

Student Volunteer Guidelines – Pennsylvania Academy of Nutrition and Dietetics

To ensure a meaningful and productive experience for both students and committees, all student volunteers must meet the following requirements:

Eligibility Criteria:

1. **Membership** – Students must be active members of the Pennsylvania Academy of Nutrition and Dietetics (PAND).
2. **Academic Standing** – Volunteers must be enrolled in a nutrition, dietetics, or related program at an accredited institution.
3. **Commitment** – Students must commit to a minimum of **10 volunteer hours** per semester to ensure consistency and meaningful participation.
4. **Professionalism** – Volunteers are expected to maintain a high level of professionalism, including punctuality, respectful communication, and adherence to ethical guidelines.

Volunteer Responsibilities:

1. **Support Committee Work** – Tasks may include assisting with projects, research, event planning, outreach, and administrative support.
2. **Regular Communication** – Volunteers must maintain regular contact with their assigned committee and respond to emails or meeting invitations in a timely manner.
3. **Meeting Attendance** – Participation in virtual or in-person meetings as required by the committee.
4. **Reflection & Feedback** – At the end of their volunteer period, students will submit a brief reflection on their experience and any feedback for improvement.

Application Process:

1. **Submit an Interest Form** – Students must complete a volunteer interest form, specifying their skills and areas of interest.
2. **Committee Match** – The Student Volunteer Coordinator will match students with committees based on needs and availability.
3. **Onboarding** – Selected volunteers will receive an introduction to their assigned committee and expectations for their role.

Benefits of Volunteering:

- Hands-on experience in the field of nutrition and dietetics.
- Networking opportunities with professionals in PAND.
- Development of leadership, communication, and organizational skills.
- Potential for mentorship and career guidance.

For any questions or to apply, please contact **Carla Escribano, Student Volunteer Coordinator** at cfescribano@gmail.com

We look forward to helping you gain valuable experience while making a meaningful impact!