

A Day as a WIC Nutrition Assistant II

Throughout my high school years, my career pathway has been Foods and Nutrition. I finished my career pathway my junior year, I have always been interested in what kind of foods we should eat, or what we shouldn't eat. A Nutrition Assistant II assists with a variety of health and nutritional services in the Women, Infants, and Children known as WIC Division of the Public Health Department; and to do related work as required. I did my job shadow on Morinda a nutrition assistant II worker at the Tulare County Office in Porterville. My job shadow was scheduled on September 1, 2016, at 8:30 a.m.

As I arrived at the office I was scared, thinking what if I don't look well dressed or if I look too overdressed. I introduced myself, I was a bit nervous because I had never talked to her other than on the phone. She seemed very sweet and kind, she was dressed so cute and professional. She admitted that she was afraid of hosting me just because it was her first time getting asked to get shadowed by. She talked a little bit about herself so we could get to know each other a bit more. It was nice getting asked questions and advice from someone who I had never met.

As we talked a bit more she introduced me to all the staff that she works with, as well as her boss. I just followed her around she showed me the office, gave me a walk by of everything around. She showed me her office and the basic things that you would know if you work there. She then got her first file and was going to teach me the process.

Most of the cases they deal with are confidential, so every time it was time to ask personal questions she would ask me if I could step out for a bit. As I stepped outside all I would hear were babies crying, toddlers running around and parents yelling at them. The process of each case was always so different, none of the cases were ever the same. But from what I got to experience with the cases that I could hear were quite interesting.

It was time for Morinda to take her break, as I followed her into their break room there were many people in their but they weren't all from the same department. As I was sitting in the break room I got to ask her a few of my questions I had prepared for her, she answered very clear and in words that were easier to understand.

I learned many things, like how many people go in and how many different cases they have to deal with. As well as how many things need to be done in order for one case to get processed and all. Something I disliked was that some cases had to do with babies who passed away at birth and need a certificate to be approved by a nutrition assistant II. That probably one of the only things I disliked just because I am sensitive and it would hurt me to do those certificates. One thing I liked was their schedules, how they have a set schedule, for example, Monday through Thursday they go in at 7:30am-5:00pm and then on Fridays you get out 12pm and have weekends off as well as paid holidays

Being a nutrition assistant II would be a great experience for me because I would love to deal with people and the babies that would come. I feel like this job would be a great

spot for me and I would love it. I have always wanted to work in an office and know that I know how an office works I wouldn't mind working as a Nutrition assistant II.