

Careers for Dietitians in Food Service

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I graduated with a Bachelor of Science and Graduate Diploma of Dietetics from Deakin University. I also have a Masters of Science (Hons) from University of Wollongong. I have spent most of my career working in the acute health sector, where part of my role has been to ensure patients receive healthy meals and the right diet. I also provide consultancy to private industry and have been involved in developing state government nutrition standards for hospitals.



What does a food service dietitian do?

A food service dietitian can have many roles including from being involved in food policy planning at a government or local level to developing and analysing nutritious menus for groups such as day care centres, schools, and residential aged care facilities. Basically, any setting where the large-scale preparation and delivery of food occurs. Food service dietitians often work closely with chefs to help design healthy menus. A food service dietitian is usually well informed of all the food safety and food laws that govern the production and distribution of food. Food service dietitians can also go on to research areas of food.

Where does a food service dietitian work?

A food service dietitian can work in a variety of settings in both the private and public sector. This can be in private health care settings, meals on wheels, food companies or in public healthcare. The work can range from full time to consultancy work.

What experience and qualifications do you need to work in food service?

You need to have a degree in nutrition and dietetics which is DAA accredited. No other qualifications are necessary except for a passion for providing good quality nutritious food to people!

What are the highlights?

Highlights are seeing the end result of having healthy nutritious food being available for people to eat. It is also very rewarding to be involved in food policy and educating the wider public on the importance of good food.

Advice for students who are interested in working in food service?

Offer to do work experience in the field of food service. Get involved in the DAA Food Service special interest group. Read articles about food service in journals.