

## Fitness, Food, and Nutrition Internship Descriptions

This list is a sampling of where FSU Health and Wellness, and Nutrition and Dietetics majors have earned college credit while building skills and exploring career options. If you plan to register for NUTR 495, NUTR 499 or HLTH 495, you must compete and submit an application midway through the previous semester. Talk to your advisor; the application is under *Current Students* on [www.framingham.edu/nutrition](http://www.framingham.edu/nutrition).

### Notes:

- HLTH 495 Internship in Fitness and NUTR 499 Internship at Natick Solder Systems descriptions are listed at the end of the descriptions.
- Newest placements are at the bottom of the descriptions of each course.
- Activities and responsibilities will change each semester.

Organization/Location	Internship Description Responsibilities (Responsibilities will not be the same each semester.)
<b>NUTR 495 Internship in Food and Nutrition</b>	
ABCD Head Start and Children’s Services 178 Tremont Street Boston, MA 02111	<ul style="list-style-type: none"> <li>• Assisted in creating a format for online Wellness manual correlated with Healthy People 2020 and 2010 US Dietary Guidelines</li> <li>• Co-wrote lessons and activities for National Nutrition Month. Assisted in Mattapan Movement for Life event</li> <li>• Participated in the “Parent-Connection” group meetings.</li> <li>• Worked on communications to parents regarding child’s BMI; focus groups, survey and summative report</li> <li>• Collected parent recipes and created a multicultural recipe book</li> <li>• Developed a vegetarian recipe booklet for staff and parents</li> </ul>
Acton-Boxborough School District Food Service	<ul style="list-style-type: none"> <li>• Assisted director with projects</li> <li>• Completed and posted nutrient analysis of high school menu for month using Nutrikids software</li> <li>• Planned and implemented a “Chipotle-style” burrito &amp; bowl offering once a month for the high school. Cost and nutrient analysis</li> <li>• Developed guide and recipes for staff on the new Combitherm oven.</li> </ul>

<p>Algonquin Regional HS Bartlett Street Northborough, MA 01532 Classroom instruction</p>	<ul style="list-style-type: none"> <li>• Assisted teacher in purchasing food, setting up and lab assistance.</li> <li>• Wrote one lesson plan: not taught</li> <li>• UMass Extension project for Food Day</li> <li>• Wrote and taught Sports Nutrition lesson</li> <li>• Created microwave resource and meals for homeless/hotel setting</li> </ul>
<p>Arlington Public Schools Food Service</p>	<ul style="list-style-type: none"> <li>• Created and conducted a high school food preference survey.</li> <li>• Developed and implemented a new entrée meal, “Buffalo-Chicken Macaroni and Cheese with steamed broccoli”.</li> <li>• Completed nutrient analysis</li> </ul>
<p>Bay Path Elder Services, Inc. Marlborough, MA</p>	<ul style="list-style-type: none"> <li>• Developed a multi- media nutrition presentation for congregate meal sites.</li> <li>• “Building Better Bones with Calcium and vitamin D”</li> <li>• Created eight menus backs with relevant nutrition information and prepared display for 12 sites</li> <li>• Developed and implemented Power Point presentation on diabetes. Also original brochure</li> <li>• Co-wrote survey to assess the overall well-being of Meals on Wheels clients</li> </ul>
<p>Blue Hill WIC/ Mattapan Harvard Street Neighborhood Health Center Dorchester, MA 02121</p>	<ul style="list-style-type: none"> <li>• Observed and assisted in nutrition counseling, eligibility forms</li> <li>• Developed a presentation for clients or WIC staff on a nutrition related topic.</li> <li>• Created six recipe handouts for Haitian clients promoting fruit and vegetables</li> </ul>
<p>Brockton WIC, (BAMSI) Brockton, MA 02310 Quincy, Weymouth, Norwood  <i>Contract required</i></p>	<ul style="list-style-type: none"> <li>• Developed and presented weekly “ Good Food Project” demonstrations at office</li> <li>• Supplemented the Good Food Project with a supply of fresh produce and added to nutrition education participation about creating and growing an onsite garden</li> </ul>
<p>Cains Foods, Treehouse Foods Ayer, MA <b>Requirement: Grade of B or better in NUTR 364</b> <b>Experimental Study of Food and other sciences</b></p>	<ul style="list-style-type: none"> <li>• Followed testing protocols and recorded data.</li> <li>• Assisted food technologist in preparing and testing various salad dressing products.</li> </ul>
<p>Community Harvest Project</p>	<ul style="list-style-type: none"> <li>• Correlated MA Curriculum Frameworks with CHP activities on nutrition and sustainable</li> </ul>

North Grafton, MA	gardening. <ul style="list-style-type: none"> <li>• Created an illustrated storybook for kindergarten students on growing vegetables</li> <li>Created a cook book for 4-6th graders and “a Beginners Guide to Gardening” for 10-12 yr. olds</li> <li>• Conducted lessons for during school break.</li> <li>• Worked on planting seeds and garden</li> <li>• Created for staff a manual of learning activities tied to the “ Learning Garden”</li> </ul>
Faulkner Brigham & Women’s Hospital Boston MA	<ul style="list-style-type: none"> <li>• Worked to improve the cafeteria offerings</li> <li>• Promoted healthier eating through nutrition education, choice architecture, and traffic light labeling. Sourced new products, phase out unhealthy products, and educate cafeteria customers about the effects of sugar sweetened beverages.</li> </ul>
Framingham Public Schools School Food Service Framingham, MA  <i>Vehicle required in summer</i>	<ul style="list-style-type: none"> <li>• Investigated and prepared a proposal for “Electronic Document Management” for the Framingham Summer Food Service Program</li> <li>• Promoted nutrition, wellness and the school garden via nutrition slides displayed on the digital boards in the Framingham High School cafeteria.</li> <li>• Summer: Assisted with administrative duties for the Summer Food Service Program: performing meal counts, monitoring of sites, and creating outreach materials. A vehicle is required. Compensation is being offered. Interns are needed Monday-Friday during the beginning of the program and Monday-Thursday towards the end of the summer.</li> </ul>
Framingham/Waltham WIC 300 Howard St. Framingham, MA 01702	<ul style="list-style-type: none"> <li>• Developed a presentation for WIC staff on a specific topic.</li> <li>• Observed and assisted in nutrition counseling: individual and small groups</li> <li>• Created variety of nutrition ed. media for SMOC staff</li> <li>• Created recipe book promoting fruit and vegetables</li> <li>• Developed an activity box; lesson plan and recipe book for breakfast</li> <li>• Created a lesson plan and props to show how much sugar is in popular beverages.</li> <li>• Created a cookbook on infant feeding. Five age groups and tips on infant feeding.</li> <li>• Developed and presented presentation for children at shelter on topic of fruits &amp; vegetables</li> <li>• Developed and presented presentation for children in shelter</li> </ul>
Georgetown Public Schools Food Service	<ul style="list-style-type: none"> <li>• Assisted director with projects: taste tests, menu analysis, inventory and audits.</li> <li>• Assisted in lunch prep and service.</li> <li>• Developed a new lunch item</li> <li>• Conducted survey, nutrient and cost analysis, trial run and implementation</li> </ul>
Keefe Technical High School	<ul style="list-style-type: none"> <li>• Survey students menu preference</li> </ul>

Framingham Food Service	<ul style="list-style-type: none"> <li>• Developed new breakfast options and survey student preferences</li> <li>• Worked on lowering sodium content in menu options</li> </ul>
Lexington Public Schools Food Service Whitsons Culinary Group	<ul style="list-style-type: none"> <li>• Assisted director with projects and observed site management.</li> <li>• Nominal food prep and service.</li> <li>• Worked on reduction of plate waste.</li> <li>• Created and administered survey to lower elementary students on fruit and vegetable.</li> </ul>
Medway-Millis Public Schools District Food Service, Chartwell, Inc.	<ul style="list-style-type: none"> <li>• Assisted in preparation of “Six Cent Reimbursement” report</li> <li>• Created and implemented plate waste program at the HS</li> <li>• Assisted in the preparation of the USDA Administrative Review for the school district</li> <li>• Developed, tested and implemented a new entrée at the high school.</li> </ul>
North Central WIC 375 Nichols Rd. Fitchburg, MA 01420	<ul style="list-style-type: none"> <li>• Observed and assisted in nutrition counseling, eligibility forms</li> <li>• Developed a presentation for clients, including flyer and recipes.</li> <li>• Created a microwave/ coffee pot recipe book and presentation for clients</li> </ul>
Northborough-Southborough School District Food Service	<ul style="list-style-type: none"> <li>• Assisted director with projects related 10 schools: taste tests, menu analysis, inventory and audits.</li> <li>• Assisted in lunch prep and service Created online survey for HS students to report on lunch participation.</li> <li>• Presentation for lower elementary students to promote vegetables &amp; fruit</li> </ul>
Northern Essex WIC Community Action, Inc. Haverhill, MA Gloucester, Beverly & Amesbury	<ul style="list-style-type: none"> <li>• Observed and assisted in nutrition counseling.</li> <li>• Created a display board on “My Plate-healthy eating”, recipes and presented content in lobby.</li> </ul>
Plymouth WIC Plymouth, MA	<ul style="list-style-type: none"> <li>• Observed and assisted in nutrition counseling. Created and implemented “Picky Eaters” vegetable promotion for clients: bulletin board, Power Point, recipes and food demo.</li> <li>• Created bulletin board on whole grains, flyers w/ recipes and survey (2 days) on whole grain redemption and consumption.</li> </ul>
South Central WIC Southbridge/ Milford	<ul style="list-style-type: none"> <li>• Observed and assisted in nutrition counseling.</li> <li>• Entered data in EOS, including iron and child growth measurements.</li> <li>• Developed materials for quarterly group sessions on 4 topics.</li> <li>• Create a manual of recipes that staff can distribute in counseling &amp; group sessions.</li> </ul>

St. Patrick's Manor Nursing Home Framingham, MA	<ul style="list-style-type: none"> <li>• Rotated through all food service staff divisions on site.</li> <li>• Created and implemented a plan to upgrade the retail café for residents and visitors</li> </ul>
Taunton/ Attleboro WIC Taunton, MA	<ul style="list-style-type: none"> <li>• Observed and assisted in nutrition counseling at two locations. Developed materials to increase client use of Farmer's Market vouchers. Survey, display board, recipes and brochure.</li> <li>• Created a cookbook, reproducible recipes; "Healthy Twists on Child Food Favorites" to be used by staff</li> </ul>
The Greater Boston Food Bank Boston, MA	<ul style="list-style-type: none"> <li>• Assisted in nutrition education program: Kids Café, Brown Bag and Back Pack</li> <li>• Created "Nutribyte" Dec. online newsletter</li> <li>• Created brochure for Brown Bag</li> <li>• Created and taught multiple lesson plans for Boys &amp; Girls Club leaders.</li> </ul>
U Mass Extension Services Worcester, MA	<ul style="list-style-type: none"> <li>• Assisted extension agent to provide school and community program services.</li> <li>• Worked with various age groups</li> <li>• Worked on development of refugee nutrition education program</li> <li>• Created and conducted four workshops for adults in rehab.</li> </ul>
U-Mass Memorial Hospital, Marlborough, MA Morrison Healthcare Food Service	<ul style="list-style-type: none"> <li>• Created a menu for one week for retail cafe. Used "Webtrition"</li> <li>• Survey conducted in retail café and development of three a la carte items</li> </ul>
United Way of Tri-County Framingham MA	<ul style="list-style-type: none"> <li>• Worked on needs assessment survey for daycare centers in Framingham.</li> <li>• Drafted a policy brief on providing seniors with food pantry items.</li> </ul>
United Way of Tri-county Food Pantry Pearl Street Cupboard & Café (PSCC) Framingham, MA	<ul style="list-style-type: none"> <li>• Food pantry; verify eligibility, stock inventory, prepare bags, assist in meal service for congregate meals</li> <li>• Assisted in prep and service of dinner meals, twice a week.</li> <li>• Created video clips: overview of PSCC and food demonstration using pantry items</li> <li>• Created two brochures promoting PSCC services and pantry foods</li> <li>• Created multi lingual posters for Servsafe protocols for kitchen</li> </ul>
WIC T.V.V.A. New London, CT <i>Contract required</i>	<ul style="list-style-type: none"> <li>• Multi-level plan to improve outreach: shelf tags for 2 retail grocery stores and new brochure</li> </ul>

<p>YMCA Hockomock Invensys Foxboro Branch Foxboro, MA</p>	<ul style="list-style-type: none"> <li>• Developed a Saturday workshop on “Groceries on a Tight Budget” and presented it to YMCA members</li> <li>• Worked in pre-school Saturday community program, including weight management.</li> </ul>
<p>YMCA Hockomock area and Bernon Branch Franklin, MA 02038</p> <p><b><i>Need Personal Trainer Certificate for gym work</i></b></p>	<ul style="list-style-type: none"> <li>• Promoted “Healthy Futures Program” to prevent childhood obesity: Fit Kids, Run Kids Run, and Fitness Boot Camp.</li> <li>• Developed and presented lessons for two youth programs</li> <li>• Worked with staff and members on their exercise programs and children nutrition programs</li> <li>• Worked on “Nutrition Detective” in class instruction and collection of pre and post test data</li> <li>• Actively participated in the “Promoting Achievable Change” program for school age children.</li> <li>• Investigated new health programs for school age children</li> <li>• Worked on a team in planning the “Y’s” Healthy Kids Day event. Responsible for donations</li> <li>• Coordinated spring food drive for local food pantries</li> <li>• Researched and developed an information guide for school administrator covering this YMCA’s program areas for 2016-2017</li> </ul>
<p>YMCA of Central MA Boroughs Family Branch Westborough, MA</p> <p><i>Need Personal trainer certificate for gym work</i></p>	<ul style="list-style-type: none"> <li>• Assisted with nutrition and fitness programs i.e. “Y-Get Fit Challenge”. Develop sections of weekly newsletter. Gym assistance.</li> <li>• Developed survey for clients, table display and information on sports nutrition</li> <li>• Developed a YMCA staff manual “Nutrition 101 Guide”.</li> <li>• Developed a series of four bulletin boards and brochures on sports nutrition</li> </ul>
<p>Child Nutrition Outreach Program, Project Bread Boston, MA</p>	<ul style="list-style-type: none"> <li>• Assisted in working on specific community nutrition programs such as: SNAP, School Breakfast and Lunch Program and Summer Feeding Programs</li> <li>• Developed and conducted focus groups for FS staff &amp; children on school breakfast participation</li> </ul>
<p>Health Care Insights, LLC Acton, MA</p>	<ul style="list-style-type: none"> <li>• Assisted in the implementation of the MPN program at 6 senior assisted living communities, facilitated and developed educational programming, taste tests and recipe adaptation to MPN program.</li> <li>• Developed one week menu for MPN included: recipes, grocery list and Nutrition Facts</li> <li>• Researched Memory Preservation Nutrition, home application cost of food, created pantry list, and nutrition labels for recipes</li> </ul>

<p>Framingham Public Schools School Health Services Framingham, MA</p>	<ul style="list-style-type: none"> <li>• Developed six interactive nutrition lessons for third grade students.</li> <li>• Assisted RN in elementary schools teach nutrition</li> </ul>
<p>Natick Soldier Research, Development and Engineering Center Natick, MA</p> <p><b><i>NUTR 499: requirement: grade of B or better in NUTR 364 Experimental Foods (required by NSRDEC)</i></b></p>	<ul style="list-style-type: none"> <li>• Recipe modification for the US Naval vessel kitchens.</li> <li>• Review and testing of older recipes- nutrient content and taste panels.</li> <li>• Worked on testing and standardization for topping of all variations of fruit cobbler recipes</li> <li>• Worked on testing and standardization for Baja Fish Taco recipe.</li> <li>• Updated the AFRS Pasta Guideline Cards for three types of pasta</li> </ul>
<p>The John C. Stalker Institute of Food and Nutrition (JSI)</p> <p><i>Supervised by K. McGrail</i></p>	<ul style="list-style-type: none"> <li>• Updated and expanded JSI Resource Center</li> <li>• Created handout for school nutrition staff promoting JSI social media platforms.</li> <li>• Assisted with promoting JSI programs to MW schools eligible for special grant.</li> <li>• Evaluated, via online survey, the knowledge and skill building success and effectiveness of JSI's Workshops to Go between</li> </ul>
<p>Framingham WIC</p>	<ul style="list-style-type: none"> <li>• Created <b>Curriculum Guide for Seasonal Cooking</b> to provide educator lessons and recipes intended for WIC staff to integrate seasonal food from the Farmers Market within the Good Food Project. English and Spanish.</li> <li>• Created <b>Metro West Farmer's Market Guide: Building a Stronger Foundation, One Meal at a Time</b>, a guide to using farmers' markets within the Massachusetts Metro West area that support the WIC Farmers' Market Nutrition Program. Includes six recipes that incorporate seasonal produce from Farmer's Markets as well as WIC food items.</li> </ul>
<p>Plymouth WIC Plymouth, MA</p>	<p><b>Farmers Market Frenzy</b> Created an informational bulletin board in the WIC Office waiting room highlighting the benefits of seasonal produce and use of WIC benefits at the Farmers Market, a food demo, recipe handout and children's activity at the Farmers Market.</p>
<p>Lahey Hospital &amp; Medical Center Burlington, MA</p>	<p><b>AIDET and Identification: Building Blocks for Successful Patient Care</b> Created and delivered 5 training sessions for Nutrition Care Reps to achieve proper tray passing, including proper identification of patients and improved overall patient care.</p>
<p>Camp Tevya</p>	<p><b>Camp Tevya Allergy Guidebook</b> Guide for allergy team and kitchen staff at Camp Teyva</p>

Brookline, NH	including top allergens, signs and symptoms of allergic reactions, kitchen set up, menu display to identify allergens, recipes and resources.
Urban Sprouts San Francisco, CA (Student arranged placement)	<b>Urban Recipes</b> Five lessons created and taught every other week for the Summer Sprouts program. The Urban Sprouts, program, Summer Sprouts, teaches youth grades 9-12 about gardening, sustainability, ecosystems and nutrition.
YMCA Southcoast Fall River, MA	<b>Nutrition Lectures</b> Series of four 30-minute nutrition topics, created and presented, for YMCA adult members on the following topics: fiber, changes to the nutrition label, dietary supplements and reducing food waste.
YMCA of Central MA Worcester, MA	<b>Nutrition Talks and TrEAT Yourself Right Blog</b> Brief (10-15 min) “Nutrition Talks” combined with group exercise sessions for families with children with autism (ages 6-18). Topics included: 1) Getting the families to eat more vegetables. 2) Brief breakdown of carbs, fats, and protein. 3) Facts on the cons of fast food 4) Vegetarian sources of protein. Handouts created for each topic. Sixteen blog posts (nutrition topic and recipe) including the topics covered in the “Nutrition Talks” on the student-created blog <a href="#">TrEAT Yourself Right</a> .
<b>HLTH 495 Internship in Fitness</b>	
Metrowest YMCA 280 Old Connecticut Path Framingham, MA 01701	<b>Develop, schedule, and lead new group exercise programs.</b> Responsible for boosting participation in group cycling programs. Developed a survey to measure member perceptions re: group exercise. The intern was able to obtain licensure in group cycling. Attended a fitness business conference at Brown University. Knowledge from the conference was applied to change the physical environment to boost participation and enjoyment.
Sterling YMCA 254 Essex Street Beverly, MA 01915	<b>Healthy Kids Fun Day</b> table. Created an information table for the Healthy Kids Fun Day event to educate parents and their children about how to read a food label and other related nutrition information. Also responsible for general member engagement and initial fitness introductions.
Charles River YMCA 380 Chestnut Street Needham, MA 02492	<b>Fitness and nutrition classes for kids.</b> Designed to provide fun and engaging physical activities to youth, followed by nutrition education sessions with a related snack.
Old Colony YMCA 2 Greenside Way South	Summer fitness and nutrition classes for kids. Developed a fun and interactive 4 week summer program of themed physical activities followed by themed snacks (e.g., Olympic events with a

Plymouth, MA 02360	snack of vegetable rings shaped like the Olympic symbol)
Bosse Sports 141 Boston Post Road Sudbury, MA 01776	<ul style="list-style-type: none"> <li>• Developed a youth fitness program for the facility. Classes for kids center around sports, the newly developed programs were about fun general physical activity with some nutrition education.</li> <li>• Created sports nutrition brochures and menus. Provided the members with general and sport-specific nutrition tips and healthy recipes to increase their awareness of nutrition and performance. Created and adult performance nutrition guide, a kids nutrition tips sheet, and a teen nutrition brochure.</li> </ul>
Impact Functional and Sports Training 505 Boston Post Road Sudbury, MA, 0177	Nutrition education survey and materials. Developed and implemented a nutrition knowledge, skills, and habits survey to understand client's current states. Analyzed areas of concern through the survey and developed nutrition education materials addressing needs.
<b>NUTR 499 Internship at Natick Soldier Research, Development and Engineering</b>	
Natick Soldier Research, Development and Engineer- ing Center Natick, MA  <i><b>NUTR 499: requirement: grade of B          or better in NUTR 364          Experimental Foods (required by          NSRDEC)</b></i>	<ul style="list-style-type: none"> <li>• Recipe modification for the US Naval vessel kitchens.</li> <li>• Review and testing of older recipes- nutrient content and taste panels.</li> <li>• Worked on testing and standardization for topping of all variations of fruit cobbler recipes</li> <li>• Worked on testing and standardization for Baja Fish Taco recipe.</li> <li>• Updated the AFRS Pasta Guideline Cards for three types of pasta</li> </ul>