



City College of San Francisco • School of Health and Physical Education  
John Adams Campus, Consumer Education Department  
1860 Hayes Street, San Francisco, CA 94117



## NUTRITION ASSISTANT PROGRAM

The Nutrition Assistant Program trains students in the delivery of nutrition-related services, including nutrition education, in public health nutrition programs and hospitals. The two-semester program consists of 15 units of course work and 2 units of field experience equivalent to 160 hours. The field experience consists of assignment at public health nutrition programs or hospitals where students learn and practice required skills and competencies under the supervision of a registered dietitian. For more info: [www.ccsf.edu/lyamashi](http://www.ccsf.edu/lyamashi)

### ***UPON SUCCESSFUL COMPLETION OF THE PROGRAM, THE STUDENT WILL BE:***

1. Issued a Nutrition Assistant certificate.
2. Eligible to take the test for WIC Nutrition Assistant (WNA) certification from the State of California WIC Program, if applicable.

### ***ADMISSION REQUIREMENTS:***

1. Graduation from an accredited high school or have passed GED test or a high school proficiency exam.
2. Submission of a written application.
3. Completion of HOEC 98, Introduction to Nutrition Assistant Program, with a grade of C or higher.  
(Acceptance to the program occurs AFTER successful completion of HOEC 98; the other courses are added after acceptance.)

### ***PREFERRED COMPLETED COURSES / EXPERIENCE:***

1. Recommended English proficiency level: placement in ENGL 90 or ESL 160, or completion of ESL 150 with a grade of C or higher.
2. High school chemistry and biology
3. Basic computer skills; basic math skills
4. Experience working in health or nutrition in a community or hospital setting

### ***UPON ACCEPTANCE INTO THE PROGRAM:***

A negative TB test or chest X-ray are required before placement in field experience. Physical exam and other vaccinations may also be required depending on the field experience site.

### ***COURSE WORK AND FIELD EXPERIENCE:***

#### ***Fall Semester***

HOEC 98 (pre-req) 1 unit  
HOEC 99 and 100 6 units  
Group Discussion 1 hour/week

#### ***Spring Semester***

HOEC 104 and 105 8 units  
Field Experience 2 units  
Group Discussion 1 hour/week

**NOTE:** All courses are listed under "Consumer Education" in the college catalog. Classes are held at the John Adams campus, 1860 Hayes St., San Francisco on T/Th, daytime hours

**APPLICATION FORMS:** Application forms will be available from the Administrative Offices at the John Adams Campus from March 1, 2010. Forms can also be downloaded from our website at [www.ccsf.edu/lyamashi](http://www.ccsf.edu/lyamashi) from March 1st.

**TUITION AND FEES:** (Fees are subject to change without prior notice)

\$26 per unit enrollment fee for California residents

\$179 per unit tuition fee for non-California residents (plus \$26.00 enrollment fee per unit)

\$17 for Student Health fee for ALL students

Cost of textbooks, workbooks, food safety certification exam fee, ID badges, TB tests, etc. are additional expenses (approx. \$300)

### ***FINANCIAL AID:***

Students who are California residents and who meet income eligibility may apply for enrollment fee waiver at the Financial Aid Office.

**Starts  
Fall 2010!**



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If you are looking for a career that is exciting, challenging, and allows you to succeed, excel, and feel good about what you do, then consider the Nutrition Assistant (NA) Program. The NA Program is a two-semester certificate program designed to develop competency in the delivery of nutrition-related services for paraprofessionals. The program consists of an integrated curriculum of course work (15 units) and field experience (2 units, 160 hours). Classes are offered on Tuesdays and Thursdays during daytime hours at the John Adams Campus starting Fall 2010 semester. For ten weeks during the second semester, students are placed at one of a variety of field experience sites in the Bay Area, such as public health nutrition programs or health care settings, where they gain hands-on experience to acquire marketable, job-specific skills under the supervision of a registered dietitian.

Health care trends toward preventative care in community settings, cost containment, as well as the growing ethnically diverse, overweight, and aging population have created an increased demand for well-trained, bilingual nutrition paraprofessionals. These changes and trends mean increased opportunities for the nutrition assistant. Many of our graduates are gainfully employed at WIC Supplemental Nutrition Programs, senior nutrition programs, public health agencies, University of California Cooperative Extension, hospitals, and long-term care facilities.

The Nutrition Assistant Program is limited to a maximum of 30 students. We will start accepting applications for Fall 2010 from March 1, 2010.

For more information, click onto <http://www.ccsf.edu/lyamashi> to the Nutrition Assistant Program link to check program requirements and courses. If you have further questions contact Lisa Yamashiro, MEd, RD, Nutrition Assistant Program Coordinator at [lyamashi@ccsf.edu](mailto:lyamashi@ccsf.edu).