

NUTRITIONIST

DISTINGUISHING FEATURES OF THE CLASS: This position exists in the Broome County Health Department and is responsible for planning, developing, implementing and evaluating the nutrition components of the Women, Infants and Children (WIC) program. WIC provides supplemental food and nutritional education programs for low income women, infants and children, or families who are nutritional risks. The position involves assessment of nutritional needs of participants, planning for the provision of a food package and providing counseling appropriate for the individual's physical and medical needs, as well as providing nutrition education to adequately meet the participant's regular and therapeutic needs. The work is performed under the general supervision of the Senior Nutritionist with leeway allowed for the exercise of independent judgment in carrying out the details of the work. Supervision may be exercised over the Nutrition Assistants. Does related work as required.

TYPICAL WORK ACTIVITIES:

Assesses and evaluates the nutritional needs of participants and assigns a food package by comparing dietary intake against standards for nutrition of normal individuals;

Plans and provides for the nutritional needs of participants as affected by medical regimens, drug therapy and/or physical limitations;

Evaluates and determines nutritional needs and eligibility of individuals for participation in the WIC program;

Develops a dietary plan for providing nutritional care to participants;

Educates participants and their families regarding foods available through the WIC program, nutrients provided by these foods and additional foods required to assure satisfaction of complete nutritional needs;

Provides participant centered nutrition education as appropriate to allow for participant driven nutrition education sessions;

Plans and conducts in-service training programs in nutritional care for the staff of the WIC program, Health Department and other county agencies and interested community groups;

Conducts individual and group counseling on maternal and child health nutrition specific to the participants needs;

Advises clients' families and staff on available community resources in foods and nutrition such as home-delivered meals, Title VII nutrition programs, food stamp programs and homemaker services;

Participates in State, regional and local programs to keep informed of new developments in the field of nutrition;

Maintains records in accordance with Federal and State agency requirements;

Plans and evaluates methods and materials used in the nutrition education aspects of the program appropriate to the educational level and cultural needs of clients.

FULL PERFORMANCE KNOWLEDGES, SKILLS, ABILITIES AND PERSONAL CHARACTERISTICS:

Thorough knowledge of the principles and practices of nutrition and diet therapy;
Thorough knowledge of the relationship of nutrient intake to health and restorative and rehabilitative treatment;
Thorough knowledge of how various disease states and medical regimens alter nutrient needs;
Good knowledge of the processes involved in menu planning, marketing and food preparation, along with the ability to advise on organizing and directing these processes effectively, efficiently and economically;
Ability to establish and maintain effective working relationships with clients and staff;
Ability to understand and follow complex oral and written instructions;
Ability to speak clearly and effectively to both individuals and groups;
Ability to operate a personal computer.

MINIMUM QUALIFICATIONS:

- A) Graduation from a regionally accredited or New York State registered college or university with a Bachelor's Degree in nutritional sciences, community nutrition, clinical nutrition, dietetics, public health nutrition, or home economics with an emphasis in nutrition*; OR
- B) Current registration by the American Dietetic Association as a Dietician; OR
- C) Graduation from a school of nursing approved by the New York State Education Department as qualifying for Registered Professional Nurse and possession of a license issued by the State of New York to practice as a Registered Professional Nurse.

*As per Code of Federal Regulations, 7 CFR 246.2

NOTE: Coursework in Hospitality, Restaurant and/or Food Service Management will not be accepted as comparable to nutrition.

SPECIAL REQUIREMENT: Certain assignments made to employees in this position will require reasonable access to transportation to meet field work requirements made in the ordinary course of business in a timely and efficient manner.

NOTE: Appointment subject to approval by the NYS Department of Health, Bureau of Nutrition, prior to appointment.