



Jennifer Shea, Registered Dietitian, SUPERVALU

Jennifer Shea MS, MPH, RD is the Retail East Dietitian for SUPERVALU, covering the supermarket chains of SHAW'S and STAR MARKET, FARM FRESH, SHOPPERS and ACME on the East Coast. Prior to her current position, Shea served as the Wellness Coach and Registered Dietitian for Shaw's Supermarkets in New England. Shea holds a Bachelor's Degree in psychology from Boston University, a Masters in Nutrition from the Friedman School of Nutrition Science and Policy at Tufts University and a Masters in Public Health from Tufts University School of Medicine. Shea is a Registered Dietitian and completed her Dietetic Internship through Simmons College. Shea is an active member of the American Dietetic Association, the Massachusetts Dietetic Association and the Food and Culinary Dietitians Practice Group. In 2009, Shea was awarded the Women of Influence in the Food Industry Award by the Griffin Report of Food Marketing.

Shea's passion for health and wellness has led her to positions as nutrition and fitness consultant, nutrition expert and counselor, health educator and public speaker. She has worked with groups ranging in size from 1-300+ in both community and corporate environments. Shea is a source for local and national TV, radio, online and print media.

Shea currently resides in Boston, MA and is a long-time native to New England. In her free moments, she enjoys spending time outside running, hiking, relaxing at the beach, doing yoga, cooking, learning about food and wine, boutique shopping, listening to music and traveling. Shea has completed 9 marathons and countless half marathons around the New England area.