

# Andrews University

## Department of Public Health and Wellness

### Didactic Program in Nutrition & Dietetics Portfolio Volunteer/Work Experience Requirements

**Purpose:** To participate in meaningful nutrition experiences preferably with a registered dietitian.

**Required Hours:** 200 hours for freshman. For those transferring to AU as a sophomore, 165 hours are required. For those transferring as a junior 125 hours are required.

**The required hours are as follows:**

<b>Clinical</b> 25 hours	<b>Examples:</b> Shadowing clinical dietitian (long-term care, hospital, renal, cancer treatment center, out-patient 1-on-1 counseling, and bariatric) Clinical research assistant (in hospital setting) Attendance at a support group meeting Nutrition Counseling at SWMC Pediatrics
<b>Food Service Management</b> 50 hours (you must select at least 2 different experiences)	<b>Examples:</b> Cafeteria (AU, hospital, or restaurant) MUST include food preparation Dietary aide or diet clerk (hospital or long-term care) Management of inventory, purchasing, ordering, recipes, and/or production Shadow health department inspector or quality assurance inspector <b>Non-Qualifying Experiences</b> Waitressing, cashier, and dishwashing
<b>Community</b> 50 hours (you must select at least 2 different experiences)  *the following experience MUST be limited to 15 hours each	<b>Examples:</b> Shadowing a community dietitian (WIC, sports nutrition, etc.) Active participation in a community program (WE CAN, FLIP, etc.) Nutrition related camps (weight loss or diabetic camps) *Soup kitchens, Meals on Wheels *Food pantries, senior congregate meals, International Food Fair (including food prep and service) *Health fairs *Nutrition related handouts/brochures *Church nutrition programs (Lifestyle Matters, CHIP, GROW) *Cooking schools/demos or health presentations *Department informational booths for National Nutrition Month, Eating Disorder Awareness Week, and etc. *Domestic & international mission projects related to nutrition (as approved by the DP director) (ex. Adventist South-East Asia Projects)
<b>Self-selected</b> Up to 75 hours (for those requiring additional hours)	<b>Examples:</b> Additional hours in the categories above Assisting faculty on research

**Additional Guidelines:**

\*Hours done for class labs, working in the department as a lab assistant or office assistant, will NOT count towards your portfolio hours.

\*ALL work must be done under the supervision of a Registered Dietitian (AU faculty or outside RD). If unsure that the activity meets these requirements check with DP director, BEFORE engaging in an activity. (If the program does not have a RD associated with it, submission of lesson plans, handouts, or other materials being used MUST be approved by a RD in the department BEFORE participating in the program/event.)

**Deadlines:**

To ensure that you are meeting the requirements above appropriately and showing progress (50-60 hrs/yr), you need to take your portfolio to your advisor in April of each year.