**Classrooms to Careers in Food and Nutrition**

**Are you interested in**:

* Basic and applied sciences
* human anatomy and physiology,
* metabolism,
* improving health and well-being;
* safe sustainable food that is good, honest, and fair in production and consumption

The study of food and nutrition involves applying scientific principles to food preparation and the means by which food provides the nutrients to the body in diverse populations – young and old; healthy and diseased; culturally diverse. Meredith’s food and nutrition program is accredited by the Commission on Accreditation for Dietetics Education of the American Dietetics Association and meets the requirements for didactic programs in dietetics. Students who successfully complete the program are eligible to apply for dietetic internships that provide supervised practice, enabling students to take the national professional examination to become a registered dietitian.

**Types of jobs:**

* clinical dietician
* nutritionist
* child nutrition director
* WIC nutritionist
* public health dietician
* Food service management

**Or attend graduate school for:**

* nutrition
* nursing
* sustainability
* medical school
* Master of Public Health
* Master of Business Administration
* Certified diabetes educator
* Renal educator certification

**Options for the major**

* BS in Food and Nutrition
* ServSafe certification
* Internship opportunities including:
  + Interfaith Food Shuttle – Students teach ‘Cooking Matters” and “Backpack Buddies”; work with teach garden
  + Urban Ministries – Students developed nutrition education for diabetic clinic clients (English and Spanish)
  + Eat Smart Move More NC – Students have instituted ESMMNC programs such as developing a campus walking map, campus access and promotion for community supported agriculture (CSA), research for a dedicated lactation space and healthier catering options
  + Poe Center – Students have worked on nutrition education programs for school age children to older adults
* Work or volunteer in community settings: sustainable gardening; food insecurity; elderly feeding; and child nutrition.
* **Meredith Nutrition and Wellness Association**  
  The group promotes nutrition and wellness across the Meredith campus and throughout the surrounding Raleigh area and gives students the opportunity to explore career opportunities in the areas of nutrition, food service and wellness.

**Professional Associations –**

Kappa Omicron Nu (Honor Society - Human Sciences), www.kon.org

**Career Outlook -**

Dieticians and Nutritionists, http://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm