Career Options in Food and Nutrition Communication

What can I do with a degree in Nutrition and Food Sciences?

**WIC Nutrition Assistant or Degreed Nutritionist** - Provides nutrition assessment, education and counseling for WIC clients; Participates in voucher issuance; Makes referrals to educational, medical, social and other community services

**Family or Child Nutrition Specialist** – Provides technical assistance and training to school foodservice programs, childcare food programs, and programs for low-income populations

**Nutrition Assistant/Diet Aide** - Ensure that each patient receives appropriate meal service following the prescribed diet in long term care facilities, skilled nursing facilities, independent living senior communities and adult day care centers

**Nutrition and Fitness Educator/Coach** – Works to promote nutrition and physical fitness in corporate, commercial, academic, and community settings

**Wellness Coordinator** - Responsible for providing health and fitness instruction and counseling. Responsible for the design and implementation of wellness programs and teaching classes.

**Nutrition Writer/Communication Expert** – Writes and creates nutrition related media for newspapers, periodicals, radio and TV, and other information sectors

**Marketing and Media for Nutrition** - Lead marketing strategies for specialty brands including the products marketed to hospitals. Oversee the development for new brands specifically designed for healthcare market

**Entrepreneurship** – “Lifestyle Coach for Seniors or Families,” “Nutrition and Activity Director for recreation based activities like (cruise ships, group travel, country clubs, etc)

**Senior Nutrition Specialist** - Oversee implementation of senior nutrition programs including congregate site and home delivered meals. Provide assessment, education + counseling to the growing senior population
Career Options in Nutrition Management

What can I do with a degree in Nutrition and Food Sciences?

**Dietary Manager /Director** – Dietary managers are responsible for the daily operations of food-service and nutrition departments in healthcare facilities, typically working alongside Registered Dietitians and other members of the healthcare team. They provide leadership to ensure that food quality, safety standards, and patient/client expectations are met. They also provide supportive nutrition screening, documentation, and care planning. Dietary managers work in a wide variety of settings including nursing homes, long-term care facilities, senior living communities, hospitals, correctional facilities, schools, and the military.

**School Nutrition Specialist** - Responsible for planning, supervising and implementing Child Nutrition Services in the K-12 setting.

**Quality Assurance/Food Safety Inspector** - Review, evaluate, and analyze work environments and design programs and procedures to control, eliminate, and prevent disease or injury caused by chemical, physical, and biological agents or ergonomic factors. May conduct inspections and enforce adherence to laws and regulations governing the health and safety of individuals.

**Cafeteria Foodservice Worker** - Assembles, portions, labels, restocks foods for cafeteria services. Provides appropriate and hospitable service to customers. Maintains sanitation of cafeteria. Performs dishwashing duties. Assists in training of other food service workers.

**Food and Beverage Supervisor** - Setup, oversee and supervise housekeeping, food & beverage staff and the operation of food/event venues; Manage inventory supplies and equipment.

**Catering Manager** – Hiring and management of staff, liquor inventory control, manages all front of the house aspects of a multiple event facility.

**Foodservice Consultant** - Provides expertise to a variety of foodservice companies for short-term projects.
Careers Options in General Dietetics

What can I do with a degree in Nutrition and Food Sciences?

**Business and management dietitians** – Oversee large-scale meal planning and preparation in health care facilities, company cafeterias, prisons, and schools.

**Clinical dietitians** – Plans therapeutic diets and implements preparation and service of meals for patients in a hospital, clinic, or other health care facility.

**Community Dietitian** - Counsels individuals and groups on nutritional practices designed to prevent disease and promote health. Working in places such as public health clinics, home health agencies, and health maintenance organizations, community dietitians evaluate individual needs, develop nutritional care plans, and instruct individuals and their families.

**Consultant Dietitian/Private Practice** - Work under contract with health care facilities or in their own private practice. They perform nutrition screenings for their clients and offer advice on diet-related concerns such as weight loss and cholesterol reduction.

**Diabetes Educator** - Help diabetics learn about the disease and develop the skills they need to manage it successfully by modifying their own behavior.

**Diet Technician** - Assist the Dietitian in developing nutritional care plans, assessing dietary needs, and supervising food production in institutions such as prisons, daycare centers, and schools.

**Renal Dietitian** - Responsible for comprehensive nutrition assessment including short term care plan and long-term. Recommend appropriate feeding methods/formula or meal patterns. Responsible for developing or obtaining patient nutrition educations materials.

**Wellness Dietitian** – A lifestyle coach for individuals, families or worksite teams.

**Weight Management Specialist** – Develops and implements weight management programs.

**Worksite Wellness Dietitian** – Provides nutrition counseling to employees of corporations.