

Let's Talk!

Food & Culinary Professionals
a dietetic practice group of the
Academy of Nutrition and Dietetics

NEW!
**Scope and Standards
of Practice for RDNs in
Food and Culinary**



[Learn More](#)

Putting theory into practice

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Housekeeping

- All attendees are muted
- Type questions into the chat box
- We're recording this session – you may want to turn your camera off

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The FCP Team



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What are the Scope and Standards?

Together, the **scope** of practice and the **standards** of practice are a comprehensive framework that describes the competent level of practice and professional performance expected from RDNs and NDTRs across all practice levels and settings



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Food and Culinary Standards of Practice

- Reflect the minimum competent level of practice as well as expand to proficient and expert levels of practice and professional performance for all RDNs in food and culinary
- Describe how RDNs can implement and demonstrate competence in 6 unique domains of practice and professional performance



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Relevant Components from the Code of Ethics

All RDNs must:

- Practice using an evidence-based approach within areas of competence, continuously develop and enhance expertise, and recognize limitations.
- Recognize and exercise professional judgment within the limits of individual qualifications and collaborate with others, seek counsel, and make referrals as appropriate.
- Practice within the limits of their scope and collaborate with the interprofessional team.



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Using the Standards to Evaluate and Advance Practice

RDNs can use the standards as a self-evaluation tool to support/demonstrate quality practice and competence by:

- applying every indicator or identifying specific areas to strengthen and accomplish
- identifying additional indicators and examples of outcomes that reflect their individual practice/setting
- applying only applicable indicators based on their practice roles, activities, organization performance expectations, and work or volunteer practice settings

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Background

1997 – FCP founded

1999 – core competencies developed

2023 – scope/standards work initiated

2026 – scope/standards published



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The development overview

What	When
11/2023	Initial discussions with CDR
2/2024	CDR new project proposal signed
4/2024	CDR letter of agreement signed Call for authors released
6/2024	Authors/review finalized
7/2024	CDR project proposal signed
8/2024	Project work started
9/2025	Draft scope/standards reviewed
10/2025	Final draft review
1/2026	Scope/standards published



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The CDR Team

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The Standards of Practice at a Glance

All standards are equal in relevance and importance

- STANDARD 1**
Demonstrating Ethics and Competence in Practice
- STANDARD 2**
Striving for Health Equity
- STANDARD 3**
Illustrating Quality in Practice
- STANDARD 4**
Demonstrating Leadership, Interprofessional Collaboration, Management of Programs, Services and Resources
- STANDARD 5**
Applying Research and Guidelines
- STANDARD 6**
Providing Effective Communications and Advocacy
- STANDARD 7**
Providing (Supporting) Person-/Population-Centered Nutrition Care

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The Standards can be used to:

Describe the minimum competent level of practice and performance

Measure performance against indicators for self-evaluation

Provide a foundation for public and professional accountability in nutrition and dietetics care and services

Explain the role of nutrition and dietetics and the unique services that RDNs/NDTRs offer within the health care team and in practice settings beyond health care

Guide policies and procedures, competence assessment tools, job descriptions, career laddering and compensation

Create academic and supervised practice objectives for dietetics education programs

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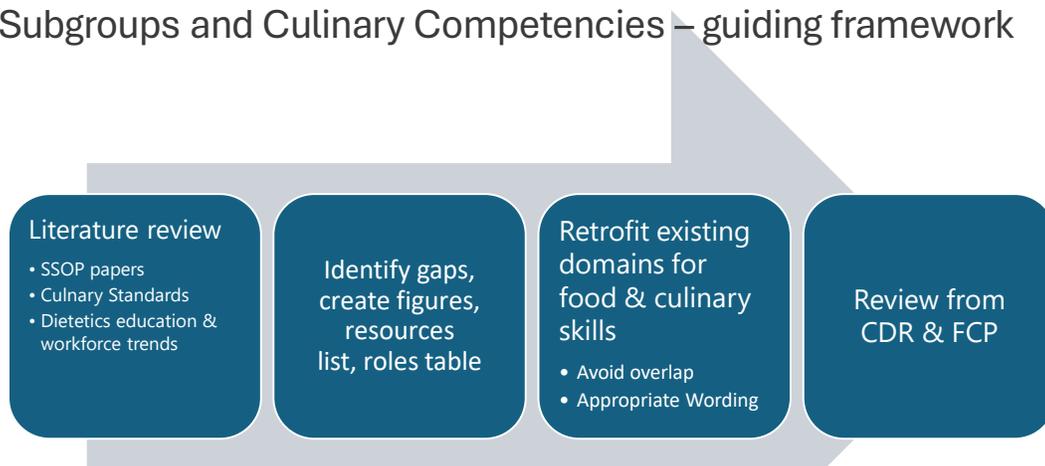
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Focus Area in Food and Culinary

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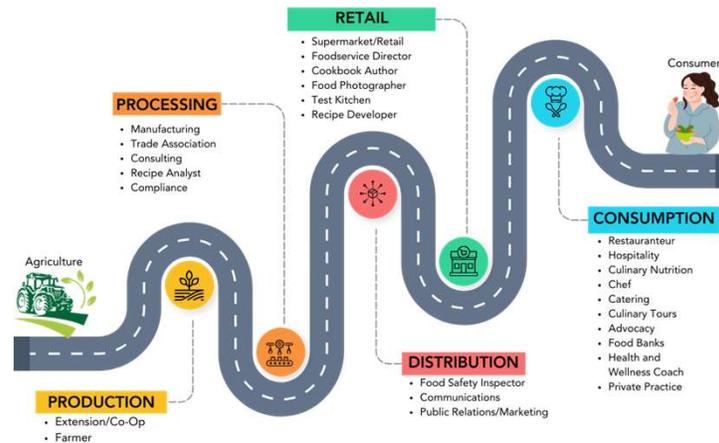
The development process - FCP Subgroups and Culinary Competencies – guiding framework



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Overview

FOOD AND CULINARY RDN ROLES AND SETTINGS ALONG THE FOOD PRODUCTION CHAIN



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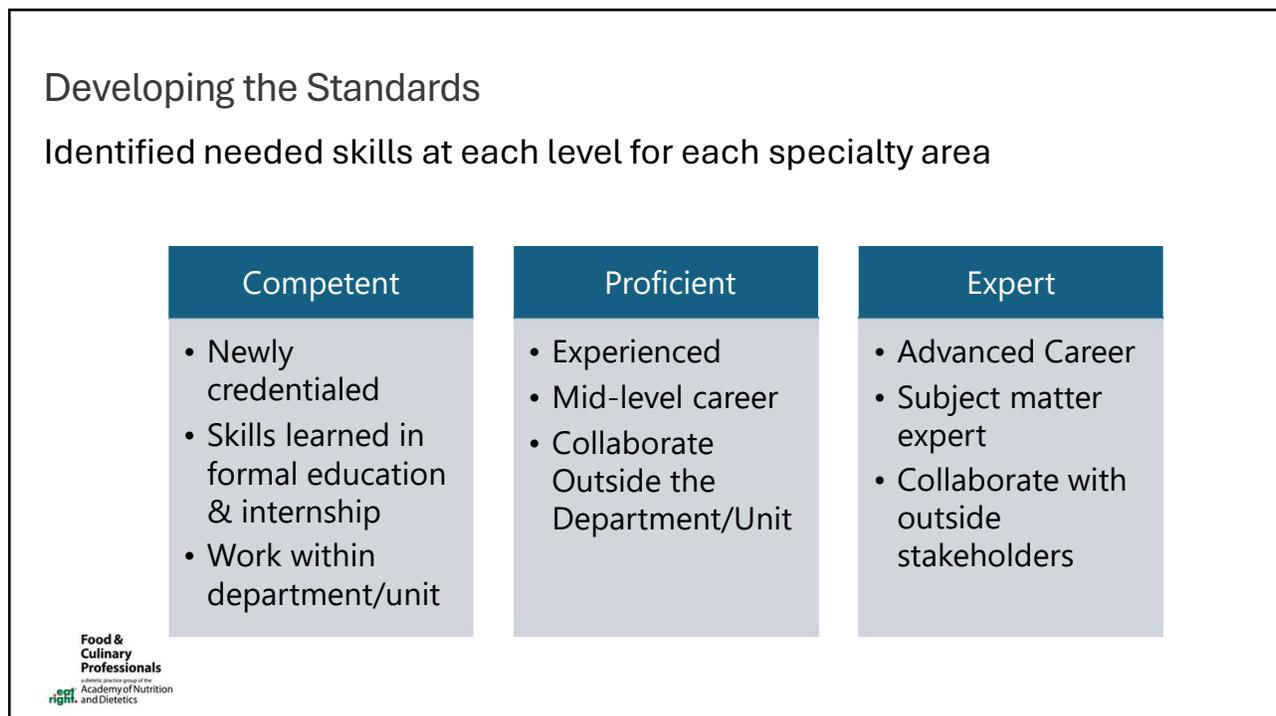
Key Highlights

- Highlights regulatory considerations in food and culinary
- In depth review of emerging trends
- Figures:
 - Food and Culinary RDN Roles and Settings Along the Food Production Chain
 - Key Food and Culinary Resources
 - Competency Chart

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How to Apply the Focus Area Standards in Food and Culinary to Practice

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Using the Scope and Standards - Resources

Figure 4. Key Food and Culinary Resources (not all inclusive)

This list of resources is organized by subgroups: Certifications & Continuing Education, Professional Networks, Culinary Medicine/Nutrition and Regulation, Safety and Research. However, there is considerable overlap among the groups, and all resources may be valuable to anyone seeking knowledge, information, or continuing education opportunities. Some resources may require membership or fees to access. Current at time of publication.

Resource	Link	Description
Certifications & Continuing Education		
American Culinary Federation (ACF)	https://www.acfchefs.org/	Professional network for chefs; provides culinary certification. Resources include webinars related to culinary topics, recipes, and current trends in the industry
Culinary Institute of America (CIA)	<ul style="list-style-type: none"> Undergraduate Academic Programs https://www.ciachef.edu Graduate Programs https://masters.culinary.edu/ Continuing Education and Certifications https://www.ciaprochef.com Leadership Initiatives https://www.ciaindustryleadership.com 	Culinary school offerings include academic degrees and continuing education resources related to culinary arts, foodservice management, and sustainable food systems. The CIA Leadership Initiatives hold conferences for professionals including events related to culinary medicine (Healthy Kitchens, Healthy Lives), foodservice operations (Menus of Change, Healthy Kids Collaborative) and international cuisine (Worlds of Flavor).
Health Meets Food – American College of Culinary Medicine	https://culinarymedicine.org/	Certification programs related to culinary nutrition, as well as curricular resources and an annual conference related to culinary medicine
Institute of Child Nutrition (ICN)	https://theicn.org/	Resources for professionals working in school nutrition including webinars, recipes, and resources on food safety and regulations
Professional Networks		
Culinary Nutrition Collaborative	https://www.culinarynutritioncollaborative.com	Education and training for dietitians and health professionals interested in culinary nutrition and food communication
Foodservice Management Education Council (FSMEC)	https://www.fsmece.org/	Network of foodservice management educators offering research grants, teaching resources, a peer-reviewed journal, and continuing professional education opportunities such as webinars, Academy Food & Nutrition Conference & Expo sessions and annual meetings

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Using the Scope and Standards - Resources

Resource	Link	Description
Food As Medicine – Academy of Nutrition and Dietetics Foundation	https://www.eatrightfoundation.org/foundation/resources/food-as-medicine	Resources for developing, implementing, and evaluating food as medicine programs in retail and other settings
Regulation, Safety, and Research (national and international government agencies)		
Code of Federal Regulations	https://www.ecfr.gov/	The Code of Federal Regulations (CFR) is the official publication containing the general and permanent rules published in the Federal Register by the departments and agencies of the Federal Government.
Food and Drug Administration (FDA)	https://www.fda.gov/	For food and culinary professionals, the FDA provides information and guidance on food labeling, safety standards, nutrition regulations, recall updates, and educational resources on supplements and allergens
FDA Human Foods Program	https://www.fda.gov/about-fda/fda-organization/human-foods-program	A branch of the U.S. Food and Drug Administration that oversees food safety and nutrition activities
National Academies of Sciences, Engineering, and Medicine (NASEM)	https://www.nationalacademies.org/	Nonprofit that offers independent, evidence-based advice on food and nutrition, helping to shape health policy, education, research, and regulations in the U.S. and globally
United States Department of Agriculture (USDA)	<ul style="list-style-type: none"> • FoodData Central https://fdc.nal.usda.gov/ • Agricultural Research Service https://www.ars.usda.gov/ • National Institute of Food and Agriculture https://www.nifa.usda.gov/ • Food and Nutrition Service https://www.fns.usda.gov/ • Food Safety and Inspection Service https://www.fsis.usda.gov/ • National Organic Program https://www.ams.usda.gov/about-ams/programs- 	Branches of the U.S. Department of Agriculture overseeing production agriculture, nutrition programs, nutrient composition database, school meals, organic standards, bioengineered food disclosure, research and food safety



Using the Scope and Standards – Competency Delineation

To progress from **competent** to **proficient** to **expert** one must build on foundational skills and develop leadership and strategic influence. Here's how that progression might look: Refer to Roles Figure to see examples

Example of Practitioner Roles: Typical Title	Typical tasks and responsibilities	How to use FCP Scope and Standards of Practice to assess professional skills and develop professional goals or advancement
Food Science, Food Safety & Regulation		
Competent Food Safety Manager (entry level) in ingredient or food product company	Conduct product testing, analysis, and documentation following established protocols (eg, FDA, USDA)	Attend workshops on food safety standards (like HACCP) to learn new technologies like digital logs and safety software to track compliance
Proficient Quality Assurance Manager	Analyze quality data to proactively prevent safety or quality incidents; develop and deliver training programs on food safety and regulatory compliance	Foster collaborations with mentors to develop problem-solving and decision-making skills in the field
Expert Director of Food Safety and Regulatory Affairs in national and multinational firms and consultancies	Set strategic direction for the company's food safety and quality assurance programs; engage with regulatory bodies on compliance issues and inspection outcomes; mentor managers and lead large teams or multiple facilities	Collaborate with professionals from various disciplines to enhance strategic planning, negotiation, and communication skills; consider advanced degrees (MS, MPH, MBA, or JD) and professional certifications (eg, Regulatory Affairs Certification [RAC])
Sustainable Agriculture		
Competent Farmers Market Community Nutrition Educator	Assist in creating sustainable, nutritious menus and help organize cooking demonstrations focused on using local, sustainable ingredients	Participate in FCP webinars or local extension programs related to agriculture and food systems
Proficient Farm-to-School Dietitian	Educate community on sustainable cooking techniques, food preservation, and waste reduction, and importance of restorative/regenerative agricultural practices	Gain experience working with foodservice or community nutrition programs that support local food initiatives or with advanced coursework and focus on food systems
Expert Sustainable Sourcing and Nutrition Advisor	Build partnerships with farmers, suppliers, and chefs to implement systems for waste	To continue performing at an expert level, check-in with key partners to share best practices and innovations; use standardized



Using the Scope and Standards – Competency Delineation

Culinary Nutrition		
Competent Youth Program Culinary Nutritionist	Create and present healthy cooking demonstrations for students in after school programs; develop age-appropriate cooking activities to teach food safety, nutrition, and basic culinary skills for school age (K-12) students	Create and grow a professional network by using the Resources (Figure 4) table to identify guest speakers in other sectors of food and culinary, including sustainable agriculture or hospitality to grow a professional network
Proficient Public Health Culinary Nutrition Specialist	Design and present culinary demonstrations for a diverse population, ranging from diabetes wellness classes to food pantries and farmers markets; work with various stakeholders to modify existing culinary nutrition resources to meet the needs of target populations	Stay current on emerging technology such as online platforms, educational apps, and interactive tools to improve engagement and learning outcomes in environments where health promotion education takes place; form partnerships with community organizations, or nutrition-focused companies to develop real-world applications for clients
Expert Director of Health System Culinary Medicine & Teaching Kitchen Program	Design culinary nutrition classes, including menu development, recipe modification, and establishing learning objectives; design kitchen spaces for culinary nutrition classes, including specifying culinary equipment needed; recruit qualified professionals to lead classes in a teaching kitchen setting	Use the Resources (Figure 4) table to identify resources for developing culinary modules, networking opportunities, and benchmarking teaching kitchen practices

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The Standards of Practice in Use



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STANDARD 1. DEMONSTRATING ETHICS AND COMPETENCE IN PRACTICE

Standard
The registered dietitian nutritionist (RDN) demonstrates competence, accountability, and responsibility for ensuring safe, ethical, and quality person-centered care and services through regular self-evaluation, and timely continuing professional education to maintain and enhance knowledge, skills, and experiences.

Standard Rationale
Professionalism in nutrition and dietetics practice is demonstrated through:

- evidence-based practice;
- continuous acquisition of knowledge, skills, experience, judgment, demonstrated competence; and
- adherence to established ethics and professional standards.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
1.1 Adheres to code of ethics				
1.1.1	Demonstrates ethical and responsible practices that adhere to the code(s) of ethics (eg, Academy of Nutrition and Dietetics [Academy] and Commission on Dietetic Registration [CDR], employer or facility code of ethics) (ie, disclosing conflicts of interest [partnerships with food companies], using culturally sensitive recipe names, acknowledging prior published materials in recipes) and are within individual scope of practice	X		
1.1.2	Evaluates personal biases and modifies behaviors to align with ethical principles in professional interactions	X		

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STANDARD 2. STRIVING FOR HEALTH EQUITY

Standard
The registered dietitian nutritionist (RDN) approach to practice reflects the value the profession places on health equity in all forms of interaction when delivering care and/or services to colleagues, customers, students/interns, and when interacting with stakeholders.

Standard Rationale
Health equity is at the core of nutrition and dietetics practice where:

- all individuals have the same opportunity and access to healthy food and nutrition;
- RDNs advocate for a world where all people thrive through the transformative power of food and nutrition; and
- RDNs work to accelerate improvements in health and well-being through food and nutrition.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
2.1 Addresses social determinants of health, nutrition security, food insecurity, malnutrition				
2.1.1	Investigates and uses knowledge of the individual's/target population's cultural beliefs and practices when designing menus and recipes, being considerate of culturally inclusive cooking equipment and methods	X		
2.1.2	Incorporates cultural food and nutrition learning goals into continuing education plan on a regular basis	X		
2.1.3	Assesses the presence of food deserts and availability and access to culturally relevant, seasonal, nutritious foods in local grocery stores, farmers markets, and food pantries		X	
2.1.4	Develops cooking demonstrations, workshops, or educational materials that celebrate diverse food traditions and highlight their nutrition benefits		X	
2.1.5	Creates menus and recipes for a target audience based on nutrition goals, considerations for cultural, ethnic, and religious preferences, as well as culinary skill level and food availability		X	
2.1.6	Provides meals that respect religious and ethnic dietary values and restrictions (ie, halal, kosher, vegetarian) in corporate cafeterias, hospitals, schools, catering		X	
2.1.7	Partners with those who have knowledge of cultural food traditions (eg, local chefs/elders/community members) to ensure authenticity in creating food demonstrations and/or educational materials		X	

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STANDARD 4. DEMONSTRATING LEADERSHIP, INTERPROFESSIONAL COLLABORATION, AND MANAGEMENT OF PROGRAMS, SERVICES AND RESOURCES

Standard
The registered dietitian nutritionist (RDN) provides safe, quality service based on customer expectations and needs; the mission, vision, principles, and values of the organization/business; and integration of interprofessional collaboration.

Standard Rationale
Quality programs and services are designed, executed, and promoted reflecting:

- RDN's knowledge, skills, experience, and judgement;
- knowledge of organization/practice setting operations, culture, and the needs and wants of its customers; and
- competence in addressing the current and future needs and expectations of the organization/business and its customers.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
4.1 Engages in collaborative ready practice				
4.1.1	Communicates effectively with stakeholders in foodservice operations, including chefs, managers, front of house staff, and customers	X		
4.1.2	Develops professional relationships in related fields such as sustainable agriculture, food procurement, and regulation	X		
4.1.3	Works with retailers and consumers to develop programs that increase awareness of healthy foods and nutrition information for customers		X	
4.1.4	Collaborates with community members, retailers, customers, and stakeholders to develop and provide programs that increase awareness of healthy foods (eg, farm to school programs, culinary nutrition programs)		X	
4.1.5	Provides expertise to state and local regulatory agencies (eg, health department) to create appropriate and effective workplace policies			X
4.1.6	Communicates food and culinary nutrition topics to professionals and fields outside traditional scope of practice (eg, expert panel or conference speaker)			X
4.2 Facilitates referrals				
4.2.1	Collaborates with interprofessional team to facilitate referrals when activity is outside of food and culinary scope of practice (eg, kitchen or manufacturing design, international trade law or food regulation, advanced clinical nutrition needs)	X		
4.2.2	Maintains interprofessional networks of health care and community service providers in food and culinary-adjacent fields (eg, medically tailored meal delivery, food banks, WIC, SNAP, farmers markets) to facilitate referrals		X	




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STANDARD 6. PROVIDING EFFECTIVE COMMUNICATIONS AND ADVOCACY

Standard
The registered dietitian nutritionist (RDN) effectively applies knowledge and expertise in communications with customers and the public, and in public policy advocacy efforts.

Standard Rationale
The RDN works with others to achieve common goals by effectively sharing and applying unique knowledge, skills, and expertise in food, nutrition, dietetics, and management services; and in contributing to public policy efforts by advocating for nutrition and dietetics programs and services. The RDN works with others to:

- achieve common goals by effectively sharing and applying knowledge, skills, and expertise in food, nutrition, dietetics, and management services; and
- contribute to public policy efforts by advocating for nutrition and dietetics programs and services that benefit patients/clients/customers, and individuals, customers, and the public.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
6.1 Engages in information dissemination through conversations, presentations, publications, media, social media with various audiences				
6.1.1	Communicates the connections between taste, flavor, nutrition, and the enjoyment of food and beverages to consumers through different channels (eg, social media, newsletters, cooking demonstrations)	X		
6.1.2	Identifies and communicates the environmental, economic, flavor and other relevant characteristics of food (eg, locally produced, artisanal, fresh, frozen, canned)	X		
6.1.3	Presents current research related to food and culinary practices at professional conferences (eg, Healthy Kitchens Healthy Lives, Teaching Kitchen Research Symposium)		X	
6.1.4	Uses various teaching and communication methods (eg, online classes, written recipes, cooking demonstrations) when conducting classes in culinary nutrition		X	
6.1.5	Works with traditional and social media to communicate relevant and trending food and culinary topics (including local and artisan foods, culinary trends, and nutritional benefits of cultural foods)		X	
6.1.6	Evaluates and interprets resources and shares key findings/outcomes with stakeholders (eg, public health trends; epidemiological reports; regulatory, programs and standards specific to food and culinary professionals; and education programs)		X	
6.1.7	Develops and presents programs and resources to communicate evidence-based practice to increase stakeholder knowledge and support		X	
6.1.8	Develops or manages systematic processes to: <ul style="list-style-type: none"> • identify, track and monitor resources used by the population • assess impact on outcomes • communicate recommendations related to findings 			X




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Where to Locate



www.cdrnet.org/focus

Read accompanying Briefing article in the *Journal of the Academy of Nutrition and Dietetics*,
<https://www.jandonline.org/>

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Questions?

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Thank you!

Watch for more information in the coming weeks

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