

01 BUSINESS & COMMUNICATION

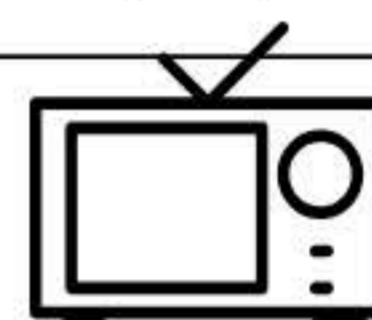
WRITE

Research and develop educational content to share with the general population. Share your content with news outlets, newsletters, magazines, on your own blog, or as a guest writer for other blogs.



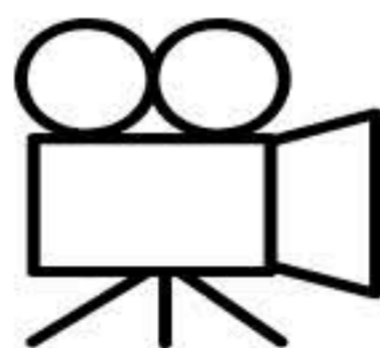
SPEAK

Discuss public food and culinary nutrition information on news outlets and podcasts. Provide demonstrations and take home materials so viewers/listeners have something to remember you by.



VIDEO

Plan, create, and execute educational content and DIY recipe videos for different outlets (such as Youtube or Instagram stories/posts).



SOCIAL MEDIA

Create accounts on social media to promote nutrition, wellness and the profession. Outlets like Twitter, Instagram, Snapchat, Youtube, and Facebook provide great platforms to kick-off your career and to position yourself as a nutrition expert and professional.

02 COMMUNITY & OUTREACH

TEACH COMMUNITY CLASSES

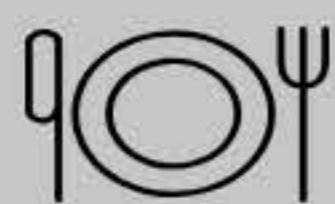
- Promote general nutrition guidance per Choose My Plate and physical activity guidelines for Americans as a means to reduce the risk of chronic disease in healthy people.
- Provide expertise in ingredient selection and food preparation in relation to product development and/or cooking
- Discuss the food label and how to read it
- Teach the importance of food safety and how to achieve it

ADVOCATE

Advocate for the dietetic profession in the community. Discuss and promote the importance of accessing dietetic professionals for nutrition related guidance.

PROMOTE

Educate the general population on nutrition and health related issues impacting society such as food insecurity, food deserts, malnutrition, and others.



NUTRITION



Provide normal nutrition guidance and develop menus and grocery lists for generally healthy Americans via Choose My Plate guidelines



FITNESS



Provide information and educate those who are *generally healthy* on the Physical Activity Guidelines for Americans.

A *generally healthy* individual is one who has no current medical diagnoses.

PLAN

Assist in the planning and development of kitchen design/redesign with economy and efficiency in mind per local and state guidelines.

QUALITY IMPROVEMENT

Assist in developing and revising quality improvement plans to increase business and customer satisfaction.

MENU DEVELOPMENT

Develop menus and assist in identifying menu items that are vegan, gluten-free, and/or meet other allergy needs in commercial settings.

Keep note that you must work in collaboration with an RD when regulations or special needs are involved!



EVALUATE

Evaluate and monitor operations for economy and food-safety compliance per local, state, and federal government regulations

All Info is sourced from:
[http://jandonline.org/article/S2212-2672\(12\)01935-1/fulltext](http://jandonline.org/article/S2212-2672(12)01935-1/fulltext)