

Nestlé awards postgraduate scholarship to Massey University dietetics student

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The School of Sport, Exercise and Nutrition Postgraduate Scholarship, awarded by Nestlé, provides monetary support for a dietetics student enrolled in their second year of studying the Master of Science (Nutrition and Dietetics) programme. This is the second year the scholarship has been awarded.

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“When I started dietetics I had a robust knowledge of food and nutrients, but I did not believe I had the skills, nor confidence, to educate and motivate people,” Ms Shepherd says. “Dietetics at Massey has challenged me on a mental, social and physical level, and has subsequently not only made me a more confident and ambitious student dietitian, but also a more resilient woman; these are all traits that I hope will synergistically carry me through a career of improving the health and wellbeing on others.”

Associate Professor Rozanne Kruger says the scholarship provides a unique opportunity for students to showcase not only their academic achievements, “but also develop their professional practice as an emerging dietitian in the different placements, projects and volunteer roles during their first year of study. We are very proud to award this scholarship to Katrina.”

Ms Shepherd has also taken on a study placement based at the Nestlé head office in Auckland. The placement seeks to support the Nestlé Cook for Life programme, building nutrition knowledge, capability and confidence for teenagers in a hands on interactive session about cooking and healthy food choices. The involvement of Massey dietetics students helped deliver the programme to over 500 year 10 students at Manurewa High School, one of the largest decile one schools in South

Auckland.

Amanda McDermott, New Zealand Wellness Manager for Nestlé, says the collaboration is a great example of how working in partnerships with other organisations can help to provide an even greater positive impact in the community. "We really value our ongoing partnership with Massey University and look forward to continuing to strengthen our relationship with Manurewa High School to support nutrition health and wellness learning among their student community through Nestlé Cook for Life."