

Laurie Inacio, Registered Dietician

Laurie grew up in Winthrop, ME, and attended the University of New Hampshire for both her undergraduate and graduate studies in nutritional sciences. She completed her dietetic internship requirements at St Francis Medical Center in Peoria, IL before she began her dietetics career at Peninsula Regional Medical Center in Salisbury, MD where she was a staff clinical dietitian.

In 2000, Laurie accepted a direct commission to the US Air Force. Over the next 13 years, she led nutrition and fitness programs across the United States and overseas including such locations as Alabama, Texas, Nevada, and Portugal, where she met her husband. Her favorite duties in the Air Force were educating medical staff, mentoring young servicemembers, and providing nutritional care to children. She left a leadership position in the Air Force in 2013 to raise her two young boys.

For the last 3 years, Laurie has taken full advantage of her new position of leadership by volunteering in her childrens' classrooms, going for long, adventurous, sometimes harrowing bike rides with her boys, and using her professional menu-planning/food preparation skills to expertly fuel two rapidly growing humans. Laurie lives in Brunswick with her husband and their two children.

HCNS is proud to have had Laurie's nutritional guidance when implementing a balanced, low-sugar, locally-sourced menu for the preschool.