**Palomar College**

**Family and Consumer Science-Nutrition**

**Advisory Committee Minutes from March 18, 2016**

**ATTENDEES**

* Sarah Coffin, MS, RD: Health and Wellness Nutrition Educator and Writer, Palomar Adjunct
* Danielle DiNorscia, MPH, RD: Clinical Dietitian, Scripps, Palomar Adjunct
* Ellen Gowen, MS, RD: North County Health Services WIC Program Manager
* Dr. Margaret Gunther: Professor Emeritus, Palomar College
* Jessica Keene, MS, RD: Menu Systems Development Dietitian, San Diego Unified School District
* Mary Sammer, MS, RD: VP Nutrition Services, WIC Program
* Joan Rupp, MS, RD: Director, Didactic Program in Dietetics, San Diego State University
* Lindsay Yau, MS, RD: Registered Dietitian, Family Health Centers of San Diego, Palomar Adjunct, Department SLO Facilitator
* Solange Bushra Wasef, MS, RD: Associate Professor, FCS-Nutrition Program Director, Department Chair at Palomar College

**WELCOME AND INTRODUCTIONS**

Solange welcomed the attendees thanked them for attending.  She introduced herself and asked that everyone introduce themselves and their job description.

**STATEMENT OF PURPOSE**

Solange reminded everyone that the purpose of the committee was to gather feedback and insight from the members to impact the direction of the program and the way students are served.

**PROGRAM UPDATES**

* **Enrollment:** Enrollment is doing great.  We are at 95+ percent full.  However, Palomar is going through a period of transition where enrollment will stay stable and additional sections will not be offered.

**STUDENT INTEREST AND ACHIEVEMENTS**

* **Student Interest:** On Friday, 3/11, from 12:00pm to 4:00pm, we held the Nutrition Majors Info Session where 25 people attended and learned what it takes to become a Registered Dietitian and what they should start doing now while at Palomar College.  This is a sizable group, and interest in nutrition is growing.  A number of students have already followed up with Solange to get more involved in Nutrition at Palomar and receive individual advising.

* **Achievements:** 
  + Two weeks ago the college hosted the CTE Open House, an outreach program for ~350 local high school students.  Ten nutrition students volunteered to do presentations and created 4 stations of educational activities for the high school students.
  + In two weeks, these students will lead two 45 minute presentations for foster youth about eating well within their means. These students are spending many hours on these projects without receiving credit; they do it because they want to.
  + Our goal is to figure out how to package their efforts to help students build portfolios that will help them be more competitive applicants for transfer and employment. Joan Rupp mentioned that DPD students have online portfolios that Nutrition students should started working with.

**CURRENT COURSE OFFERINGS/PROGRAM UPDATES**

We now have the Nutrition discipline in the catalog. However, there is no Associate’s Degree yet due to paperwork being held up at the state level.  Eventually, we will offer the NUTR Associate’s Degree.  Currently, our students do have the option to major in University Studies: Math & Science, and it includes the lower division coursework required for transfer.

**INSTRUCTIONAL RESOURES/OPPORTUNITES**

Solange noted that the committee would discuss this agenda item later, if time permitted.  Unfortunately time did not permit.

**LABOR MARKET UPDATE**

Solange stated that despite fewer internship opportunities in the field, there are a lot of opportunities in the job market for Registered Dietitians.  The difficulty is for those students who do not want to transfer but want to get into the labor market.  We are now looking into training for both types of students.

**ACTIONS TAKEN SINCE LAST MEETING**

Last year, the advisory committee voiced concern that students were potentially not being adequately prepared if they took NUTR/HE 165: Fundamentals of Nutrition offered by Health Education instructors who do not meet the minimum qualifications for Nutrition. A meeting was held with Solange, Interim Vice President Sourbeer, Interim CTE Dean Paul Kelly, Dean Jack Kahn, and Health Education Chair Lacey Craft regarding this concern. It was determined that de-cross listing NUTR 165 and HE 165 was not an option.  As a result, the recommendation was to figure how to improve the curriculum and include relevant topics so that it does fulfill the NUTR requirements as required.

**DISCUSSION POINTS REGARDING NUTR 165 VERSUS NUTR 185**

* Solange discussed the difference between NUTR 185 and NUTR 165.   She asked for the committee’s feedback to determine if requiring students to take NUTR 185 instead of NUTR 165 would be better for entry level WIC positions.  The consensus was that NUTR 185 would be too rigorous, and NUTR 165 should continue to be the requirement.

* Solange stated that she intends to put a notation in the schedule of classes, under NUTR/HE 165, that states something like “If you want to major in Nutrition, please see an advisor to determine if NUTR 185 is a more appropriate course for you.”   The consensus was to put the note in the catalog and the schedule of classes while also making announcements in NUTR/HE 165 at the beginning of the semester.

**CURRICULUM REVIEW**

The committee examined the NUTR 100 COR and discussed possible items to add to the current course modules:

* Advocacy/public policy/letter writing to a legislator to take a stand on legislation that has to do with nutrition
* Licensed dietitians versus non-licensed dietitians in California
* Introduction to grant funded jobs under the career options module
* Accurate inventory control and product management
* Calculating yields in large scale production
* Weight versus volume in recipe development
* Interpretation of journal articles
* Post-counseling note taking
* Introduction to NCP and PES statements
* Professional writing skills
* Professional networking
* Awareness of company culture (dress codes, tattoos, etc.)
* Recommendation letters
* Expectations for internships

**EXPERIENCE AND ADDITIONAL ITEMS**

The committee discussed how many hours of nutrition-related volunteer work a student should aim for in order to impress a potential employer:

* 2-3 hours per week from the beginning of course work (long term)
* 50-100 hours per project

**ADJOURNMENT**

Solange adjourned the meeting and thanked the committee members for their participation and feedback.

Next Advisory Meeting to be scheduled for March 2017.