

Cindy Lauer, MA RDN

Director of Marketing – Senior Living, Healthcare and Nutrition Services



Cindy Lauer offers over 25 years of experience, having started her career as the RD for Villanova University's student body and sports teams. Since then, she's held numerous positions across Sodexo businesses, including National Director of Nutrition Services, Director of Dietetic Internship Program, and Senior Director of Health and Wellness for Senior Living.

Cindy holds a Master's in nutrition education and a Bachelor's in food management and nutrition, and specializes in healthcare and senior living segments.

Nutrition philosophy

“I believe in eating in moderation and moving daily. Moderation means balanced meals and snacks and allowing for desired food or beverages in moderation. Moving does not mean being an athlete or good in a sport, it means setting goals to be active every day.”

Cindy’s passion for food, trying new restaurants and staying active, playing golf, running and gardening, inspires how she approaches her work.