope to bring new points of view and to keep promoting the inclusion of young people.

Thank you for the attention and the opportunity.

Cristina