Ingredients for a Non-traditional Dietetics Career

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Objectives

• List the variety of nontraditional career paths available to dietitians
• Identify education and skills that can be leveraged for a nontraditional dietetics career
• Learn about resources to help one navigate toward a nontraditional career
Agenda

• What is a non-traditional dietetics career?
• About my journey and what I do now
• Steps you can take
• Q & A
What is a non-traditional dietetics career?
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- Farmer
- Sports Nutrition
- RD Job Recruiter
- International Nutrition
- Regulatory Affairs
- Public Relations
- Research Administration
- Food Industry Consultant
- Writer / Journalist

- Marketing
- Customer Research
- Product Development
- Toxicologist
- Communications
- Food Stylist
- Primary Care Physician
- Psychologist
- Military
What is a non-traditional dietetics career?

- Personal Trainer / Coach
- Non-profit Agencies
- Government Agencies
- Public Speaker
- Restaurant Owner
- Public / Home Health
- Program Director
- Medical/Health Software/App Developer
- Principle Investigator
- Professor / Instructor
- Chef
- Corporate wellness
- Research (industry, academia)
- Retail
- Grant Writer
- Sales
How my career in research began

Zoo nutrition: A walk on the wild side

A registered dietitian as a zoo nutritionist? Well, it certainly doesn’t happen every day, but as Bruce Rengers, RD, learned when he spent a year as head of nutrition at Brookfield Zoo, Brookfield, IL, many of his skills as a human nutritionist were perfectly suited to planning and preparing nutritious food for exotic animals.

Rengers, who is now chief nutritionist for the Women, Infants, and Children (WIC) special supplemental nutrition program for the state of Colorado, bid and bought top-grade fish and produce from companies that supplied food for human consumption, managed food preparers and handlers, and developed budgets at the zoo just as he would as a registered dietitian in a human setting.

Clients with similar needs
He operated the same kinds of kitchen equipment to prepare food for animals and conduct two- to four-day inspections that comb over zoos with a fine tooth, says Denny Lewis, manager of accreditation. Part of the accreditation process scrutinizes nutrition: where food is prepared, who is preparing it, and which commercial companies are supplying animal feed.

As a human nutritionist, Rengers has a broader background than that of animal of fiber so they get the same amount of food but not as many calories.

Bag lunches for all
Rengers nevertheless had plenty to learn about zoo nutrition. First, he had to become acquainted with the animals. “In the commissary, we would cut and chop food and put it in the right amounts in little bag lunches that were sent out to the animals. I asked someone one day to take me around the zoo and show me the animals because at first I had no idea what I was feeding,” he says.

He got help from animal nutritionists on the zoo’s staff who could tell him how animals had been fed in the past and computer programs that calculate recommended daily allowances for such animals as horses, cows, and chickens. He acknowledges, however, that animal nutrition as a whole is not as well developed as human nutrition. Determining

My life as a lab tech
What I do now

- Assist with CRIS research strategy
- Administer internal grant proposals
- Conduct literature reviews
- Prepare manuscripts for publication
- Resource for internal and external stakeholders
- Communicate with the public about CRIS scientific activities
- Curriculum Development
How I got here!

- Dietetics background
- Working toward MS in Food Safety
- Research background includes toxicology
- Stretch assignments
What is CRIS?

Center for Research on Ingredient Safety:

• Founded in 2014 to “...serve as a reliable and unbiased source for information, research, training and analysis on the safe use of chemical ingredients in consumer packaged goods...”

• A unique partnership between academia, government, industry, and non-governmental organizations focused on chemical-based ingredient safety

What is CRIS?

Components:

Scientific Research (MSU)

Risk Communication (ASU)

Education & Training (MSU)
Our Mission

Conduct research and provide insight on the safety of ingredients in food and consumer products to support evidence-informed decisions by consumers, industry leaders and policy makers.
Our Vision

Credible, relevant information on ingredient safety is accessible to a wide range of decision makers.
Our Core Values

• Integrity
• Transparency
• Responsibility
• Inclusivity
• Engagement
• Diversity
Areas of Engagement

- Promote basic and applied research on the safety and toxicology of ingredients
- Develop and validate methods and strategies for evaluating ingredient safety
- Establish an ingredient safety graduate training program
- Inform the public, health professionals, regulators, and the scientific community on research matters reflecting the state-of-the-science
- Actively participate in a dialog on important ingredient safety issues that supports evidence-based decision making
Current Industry Partners

- Angus Chemical Company
- Coca-Cola
- Givaudan
- Land O'Lakes
- McCormick
- Bumble Bee Foods, LLC
- ConAgra Foods
- GMA
- Mead Johnson Nutrition
- Bush's Best
- Dow
- Hershey's
- Monsanto
- Campbells
- Ecolab
- Hormel Foods
- Pepsico
- Cargill
- General Mills
- Kellogg's
- Unilever
Committee Members – Academia, Government, NGOs
Finding your way to a non-traditional career

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Dietetics Curriculum to Leverage

- Arts & Humanities
- Social, Behavioral and Economic Sciences
- Writing Requirements
- Biological and Physical Sciences
- Business and Management
- Statistical Methods
- Other Electives

http://www.fshn.msu.edu/undergraduate_programs/dietetics/dietetics_requirements 12/20/16. Other universities have similar requirements.
Advanced Degrees – Online

- **Food Safety**, MS
- **Global Food Law**, MJ
- **Public Health**, MPH
- **Management, Strategy, and Leadership**, MS
- **Strategic Communication**, MA
Advanced Degrees – Dual Major PhD option

- 17 Cooperating PhD programs
  - Food Science & Human Nutrition
  - Pharmacology & Toxicology
- **Environmental and Integrative Toxicological Sciences (EITS) Program**
  - Food Toxicology and Ingredient Safety Track
Graduate Certificates

• Anti-Counterfeit and Product Protection Criminology
• Community Engagement
• Food Safety and Toxicology
• International Food Law
• Leadership and Managing Teams
• Program Evaluation
• Public Health
• Strategic Management
What you can do

• Network! Network! Network!
• Volunteer
  • Lettuce Live Well
• If you are still in school, get a job in a lab—any lab!
• Use the new credentialing pathway / add a credential
• Get an advanced degree
• Become an Academy Spokesperson
• Be open to opportunities
• Find a mentor
• Reach for that job
What you can do

• Plan for serendipity
• Join other professional associations
  • American Society for Nutrition (ASN)
  • Institute of Food Technologists (IFT)
• Dietetic Practice Groups
• Work at the Academy
• Student / Alumni Career Services
• Create a portfolio
• Other related organizations
  • Retail Dietitians Business Alliance (RDBA)
Other Resources

Key Resources for Reaching Your Non-Traditional Career Goals

{ BOOKS }
- Launching Your Dietetics Career
  By Kyle W Shadix, MS, RD, D Milton Stokes MPH, RD, and Jenna A Bell PhD, RD
- Culinary Careers: How to Get Your Dream Job in Food with Advice from Top Culinary Professionals
  By Rick Smilow and Anne E McBride
- The Success Principles: How to Get from Where You Are to Where You Want to Be
  By Jack Canfield

{ EXPERIENCE }
- All Access Internships
  Monitor for hands-on nutrition opportunities
- Help a Reporter Out (HARO)
  Work with journalists looking for quotes from nutrition experts to build your media resume
- Academy National Spokesperson Program
  Apply to be a national spokesperson or state media representative for the Academy of Nutrition and Dietetics

{ EDUCATION }
- Culinary School
- Grocery Manufacturers Association Food Labeling Workshop

{ ASSOCIATIONS & GROUPS }
- State Affiliate Dietetic Associations
- Dietetic Practice Groups:
  - Food & Culinary Professionals (FCP)
  - Nutrition Entrepreneurs (NE)
  - Dietitians in Business and Communications (DBC)
- International Association of Culinary Professionals (IACP)
  Organization for culinary professionals, including chefs, dietitians, restaurateurs, writers, marketers, etc.
  - Toastmasters
    Improve speaking and leadership skills
- Start a Master Mind Group
  Small group you meet with for the purpose of reinforcing growth and success while offering mutual support for one another's goals

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