



Evelyn Minolfo Registered Dietitian Nutritionist (RD)



I educate and counsel people of all ages and populations to meet their health and nutrition goals.

How long have you been a registered dietitian nutritionist?

I have been working as a registered dietitian for almost 11 years.

Where do you currently work?

I'm employed by the ShopRite of Parsippany & West Caldwell supermarkets.

How do you spend most of your time at work?

I serve our store's three populations: customers, associates and community. I spend the majority of my time in the store conducting nutrition classes, counseling sessions, food demonstrations and culinary events, and helping customers find products they need. Outside of the store I conduct community nutrition/wellness events.

Why did you choose this career?

As a lifelong "foodie," I've been cooking and baking while devising healthier ways to enjoy recipes. As a dietitian I get to share this passion while educating people how to achieve their nutrition and health goals!

What did you do to prepare for this career?

To become an RD, you must complete a Bachelor of Science in Nutrition from an accredited college, then get accepted into an accredited dietetic internship where you get trained in medical nutrition therapy rotations for in-patient and out-patient hospital/clinical settings. You then complete a food service management rotation as well as public health rotations. Once completed, you must pass the exam to become a Registered Dietitian.



What do you enjoy most about your job?

I love the variety! Every day is different, from helping customers in the store to conducting culinary demonstrations, cooking classes and teaching nutrition out in the community at schools, libraries, health facilities and corporations.

What do you find most challenging about your job?

As a ShopRite dietitian I wear many hats. As much as I love this aspect, it's also the most challenging because there is a lot of running around to devote time to all the communities I serve.

What is one piece of advice you would give to a young person who is interested in your profession?

If you are passionate about food and nutrition and love helping people, then this could be a great fit. Start doing some of these things now, like cooking and baking, reading about nutrition and coming up with your own healthy recipes to share!

EVELYN'S FUN FACT
My favorite movie is "Julie & Julia." I have been watching Julia Child since I was very small!



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