**Penn State Dietetic Internship Program**

**Summary of Work and Volunteer Experience Hours**

**Supplemental Information- DICAS Application 2017**

Work and/or volunteer hours help the potential candidate increase their knowledge or skill in the field of nutrition and dietetics. The Penn State Dietetic Internship Program requires a total of 500 hours of general work or volunteer experience in the previous 2 years prior to application. 300 of the total 500 hours must be in a dietetic or nutrition related field. The areas where dietetic or nutrition related experience may be obtained vary and could include clinical, food service/management, community, research and sports nutrition. See attached *Criteria for dietetic or nutrition related work/volunteer hours* for guidance.

Please list the experiences you are including to meet the 500 hours general experience from January 2016 – January 2018.

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| --- | --- | --- | --- | --- | --- |
| Position Title | Employer | Date | #Weeks | Hrs/Wk | Total Hours |
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Please list the experiences you are including to meet the 300 hours of dietetic or nutrition related experience from January 2016 – January 2018.

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| --- | --- | --- | --- | --- | --- |
| Position Title | Employer | Date | #Weeks | Hrs/Wk | Total Hours |
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Complete the above ***Summary of Work and Volunteer Experience Hours*** and upload this completed form into DICAS as Supplemental Information for the Penn State Dietetic Internship Program with your final DICAS application. If you have any issues uploading the form with your application, contact DICAS support: [*dicasinfo@dicas.org*](mailto:dicasinfo@dicas.org) or 617–612–2855.

**Penn State Dietetic Internship Program**

**Criteria for dietetic or nutrition related work/volunteer hours**

**Clinical includes:** a) Hospital, Long-term care, Rehabilitation care – shadowing or working with an RDN, NDTR, and diet office work including reviewing menus/special diets. *What does not count as dietetic or nutrition related is volunteering in one of these settings and transporting patients to different tests, departments, etc. These will count towards the 500 total hour requirement.*

**Food Service/Management includes:** a) Hospital, Long-term care, Rehabilitation care – working as a patient hostess, tray line, or cook b) School food service/management – shadowing an RDN or manager, providing nutrition education in classroom, food preparation, and/or menu planning c) Student manager in college dining halls, shift supervisor at a retail location/eating establishment. d) Cook or kitchen help at summer camps, college dining halls, restaurants. *What does not count as dietetic or nutrition related is hostess or waitressing in restaurants. These will count towards the 500 total hour requirement.*

**Research includes:** a) Working in laboratory conducting nutrition related research. b) Weighing and packaging food for participants. Community includes: a) WIC and Head Start clinics b) Meals on Wheels c) Food Banks d) Supermarkets and retail locations e) Diabetes or Weight Loss Camps f) Extension educational settings g) Farmer’s Market – providing nutrition info/brochures to attendees, providing fruits & veggies to populations in need h) Providing nutrition presentations to different age populations (children, senior citizens). *What does not count as dietetic or nutrition related is volunteering to weed the organization garden and make dinner with produce that was grown. These will count towards the 500 total hour requirement.*

**Sports Nutrition includes:** a) Shadowing or working with an RDN on assessments, presentations to athletes, body compositions/ anthropometric measurements. b) Preparing brochures/pamphlets on nutrition topic. *If applicant worked at gym or fitness centers provide specific hours that were nutrition related.* *What does not count is shadowing a personal trainer. These will count towards the 500 total hour requirement.*

**Other Areas to Note:** Teaching Assistant (TA) in nutrition or a Resident Assistant (RA) will not be counted towards the 300 hours of dietetic or nutrition related hours. *These will count towards the 500 total hour requirement* and looks very favorable as leadership experience.