

# Career Information for Nutrition and Food Concentration Majors

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Family and Consumer Science Department

## Nutrition and Food (NUFD) Concentration

The Nutrition and Food Concentration 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
- degreed nutritionist
- nutrition educator
- food service supervisor or director
- food industry consultant
- child nutrition consultant
- food service manager or management consultant
- family nutrition educator
- community nutritionist
- jobs in the 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 Concentration as a pre-professional degree should check with the appropriate programs to verify specific requirements.

## Try these websites for NUFD career opportunities

- <http://ucanr.edu/jobs/>
- <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://healthedcouncil.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

- 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, UC CalFresh
- Health Nutrition Specialist, SETA Head Start
- Analyst, Nutrition Department UC Davis
- Nutrition Director, Emergency Food Bank
- Degreed Nutritionist, 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

- 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