



CSU Sacramento
Dietetic Internship Open
House
October 19, 2026
<http://www.csus.edu/nufd/dietetic-internship>

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Agenda for Today's Open House

9:15 – 9:30 am	Zoom meeting open
9:30 – 9:35	Welcome and Introductions
9:35 – 10:20	Overview of Program and MS/DI
10:20 – 10:25	Break
10:25 – 10:45	Intern Insights
10:45 – 10:55	Q&A – Breakout rooms
10:55 – 11:00	Wrap up



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Meet the Program Leadership

		
Nadine Braunstein, PhD, RD, FAND (she/her) Director	Ryann Miller, MAS, RDN, CSSD (she/her/hers) DI Coordinator	Mical Shiltz, PhD (she/her) MS Graduate Coordinator



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Our 2026-27 MS/DI and DI Interns




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Programs Available at Sac State

DI Only for 2027-2028 - Must have Master's degree <u>and</u> DPD Verification Statement by start of the program - Seeking 3 - 4 interns - Other 6 from 2026-28 MS/DI class	MS/DI for 2027-29 - MS in Nutrition & Food - Must have a DPD Verification Statement by start of program - Seeking 7 MS/DI students
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+MS in Nutrition & Food only
(~3-4 students)



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DI Concentrations

Disease Prevention and Health Promotion	Advocacy and Public Policy
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Integrated by working with CA state agencies, school districts, WIC, CANAD Advocacy Summit, assignments, classes, projects

All interns will receive exposure to both.



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DI Program Description



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Program Benefits



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Program Outcomes

- 100% 1-year pass rate of RD Exam since 2018
- Graduate Employment – More jobs than there are RDs to fill them
- Where are our alumni now?
 - School districts, WIC, inpatient clinical, private practice, policy at nonprofit orgs, dialysis clinics, eating disorders, universities, and many more!

2019-2020



2022-2023



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Rotations

Clinical

- Acute care – 12-15 weeks
- Long term care – 2 weeks
- Outpatient clinical - 6 weeks (Outpatient, Renal)



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Rotations

Food Service Management & Administration – 7 weeks

- Hospital setting, school district, or nonprofit organization



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Rotations

Community – 4 weeks
(Schools, WIC)

Elective – 2 weeks

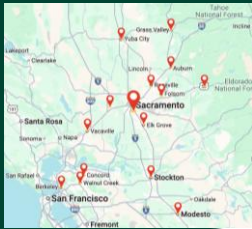


Nutrition education class



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Rotation Locations



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Rotation Schedule

Rotation	Site	Start Date	End Date	Rotation	Site	Start Date	End Date
1	Adventist Health	10/18/2026	11/15/2026	11	Adventist Health	10/18/2026	11/15/2026
2	Adventist Health	11/15/2026	12/15/2026	12	Adventist Health	11/15/2026	12/15/2026
3	Adventist Health	12/15/2026	1/15/2027	13	Adventist Health	12/15/2026	1/15/2027
4	Adventist Health	1/15/2027	2/15/2027	14	Adventist Health	1/15/2027	2/15/2027
5	Adventist Health	2/15/2027	3/15/2027	15	Adventist Health	2/15/2027	3/15/2027
6	Adventist Health	3/15/2027	4/15/2027	16	Adventist Health	3/15/2027	4/15/2027
7	Adventist Health	4/15/2027	5/15/2027	17	Adventist Health	4/15/2027	5/15/2027
8	Adventist Health	5/15/2027	6/15/2027	18	Adventist Health	5/15/2027	6/15/2027
9	Adventist Health	6/15/2027	7/15/2027	19	Adventist Health	6/15/2027	7/15/2027
10	Adventist Health	7/15/2027	8/15/2027	20	Adventist Health	7/15/2027	8/15/2027



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Rotation Sites

Adventist Health Lodi Memorial Hospital	McKinley Park Care Center
CA Department of Public Health	Melillo on Wheels
CA Department of Public Health - WIC	Mercy General Hospital Sacramento
CA Department of Education	Mercy San Juan Medical Center
Center for Discovery	Mother Lode Unified School District
Davis Polaris-Pacific Gold Division	Redout Adventist Hospital
Eating Recovery Center of California	Robla School District
Elk Grove Unified School District	Ronald McDonald House Charities of Northern CA
Fresenius	Sac State WELL Outpatient Clinic
Food Literacy Center	San Joaquin General Hospital
Kaiser Permanente Roseville Medical Center	Sierra Nevada Grass Valley Hospital
Kaiser Permanente Sacramento Medical Center	Sutter Medical Foundation
Kaiser Permanente South Sacramento Medical Center	Sutter Auburn Medical Center
Kaiser Permanente Vacaville Medical Center	Sutter Modesto Medical Center
Kaiser Permanente Vallejo Medical Center	Sutter Roseville Medical Center
Lodi Unified School District	Twin Rivers Unified School District...and more!



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Monday Class Days

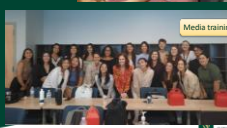
- Lectures
- Trainings
- Field Trips

Project ID	Project Name	Project Description	Project Location	Project Dates
1	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	10/18/2026 - 11/15/2026
2	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	11/15/2026 - 12/15/2026
3	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	12/15/2026 - 1/15/2027
4	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	1/15/2027 - 2/15/2027
5	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	2/15/2027 - 3/15/2027
6	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	3/15/2027 - 4/15/2027
7	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	4/15/2027 - 5/15/2027
8	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	5/15/2027 - 6/15/2027
9	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	6/15/2027 - 7/15/2027
10	Adventist Health	Adventist Health Lodi Memorial Hospital	Lodi, CA	7/15/2027 - 8/15/2027



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Trainings



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Field Trips



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Community Service



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CAND Annual Conferences

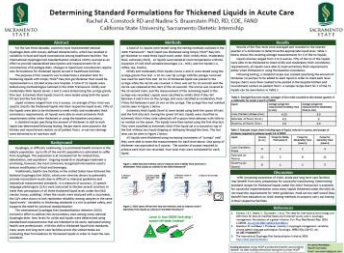


Multiple intern cohorts at a session!

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FNCE Poster Session



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Policy Activities

Meeting with legislative staffers and lobbyists



Community convening sponsored by State Senator Richard Pan



Public Policy Workshop (now Advocacy Summit – next is Spring 2026!)

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Assignments/Projects

- Clinical
 - Case study report and presentation
 - Journal article report and presentation
- Food service
 - Theme meal, sustainability project, audits, etc.
- Schools
 - Nutrition education class creation and delivery
- Policy
 - Legislative bill review and letter to assemblyman
 - Public policy events report
 - Nutrition and food policy in the news presentation
- Infographic critique and creation
- Cultural foods assignment & potluck
- Clinical classes, modules, Canvas discussions, participation



Cultural foods potluck

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How do I pay for the internship?

Course enrollment in graduate level classes

Fall:

- NUFD 221A – Advanced Clinical Nutrition A
- NUFD 222 – Advanced Community Nutrition and Nutrition Education
- NUFD 223 – Advanced Food Service Management and Administration
- NUFD 295 – Field Study

Spring:

- NUFD 221B – Advanced Clinical Nutrition B
- NUFD 224 – Advanced Community Nutrition and Policy
- NUFD 295 – Field Study

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Graduate Enrollment

- Once selected/matched to the Sac State Dietetic Internship Program, interns are admitted to the university through the Office of Graduate Studies.
- Internship fees are based on graduate fees and other costs



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Tuition & Fees – 2026-27 Estimate

- Tuition (estimate) - 10 Graduate Credits (and supervised practice credits) – One Year (2 semester tuition and fees, total)
 - California resident - \$11,366
 - Non-resident- \$20,786
 - CSUS application fee – \$50
- CSUS graduate application fee (only if matched) - \$95
- Background check and drug screen - \$93
- My Clinical Exchange - \$39.50
- Trajecsys - \$100

No Federal Education Loans Available for DI Only



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Fees - continued

- AND student membership - \$58
 - NAD student membership - \$15
 - State and local meetings - \$400-\$600
- Professional liability insurance - \$45
- Transportation – varies
 - Auto insurance – varies
- Health insurance
 - TB tests, proof of vaccinations (including COVID), titers, annual flu shot
- Housing off campus - \$800-\$1,200/month



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Admission Requirements

- Requirements:
 - Overall DPD GPA 3.0 or greater
 - MNT grade(s) of B or higher within 5 years within start date
 - Completed an ACEND-accredited Didactic Program in Dietetics (DPD)



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Personal Statement Requirements

Describe your interest in the dietetics profession.

What about our program specifically interests you?

Describe your interest in our emphases: Advocacy and Public Policy and/or Disease Prevention and Health Promotion.

Describe your ability to work independently.

What qualities do you have that make you a good match for CSU, Sacramento? Why Sac State?

8,000 characters or approximately 1,000 WORD LIMIT

+ MS/DI: Research Interests



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*****DO NOT use AI to write your Personal Statement*****

- You can describe yourself better than AI can
- It is OK to use Grammarly to check the grammar in your personal statement



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Priorities on Applications



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Ideal Intern Characteristics



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Our Ranking Process

1. ****Your application WILL NOT be reviewed if you DO NOT pay the \$50 application fee and provide the documentation uploaded in DICAS as a supplementary document****
2. Applications are reviewed by the DI Director and scored by at least 2 people
3. People with top scores will be invited for a 20-min. Zoom interview end of January – early February
4. We follow the ACEND guidelines/timeline for extending offers



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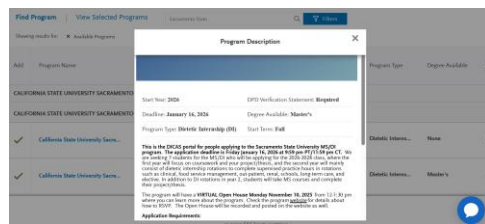
Application Deadlines

- DICAS application complete by 11:59 pm CST (9:59 pm PT) **Friday January 15, 2027**
- **Include in the DICAS application**
 - Documentation of paying the application fee of \$50 (scan the receipt and include as a supplementary document [Check website for link to pay application fee](#))
 - Personal Statement responding to the CSUS prompts



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DICAS Portal for MS/DI and DI Only Open



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Master of Science in Nutrition & Food

Dietetic Internship Open House

11/10/2025
Mical K. Shills, PhD
Graduate Program Coordinator



Department of Nutrition, Food & Dietetics

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NUTRITION, FOOD & DIETETICS PROGRAM

The Sacramento State Master of Science in Nutrition and Food (NUFD) program prepares students for leadership and advocacy in nutrition programs and policy. Students apply evidence and fund research to improve individual and community health by developing strategies to promote food access, health equity and dietary change.

The program is designed to:

- Provide career advancement opportunities in federal, state and local food access and nutrition education agencies
- Complement the Sacramento State's Dietetic Internship for those on the path to become Registered Dietitian Nutritionists

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Two Program Options

MS in NUFD

MS in NUFD + DI

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MS + DI Admission Requirements (minimum)

Bachelor's Degree	Prerequisite courses	GPA	Dietetic Internship
- Regionally-accredited - International*	- Nutrition & metabolism - Lifecycle nutrition - Community Nutrition/Education - Food Service Management/Production - Statistics/Research Methods	3.0 last 60 units	- Overall DPD GPA 3.0 - MINT grade(s) B or higher - DPD Verification Statement

* <https://www.cvus.edu/international-programs-global-studies/requirements/admission-requirements.html>

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NUFD 224 - Capitol Day

MS NUFD Courses

The program includes specialized coursework in nutrition science, advanced community nutrition, behavioral nutrition, and food and nutrition policy plus a wide array of interdisciplinary electives to be tailored to interests and career goals.

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MS NUFD Program Requirements (30 units)

Core courses (18 units)

- NUFD 200 Research Methods
- NUFD 213 Advanced Nutrition with Community Program Applications
- NUFD 222 Advanced Community Nutrition and Nutrition Education
- NUFD 224 Advanced Community Nutrition and Policy
- NUFD 225 Food Production and Sustainability Policy
- NUFD 500 Culminating Experience

Electives* (6 units)

- Health Economics
- Strategies for Optimal Aging
- Political Engagement of Policy Making
- Grant Writing

Interdisciplinary (6 units)

- NUFD 212A Advanced Clinical Nutrition
- NUFD 223 Advanced Food Service
- NUFD 295 Field Study/Internship

*Select Interdisciplinary electives with advisor approval

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Program Requirements

Thesis

or

Project

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Graduate Program Information Sessions & Advising

Sessions cover an overview of the Graduate Program and application tips. At the end of each Information Session, one-on-one advising will be available.

Please contact [Dr. Nadine Braunstein](mailto:Dr.Nadine.Braunstein@csus.edu) if you need additional assistance.

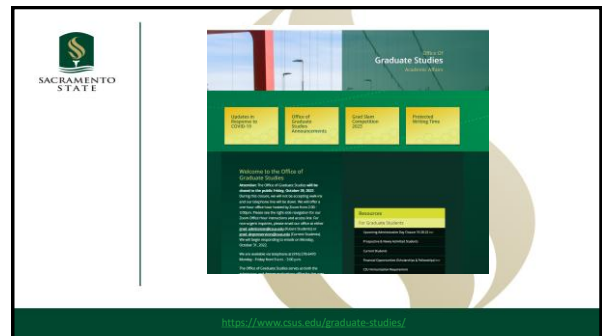
Date	Time	RSVP
October 21, 2026	10am-11am	Please email braunstein@csus.edu
November 17, 2026	12pm-1pm	Please email braunstein@csus.edu

Advising Sessions for Prospective Students

[Presentation Slides](#)
[Info Session Recording](#)



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NUFD Faculty Advisors

- Nadine Braunstein braunstein@csus.edu
- Jennifer Campbell jennifer.campbell@csus.edu
- Urvashi Mulasi mulasi@csus.edu
- Mical Shilts shiltsm@csus.edu
- Kelly Thompson kelly.thompson@csus.edu
- Seunghie Wie wie@csus.edu



- Graduate Program Coordinator, Mical Shilts
- DPD Director, Jennifer Campbell
- DI Director, Nadine Braunstein
- NUFD Department Chair, Seunghie Wie



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Questions

Put in the chat

Thank you

Mical Shilts
shiltsm@csus.edu



Master of Science in Nutrition & Food

MS/OF Deadline 1/15



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Break



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Insights from our Current Interns



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Some Questions

What type of nutrition policy classes/ elective do you offer to interns?

I tried looking for the specialties and interests for the lecturers on the website, but could not find them. I only found the specialties/interests of the advisors. Is there a website to learn more about the lecturers' specialties and interests?

What are the other options available if i don't have DPD but i have an undergraduate degree in Nutrition and Dietetics?



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More Questions

Can you describe the Thesis and Project and how one should decide between which one they'd prefer to do?

How are interns matched to their rotation sites?

What is the community and Cohort like in the MS/DI program?

Where do the interns get placed? Do interns interact with their peers?



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Thank You

Contact information

- Nadine Braunstein DI Director:
braunstein@csus.edu

<http://www.csus.edu/nufd/dietetic-internship>



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Additional Slides

The following slides might be helpful to give you additional suggestions for applying to internships in general



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Some insights about the application

1. Keep the reader in mind
 - One DICAS application is often 40+ pages
 - Make sure they know why you want to come here (or to other programs you're applying to)
2. Be sure to mention that you attended the Open House
3. If you aren't applying for another year or two, use this time to get experience
4. If you applied in the past be sure to update your DICAS application, including references



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Follow the Directions



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Personal Statement

Your words matter:

'I am more than my mediocre grades'
vs.
'I am much more than my grades'



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Use the space to describe your duties

Volunteer Experience		
Position Title	Employer	Date
Volunteer Nutrition Assistant	Sacramento County WIC Program	11/2017 - Present
Supervisor Name	Supervisor Title	# Weeks
Shirley Kahan	Nutrition Program Coordinator	12
Supervisor Phone	Supervisor Email	hrs/week
(916) 495-5152	shirleykahan@csccs.net	12
Position Type		Total Hours
Volunteer	Yes	144
Academic Credit	No	
Duties: I conduct WIC classes. To this date I have taught/co-taught the group WIC class and a feeding class in both English and Spanish. I had group discussions as part of the classes. I have designed 5 educational posters 4 of which were distributed to the 4 Sacramento County WIC offices. These interactive posters starting February 2018 will be used to teach the new WIC class. — I assist with group classes. I am responsible for printing, recording, and distributing vouchers in a food bank environment. I am also in the process of learning more which requires prior knowledge of the WIC program and the software WIC MES. Another one of my roles as a nutrition assistant is to assist coaches by taking anthropometric measurements (weight and %BF) of participants. I have taken measurements of premature newborns and infants as young as 4 days old. I am also responsible for using active listening skills to ensure for Spanish speaking participants. In addition, I am also responsible for maintaining a clean and welcoming environment. I maintain efficiency in the office by preparing welcome packets, set up tables for new participants, filling bottles, and administer new WIC tokens to participants.		



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Suggestions for the interview

- Be in a quiet place where you will not be interrupted
- Dress as if you are going for a very important job interview
- Have a few questions that will give you some additional information to help you with your ranking



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