Penn State Dietetic Internship Program
Criteria for work/volunteer hours
In a “Dietetics” related field

Work and/or volunteer hours help the potential applicant increase their knowledge or skill in the field of nutrition and dietetics. The areas where “dietetics” related hours may be obtained vary could include clinical, food service/management, community, research, sports nutrition. A total of 300 hours is required within 2 years of application. (Exp. February 2014-February 2016)

Clinical includes:
   a) Hospital, Long-term care, Rehabilitation care – shadowing or working with an RDN, NDTR, diet office work including reviewing menus/special diets.
   What does not count is volunteering in one of these settings and transporting patients to different test, departments, etc.

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 is hostess or waitressing in restaurants.

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 is volunteering to weed the organization garden and make dinner with produce that was grown.

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.
   What does not count is shadowing a personal trainer. If applicant’s worked at gym or fitness centers they need to provide specific hours that were nutrition related.

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