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Future Plans & Goals

FND 410

Plan A

My plan A is to continue to work at Southwest Foodservice Excellence in my current role as an Associate Director of Nutrition Services. I ran into this opportunity about 2 years ago and the company offered me a paid internship while being in school. After a year in an intern role, I was promoted to a full-time salaried position which I currently still have. I have a passion for working with kids and teaching them all about different foods and this job has given me an opportunity to pursue that. I create school menus, plan fun, nutrition events for schools, host school BBQ's, and so many other opportunities under the school nutrition umbrella. My short term goal while continuing to work with SFE is to find new and exciting ways to interest kids in foods that they have never had before and educate them without the shaming that a lot of kids are used to having when it comes to foods. I currently work in a district that is about 85% free and reduced children and the meals they receive at school are often the only hot meals they get in a day. I want to make sure that they get every opportunity to learn and diversify their palate as much as possible while feeding their minds and bodies. I have a plan to host district wide health and fitness events for not only students, but their parents as well to come and learn all about nutrition and show parents how best to support their children on their food journey. My long-term goal is to make my way up in the company to the corporate level where I can share my ideas company-wide and show over 300 districts nationwide new and innovative ways to share

nutrition to students and parents. This is where I see my future heading and I am excited to think about all the possibilities to come.

Plan B

My plan B is to take the Dietetic Technician Registered Exam once completing my bachelor's degree. I plan to study for the exam during the spring of 2021 and take the DTR exam in the summer of 2021. Taking this exam will help me in a lot of ways in the job I currently have as well as for the future with internships. Taking the DTR exam can help show internship coordinators that I have a passion for food and nutrition, and I want to continue my work in this field. It will also help me down the road if I decide to apply for internships. It will help me in my current role as an Associate Director of Nutrition Services because it will let the company know that I know the information and have the knowledge to do some tasks that other RDN's in my workplace do. I can complete diet orders for students, make special diet menus for gluten free and dairy free students, and communicate and advise health assistants at each school with any nutrition related questions or advice they may need. My short-term goal is to do some research to find out what study guides and books will best help me in preparation for this exam. I am confident in myself with the coursework that I have done so far to prepare myself, but I know that there is always more to learn, and I feel like additional DTR books would aid in my successes in the near future. My long-term goal would be to pass this test and use it in my current job as well as in the future if I decide to pursue a dietetic internship in order to become a registered dietitian.

Plan C

My third plan would be to apply for dietetic internships that would help me further my education and goals. I have talked to many friends who have completed dietetic internships and I am leaning towards in-state internships so I don't have to worry about moving. I have heard good things about the distance programs, but it makes me nervous to have to create my own schedule. I am very organized and I like having a set schedule all lined out and that is what interests me more so in internships that are not distance programs. I know I have a passion for working with kids and in school nutrition, but I would like to take part in an internship where there are multiple focuses to see if I find something I like just as much that I never knew I would have any interest in otherwise. The two programs I have looked at and are interested in are: Maricopa County Department of Public Health and Arizona State University's MS track. They both have an emphasis on child nutrition which is what I am passionate about, but they also have a variety of other areas that I can learn more about and make sure my skills are well-rounded in many areas. In the ASU internship they have a portion where you work in the restaurants and that is interesting to me because that is one area I have never really worked in before. I would love to know more about how dietetics play a role in that field more specifically day to day. Please see the following excel sheet for more in depth information about these two programs.

[Click Here for Excel Spreadsheet](#)