

# MALLIKA BHANDARI

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## PROFILE:

A highly motivated Master of Food Science student from the University of Melbourne looking for a challenging career in the food industry. Currently drafting a thesis on health and nutrition claims surrounding plant-based meat substitutes in Australia. Always on a lookout for a positive and bigger outlook, where the currency is ideas, rigorous thinking, passion, and boundless curiosity to give back to the society in the form of improvement of public health and nutrition through consulting, food product development, food quality enhancement. All-round experience gained by pursuing relevant opportunities in India, Thailand and Australia. Eager to set levels for innovation and development in the food industry that exceed expectations. My driven and hard-working personality makes me a learner for life.

## EDUCATION:

### **The University of Melbourne- Master of Food Science.**

FEB 2019 - DEC 2020.

Member of the Biology Society. Currently writing a research thesis on alternative protein products in Australia with a focus on plant-based meat substitutes, and the various health and nutrition claims companies use to market the same.

### **J.D. Birla Institute- Bachelor of Science (Hons) in Food Science and Nutrition Management**

JULY 2016 - JULY 2018.

Graduated with First Class Honours. Undertook a research thesis on organic food with a focus on food safety, the politics and policy surrounding organic food, and the food industry's response to the growing consumer demand for organic food.

## RELEVANT EXPERIENCE:

### **Internship | The Akshaya Patra Foundation, Jaipur**

AUG 2018 - SEP 2018

Internship in the research and development sector for Ministry of Human Resource Development of India developed Mid-Day Meal program in Rajasthan. In addition to monitoring food consumption and nutrition patterns amongst underprivileged children of class 1-8 of various schools, also analysed the HACCP system and food safety and quality measures undertaken in a large-scale food production process.

### **Internship | Taj Hotels, Kolkata**

APR 2018 - MAY 2018

Experienced working in a high-volume and fast-paced environment for bakery production for 3 restaurants and 1 patisserie of the hotel, as well as for dessert production for TATA Starbucks outlet stores. Assisted in the determination of the quantity of product to make for next day operation by maintaining a detailed production schedule and filled out inventory and production sheets. Acquired the ability to work well within a team and structure tasks in an organized fashion.

### **Founder | Townhouse 10 Bakery, Kolkata**

JAN 2016 - JAN 2018

Founder of bakery for gluten-free, vegan and alternative diets. Responsibilities included product development, packaging and accurate labelling, managing inventory, labour, expenses and other operational processes. Directed staff training initiatives. Resolved customer concerns with a positive approach and constructive strategies. Analysed quantity

of product to make for next day operation by maintaining a detailed production schedule. Created content for social media accounts and collaborated with other food enterprises.

#### **Internship- Phuket Cleanse, Thailand**

JUN 2017 - JUL 2017

Analysed and devised nutritious, low-fat, raw, vegan and chemical-free meals. Attended several nutrition and wellness talks by prolific nutritionists from around the world. Discussed nutrition issues such as obesity, eating disorders, failure to thrive and hormonal imbalance.

#### **Internship- Earth Loaf Artisan & Raw (Now: Naviluna Artisan Chocolates), Mysore**

JUN 2016 - JUL 2016

Acquainted with all aspects of bean-to-bar chocolate manufacturing including sorting, winnowing, tempering, and packaging. Expanded knowledge regarding flavour development in cacao beans through exposure to various processing methods. Practised various food safety measures. Introduced to cacao horticulture and its various strains upon visiting Varanashi Organic Cacao Farm and studied their different bean flavours.

#### **OTHER EXPERIENCE:**

##### **Founder: Melbourne Marshmallows**

JUL 2020 - SEP 2020

Currently developing Melbourne Marshmallows, an e-commerce website that sells gourmet, artisanal marshmallows with a variety of different flavours and deliver throughout Australia.

##### **Co-Founder: The Bakedown Sale**

JUN 2016 - JUL 2018

A pop-up bakery that put up dessert stalls in various places in Calcutta, with a new dessert menu each time.

#### **SHORT COURSES:**

- **Professional Diploma in Sports Nutrition (Module 1)- Shaw Academy**, OCT 2020
- **Diabetes- The Essential Facts- University of Copenhagen** (offered through Coursera), SEP 2020
- **Introduction to Food and Health- Stanford University** (offered through Coursera), MAY 2020
- **Nutrition and Lifestyle in Pregnancy- Ludwig-Maximilians Universität München** (offered through Coursera), JUL 2020
- **Child Nutrition and Cooking- Stanford University** (offered through Coursera), SEP 2020
- **The Meat We Eat- University of Florida** (offered through Coursera), ongoing
- **Gut Check: Exploring your Microbiome University of Colorado Boulder & University of California San Diego** (offered through Coursera), ongoing
- **Understanding Obesity, The University of Edinburgh** (offered through Coursera), ongoing
- **Easing the Burden of Obesity, Diabetes and Cardiovascular Disease, The University of Sydney**, (offered through Coursera), ongoing

#### **PROFESSIONAL MEMBERSHIPS:**

**Australian Institute of Food Science and Technology-** Student Member

#### **CERTIFICATIONS:**

- SITXFSA001 **Hygienic Practices for Food Safety** (Responsible Service of Food). Issuing authority- Industry Training Services
- SITHFAB005 **Barista Coffee Masterclass** - Complete Hospitality Training RTO #3722

## **VOLUNTEERING EXPERIENCE:**

**Café assistant: Friends of the Earth Food Co-op.,** Melbourne. AUG 2019 - SEP 2019.

Demonstrated customer service skills by handling customer enquiries, and guiding customers on food recommendations and ingredients. Prepared food orders and cleaned tables. Coordinated and conveyed food and beverage order to kitchen staff, reducing waiting time.

**Retail assistant: Australian Red Cross,** Fitzroy, Melbourne. AUG 2019 - NOV 2019.

Accepted donations, organized mannequins, clothing, shoes and accessory racks, arranged window display after evaluating season trends and consumer choices, handled checkouts. Arranged accessories near checkout, increasing sales by 30%.

Executed a **nutritional awareness and outreach program** at **EkTara,** Kolkata, AUG 2016.

Effectively communicated to young children about various nutrients in food, benefits of milk and importance of adding milk to a diet plan.

Directed a **nutritional awareness program** at **CINI ASHA,** Kolkata, JUL 2016

Interacted with pregnant mothers, spoke about maternal and child health and additional nutrients required during pregnancy and lactation. Directed a nutritional assessment program for 30 young children.

## **SKILLS:**

- **Flexibility and teamwork,** as developed at The University of Melbourne, where I participated in and liaised with other students in several group projects and presentations as part of the course.
- **Ability to work under pressure,** developed while working in Townhouse 10 bakery and Melbourne Marshmallows, where multiple orders needed to be prepared and delivered to different customers daily.
- **Leadership and problem-solving skills,** as developed while executing daily tasks, communicating with employees and making company decisions for Townhouse 10 and Melbourne Marshmallows.
- **Time management and organizational skills,** as developed while managing study and exercise commitments along with internship and work commitments at the same time.

## **OTHERS:**

**Languages:** English, Hindi, Bengali.

**Hobbies and Interests:** Cycling, running, reading, baking.

## **REFEREES:**

Contact details upon request.

**Ms. Damanjeet Kaur**

Head of Department, J.D. Birla Institute

**Ms. Jincy Abraham**

Professor, J.D. Birla Institute

**Dr. Jennifer Lacy Nichols**

Research Supervisor, University of Melbourne