

SUSTAINABLE FOOD AND NUTRITION

MAJOR MAP 2024



GETTING STARTED

YOUR COURSE JOURNEY

- Enroll in HSW 100: Student Success in Health Sciences and Wellness and FN 101: Careers in Food and Nutrition
- Review academic standards of the SFN major
- Attend the Food and Nutrition All-Major Meeting

KNOWLEDGE AND SKILLS

- Review the [Food and Nutrition Student Handbook](#)
- Ask for help from the [Tutoring-Learning Center](#) (TLC) and your professors if you wish to improve in your courses

ACT LOCALLY AND GLOBALLY

- Engage with activities and opportunities through the School of Health Science and Wellness [Student Success Center](#)
- Join a [student organization](#) or other community clubs of interest
- Research [study abroad](#) programs

CAREER READINESS

- Research career opportunities for nutritionists
- Create a [college resume](#)
- Complete your [Handshake profile](#)
- Learn about and practice networking by attending a [Networking Workshop](#) or the All-Major Career and Internship Fair

MAKING PROGRESS

- Develop a [4-year graduation plan](#) with a SHSW adviser
- Discuss FN 397: Field Work expectations with an SFN adviser or instructor
- Consider [minors](#), [certificates](#), or electives that match your academic and career goals

- Consider applying to the [Health Scholars Program](#)
- Obtain ServSafe certification
- Practice food preparation skills
- Stay current on sustainability and climate change news

- Become an active member of an organization
- Become a student member of a professional organization, such as the Society for Nutrition Education and Behavior (SNEB)
- Explore and apply for [SHSW Scholarships](#)

- Engage in volunteer opportunities, such as with [The Cupboard](#) and/or other community need-based or food share programs
- Conduct an [informational interview](#) or [job shadow](#) with someone who works in a field of interest
- Conduct a [Gap Analysis](#)

MAKING PROGRESS

- Consult with your assigned faculty or staff adviser to discuss academic progress

- Consider [B.S. + M.S. \(4+1\) Track](#)

- Gain knowledge of nutrition through the lifespan, nutrition education techniques, and sustainable ways of eating
- Learn about cultural differences in food choices

- Participate in professional organization's live events or webinars

- Volunteer with community organizations, such as [Farmshed](#), the farmer's market, or organizations working to help food security issues
- Gain [internship](#) or similar work experience in your field
- Pursue opportunities at the [All-Major Career and Internship Fair](#)
- Talk with mentors about your next steps; if considering [graduate school](#), research your options and understand the application timeline

PREPARING FOR WHAT'S NEXT

- Review 4-year plan and Degree Progress Report to verify all requirements will be complete
- Enroll in FN 451: Sustainable Food System Project; select a project that showcases your knowledge and skills related to your professional goals
- [Apply for graduation](#)

- Increase your confidence in working with people in the community related to food and nutrition issues

- Assume a leadership position in a student or community organization
- Attend a professional conference

- Start [job searching](#); solidify primary targets and refine materials to fit
- Solidify references and invite them to review your application materials
- Meet with your major's [Career Coach](#) to work through stuck points
- Join and [get involved with](#) relevant professional associations
- Complete the Graduation Exit Survey; we want to celebrate your accomplishments!

CAREERS

- Community Nutritionist
- Health Educator
- Nutrition Program Manager
- Urban Agriculture Coordinator
- Youth Education Programmer
- WIC Program Nutritionist
- Food Market Manager

and many more!

AVAILABLE ONLINE

Major Map documents are available online with additional information!

The staff and faculty at the University of Wisconsin Stevens Point want to help you craft your personal journey. Use this map as a jumping off point for conversations about your goals.

