



## Dietetics-Related Work and/or Volunteer Experience for the USU MDA

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Students interested in completing the USU MDA are encouraged to seek out dietetics-related work and volunteer experiences to prepare them for the program and their ultimate career. Applicants are required to include a minimum of **400 hours of dietetics-related experience** on their DICAS application. Hours submitted for review must be from the last 10 years. The experience can be gained through paid employment, volunteer activities, or a combination of both. Time and experience recorded on the DICAS application will be evaluated as part of the application review process. Please note, the USU MDA may not count the same number of hours that an applicant lists on their application. Therefore, applicants are advised to record all potential sources of hours they wish to be considered. There is no penalty for including hours on the application that the USU MDA does not end up counting toward the requirement. The experience should be completed under supervision in an established organization. While it is impossible to list all of the experiences that might count, here are some examples:

### Foodservice

Work experience in food production and time spent in supervisory positions in foodservice establishments can provide valuable experience related to dietetics. Hosting and cashiering, or time spent doing those duties, do not count as dietetics-related experience.

- **Healthcare, (hospital, nursing home, assisted living center, etc)**
  - Virtually any position in the food and nutrition care department of a healthcare facility will give you exposure to the production, sanitation, and service areas of foodservice.
- **School Lunch/Child Nutrition Program**
- **University/College Dining Service**
- **Commercial restaurant**

### Patient Care

Experience with direct patient contact or patient records can be a valuable experience and prepare you for your internship.

- **Diet clerk, diet tech, or dietary aid** that may have direct patient contact.
- **CNA** (nursing assistant), **physical therapy aid, occupational therapy aid**, and other positions involved with direct patient care in a hospital or nursing home provide good clinical experience.
- Working in **medical billing and reimbursement**.

### Community Services

Many of the opportunities in the community will be volunteer rather than paid, although some paid positions exist. Any agency that has nutrition education or feeding as a component of its mission is a possibility.

- **Women, Infants, and Children (WIC), American Heart Association, American Diabetes Association, American Cancer Society, March of Dimes, food banks, food/shelter coalitions, soup kitchens, meal preparation for Special Olympics, Head Start, Aging Services etc.**

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## Management

Holding supervisory or management positions, even if in non-dietetic-related organizations, can develop skills that can transfer to dietetics. Management tasks or jobs that “count” are listed below. Customer service type activities are not “counted” as management experience.

- **Managing Staff or Organizations:** Staff schedules, disciplinary action, employee training, ordering, inventory, project management, development and maintenance of policies and procedures, financial operations (not including cashiering).
- **Human Resources:** Hiring, firing, performance evaluations.

## Miscellaneous

- **Government: Food and Drug Administration, World Health Organization, US Department of Agriculture,** and other agencies that provide experiences in the legislative and oversight aspects of nutrition and food.
- **Teaching Assistants:** Being a teaching assistant in nutrition or food science classes, anatomy labs, or other dietetics related classes.
- **Dietetic-Nutrition Organizations:** Service or leadership in student, state, or national dietetic related organizations.
- **Research:** Participation in research can provide skills, knowledge, and experience that will be useful in the internship.