



How to Get a Job in Nutrition

with Zoe Griffiths, Freelance Registered Nutritionist
(Public Health) at ZG Nutrition

Today's Session

- What types of jobs are there in Nutrition?
- Who are the main employers of Nutrition Graduates?
- Where do I look for jobs?
- How do I get relevant experience?
- How do I raise my profile?
- The importance of social media
- What should I put on an application form?
- CVs & covering letters
- How to do well at interview including presentations
- Questions & Answers

Where Do Registered Nutritionists Work?

- Public health departments
- Government
- Universities
- Hospitals
- Charity
- Freelancing
- Community
- Research
- Sports
- Technology
- Health and wellbeing organisations



Who are the Main Employers of Nutrition Graduates

- National Diabetes Prevention Programme
- Private health organisations
- Public Health
- Food Industry
- Sports Nutrition
- Charities

Where Do I Look for a Job?

General Places

- Indeed
- @ZG_Nutrition
- Nutrition Graduates Facebook/Instagram page
- Twitter
- LinkedIn
- NHS jobs
- Association for Nutrition
- Nutrition Graduates



Where to Look for NHS Jobs

Where to Look

- NHS Jobs
- Indeed
- Individual Trusts

Search terms to use

- Dietetic Assistant
- Dietetic Assistant Practitioner
- Nutritional Assistant
- Health & Wellbeing Coach



Where to Look for Public Health Jobs

- @ZG_Nutrition
- @publichealthjobs
- NHS Jobs
- Roots to Work
- Soil Association



Search Terms for Public Health Jobs



- Nutrition
- Nutrition public health
- Nutritionist
- Health and wellbeing
- Health improvement
- Diabetes prevention
- Public health
- Healthy weight
- Obesity
- Food policy
- Food poverty
- Food insecurity

Where to Look for Food Industry Jobs

Where to Look

- Indeed
- b3 jobs
- Nutrition Talent
- yourfoodjob.com
- @ZG_Nutrition

<https://www.b3jobs.co.uk/graduates>

Search terms to use

- Food Science
- Nutrition



Where to Look for Education Jobs

Where to Look

- Jobs.ac.uk
- Twitter
- University websites
- Indeed

Search terms to use

- Nutrition
- Food
- Food policy
- Public health



Where to Look for Sports Nutrition Jobs

Where to Look

- Indeed
- NHS Jobs
- Jobs.ac.uk
- Make connections on social media

Search terms to use

- Sports nutrition
- Performance nutrition
- Health and wellbeing coach



How Do I Get Relevant Experience?



Volunteering



Work experience



Internships



Relevant summer/part-time job



Volunteering

- <https://zgnutrition.co.uk/blog-1/f/voluntary-work-for-students>

Work Experience

- Write a blog
- Write an article for a magazine e.g. NHD Magazine, CN Magazine
- Get a summer/current job that is relevant

Internships (Paid and Unpaid)

- British Nutrition Foundation
- EUFIC <https://www.eufic.org/en/who-we-are/eufic-internship-programme>
- Food Foundation <https://foodfoundation.org.uk/contact/#interns>



How to Raise Your Profile

- Get on social media especially Twitter
- Join @AfNutr Twitter chats/cafes
- Get involved in online discussions
- Write a blog
- Post about topics that interest you
- Attend webinars and events

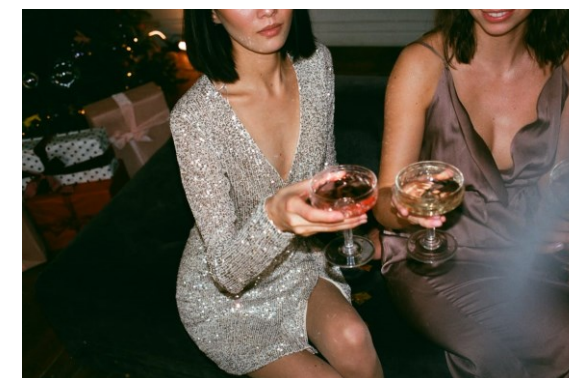
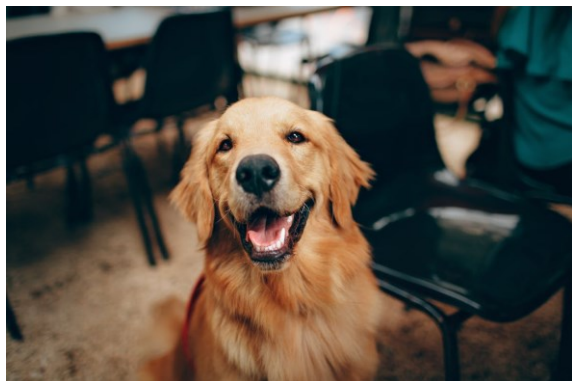
The Importance of AfN Registration

- Some jobs now ask for AfN registration on their job specs
- Putting ANutr after your name shows you are qualified in Nutrition
- It is becoming known in recruitment as something to look for
- So promote it everywhere you can





Have a Professional Profile Picture



Things I Have Seen Posted on Social Media by Nutrition Graduates

- Relationship problems
- Complaints about specific companies re recruitment process
- Very personal information
- Information that is not evidence-based
- Bad mouthing individuals
- Posts that breach conditions of AfN registration
- Controversial opinions

Nutrition is a small community and things like this are noticed and discussed!



The background of the slide is a light cream color, decorated with several realistic-looking orange slices. One large slice is on the left, another on the right, and several smaller ones are positioned at the top and bottom edges.

Separate your Personal from Professional

And Lock your Personal Account!





Completing an Application Form

- Make it easy for the employer to read and match you to the job
- Tailor every application to the individual job
- Explain why you are the right person for the job
- Sell yourself!

CV and Covering Letter

- Make sure that you rewrite your CV and covering letter for every job that you apply for
- Provide a detailed covering letter explaining how you meet the job spec and why they should employ you
- https://www.chester.ac.uk/sites/files/chester/Career_planning_for_Public_Health_Nutrition_students_A5_booklet_2014-15_WEB.pdf

Career Planning for Public Health Nutrition Students





How to Do Well at Interview

Make a great first impression

Do your research and understand the role

Understand how the organisation works

Practise presentations

Practise being confident



How to Do Well at Interview

Think of examples that match the job spec

Don't forget your skills

Pay attention to what is being said in the interview

Ask your University to give you a mock interview

Sell yourself!



Presentation

- A key part of the interview
- Be confident
- Know your stuff
- Keep your PowerPoint slides concise
- Keep to time

If successful!!!





Any
Questions?