**Work and Volunteer Experience Form**

**Name:**

Please complete this form to log all volunteer, work and research/lab hands on experience in nutrition, food, health or other relevant areas.

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| **Example** |  | | |
| **Site** | **Date** | **Total Hours** | **Summary of Activities** |
| *Tucson Medical Center* | *April 2016-July 2016* | *150 hours* | *Worked in the diet office. Took food orders while considering specialized diets.* |
| *Ensign* | *February 2014-April 2016* | *250 hours* | *Worked weekly shifts in Food Service Associate position. Made sandwiches for lunch boxes, cut fruit, dated HS snacks, and bagged cookies.* |

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| **Paid Work Experience** | | | |
| **Site** | **Date** | **Total Hours** | **Summary of Activities** |
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| **Volunteer Experience** | | | |
| **Site** | **Date** | **Total Hours** | **Summary of Activities** |
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