

Career Information for Nutrition and Food Majors

Family and Consumer Science Department

Nutrition and Food (NUFD)

The Nutrition and Food Major focuses on nutrition as part of food production, health, well-being, and disease prevention. Some possible career opportunities include:

- diet clerk
- diet assistant
- nutrition aide
- nutrition educator
- food service supervisor or director
- food industry consultant
- child nutrition consultant
- food service manager or management consultant
- program representative
- family nutrition educator
- community nutritionist
- hospitality industry
- sales and marketing in health, pharmaceutical and food industries

The degree may be suitable for students wishing to apply for graduate school, medical school or other health-related programs. Students who select the Nutrition and Food Major as a pre-professional degree should check with the appropriate programs to verify specific course requirements.

Try these websites for NUFD career opportunities

- <http://ucanr.edu/jobs/>
- <http://www.edjoin.org/>
- <http://www.cdph.ca.gov/programs/wicworks/Pages/WICJobAndCareerInformation.aspx>
- <http://www.cde.ca.gov/re/di/jb/>
- <http://www.dignityhealthcareers.org/careers/jobs/>
- <https://healthdcouncil.org/about-us/employment/>
- <https://www.cdph.ca.gov/programs/NEOPB/Pages/NEOPBJobs.aspx>
- <http://www.agmrc.org/directories-state-resources/related-directories/national-commodity-and-agricultural-organization-sites/>

Tips and Skills Needed for Career Success

- Strengthen written and verbal communication skills
- Research the company/program you are interviewing
- Be able to discuss examples of how you have the following skills during the interview: time management, flexibility, team player, passion for field and willing to try new things.
- Join an organizations like: Society for Nutrition Education and Behavior; Academy of Nutrition and Dietetics; Association of Nutrition and Food Service Professionals.

Careers Held by Sacramento State NUFD Alumni

Without Further Study

- Nutrition Services Coordinator, Agency on Aging
- Diet Clerk, Sutter General
- Kitchen & Nutrition Coordinator, Soil Born Farms
- Nutrition Specialist, Meals on Wheels by ACC
- Legislative Assistant for the Association of California Healthcare Districts
- Staff Services Analyst, School Nutrition Programs, CA Dept. of Education
- Nutrition Educator, CalFresh Healthy Living
- Health Nutrition Specialist, SETA Head Start
- Analyst, Nutrition Department UC Davis
- Nutrition Director, Emergency Food Bank
- Nutrition Education Assistant, WIC
- Student Services Nutrition Specialist, San Joaquin County Office of Education
- Nutritionist, Child Development Inc./Child Care Food Program
- Nutrition Aide, Retirement Community
- Community Education Specialist, UC Cooperative Extension



With Further Study, i.e., Registered Dietitian, Masters or PhD Degree

- Project Manager, Dairy Council of California
- Registered Dietitian Nutritionist, Aspire Wellness
- WIC Director, Delta Health Care
- Nutrition, Family and Consumer Sciences Advisor, UC Cooperative Extension
- Dietetic Internship Director
- Clinical Dietician, Sutter