

Deakin University

Full name: Shelley Dillon

Year graduated from Deakin: 2004

Course name: Bachelor of Dietetics/Bachelor of Applied Science (Health Science)

Campus: Burwood

Other qualifications: Food Science Major
Accredited Practising Dietitian



What is your current job and what does it entail?

I am a Dietitian with Simplot Australia. Simplot is one of Australia's largest food manufacturing companies, whose brands include Edgell, Birds Eye, John West, Leggo's, Lean Cuisine, Quorn, I&J, Ally and Seakist. My job has many varied aspects, including development of nutritious new food products, providing accurate nutrition information for product packaging and promotional materials, and liaising with key stakeholders in the nutrition community like the Heart Foundation, FSANZ and the Australian Food and Grocery Council.

What are the things you enjoy most about your job and what have been your career highlights to date?

I love that my job involves such a variety of tasks. No two days are ever the same and there are always new projects on the go! My career as a dietitian in the food industry has also led me to develop skills in areas I would never have expected, like events management and marketing. My career highlight to date has been working on the launch of Quorn, a whole new brand to Australia with a strong nutrition focus. I was heavily involved with the PR campaign for this launch. I also helped develop the 'Biggest Loser' range of calorie-controlled ready meals.

What do you intend to do in the future?

Over the next 12 months I will be tackling a whole new vocation – motherhood! I am looking forward to continuing my career in industry dietetics after my return from maternity leave.

How do you feel your Deakin course has helped your career – both in obtaining your current position, and in the future development of your career?

While studying dietetics it was always my aim to pursue a career in industry after graduation. The wide variety of course units on offer at Deakin meant that I was able to tailor my studies towards this goal. This definitely gave me an advantage when it came to looking for work in this field and gave me a 'foot in the door'.