



## Florida Department of Health in Pasco County Dietetic Internship

### Program Expenses and Fees

The program fee for the Florida Department of Health (FDOH) in Pasco County Dietetic Internship is \$250. WIC Track interns are required to sign a work service obligation agreement of 3,120 hours (FDOH employees who are sponsored into the internship) or 4,680 hours (interns who are not employees of the FDOH and were accepted into the internship via the Dietetic Internship Match).

Participation in the internship may allow college loans to be deferred. FDOH is not an eligible educational institution and does not offer financial aid, may not issue the Form 1098-T, and may not issue the F-1 or I-20 student visas. However, interns are encouraged to apply for scholarships, grants, or student loans to reduce the financial burden of participation in the program. Seeking financial aid is the responsibility of the intern.

Dietetic interns do not receive stipends. Sponsored interns that are employees of FDOH will receive their full-time salary and fringe benefits from their sponsoring agency for up to 200 hours while in their WIC specific rotations.

All travel expenses including but not limited to didactic weeks, public policy week, and supervised practice rotations are the intern's responsibility.

The following costs to the intern are estimates and subject to change. The cost to the intern will vary according to their needs and lifestyle. The costs below are estimations from the best information we could find.

#### Costs prior to the internship

Application Fee	\$50
Program Fee (WIC Track)	\$250
Medical Insurance <sup>1</sup>	\$450-5265 <sup>1</sup>
Student Liability Insurance <sup>2</sup>	\$22 <sup>2</sup>
Health Physical/Examination and vaccinations <sup>3</sup>	\$1117 <sup>3</sup>
AHA Basic Life Support Certification <sup>4</sup>	\$150 <sup>4</sup>
Background Check and Initial Drug Screen <sup>5</sup>	\$118 <sup>5</sup>
Academy of Nutrition and Dietetics Student Membership	\$60



Laptop with camera and microphone <sup>6</sup>	\$550 <sup>6</sup>
Microsoft 365 Business Basic <sup>7</sup>	\$88 <sup>7</sup>

### Costs during the internship

Transportation throughout the internship <sup>A</sup>	\$5562.5 <sup>A</sup>
Lodging and meals for overnight travel including didactic weeks in Pasco County, Public Policy Week in Tallahassee. <sup>B</sup>	\$3168 <sup>B</sup>
FAND Legislative Workshop/Training Registration Fees	\$50
Meals and parking at rotation facilities (if required by site) <sup>C</sup>	\$2768 <sup>C</sup>
Books and supplies	\$240
RD Exam Study Materials (average cost of top three)	\$439
Lab coat	\$50
Graduation contribution (collected in first didactic week)	\$30
Additional screenings (background and drug)	\$250

### Costs after the internship

Registration Examination for Dietitians cost	\$200
Registration and Licensure fees	\$235

**Total cost of the internship excluding the graduate program, room, and board is estimated at:**

**\$20,227.50**

**Costs associated with the graduate program.**

University of North Florida (UNF) Graduate Program Cost Per Credit Hour	\$523.25
UNF Initial Fees: Application, Orientation, Welcome	\$75

**Total cost of the graduate program at 30 credit hours: \$15, 772.50**

**Estimated costs associated with room and board in each supervised practice region.**

Cost of Living	Miami <sup>1</sup>	West Palm Beach <sup>2</sup>	New Port Richey <sup>3</sup>	Tampa <sup>4</sup>	Jacksonville <sup>5</sup>	Pensacola <sup>6</sup>
Rent <sup>7</sup>	\$2,442.70	\$2,150.00	\$1,000.00	\$1,757.48	\$1,500.89	\$1,425.00
Basic utilities <sup>8</sup>	\$167.28	\$171.50	\$154.29	\$240.68	\$175.79	\$249.03
Internet <sup>9</sup>	\$62.93	\$60.14	\$48.33	\$72.96	\$70.81	\$66.14
Gasoline <sup>10</sup>	\$3.51	\$3.46	\$3.11	\$3.49	\$3.44	\$3.22

**Total cost of an apartment for a typical 12-month lease: \$32,074.92 based on Miami prices.**

**Key to how we determined estimated cost:**

**Costs prior:**

- 1 Health Insurance cost is for nine months of coverage ranging from state employee single contribution (\$50/month) to average cost of premiums in Florida (\$585/month).
- 2 Based on quick quote from Proliability by Mercer with the Academy discount for 12 months with 1M per incident and 5M aggregate coverage.
- 3 Based on cost of getting your physical and immunizations at CVS Minute Clinic. Titers are less. Already having proof of all immunizations is considerably less.
- 4 American Heart Association Basic Life Support certification is the preferred CPR certification and has been recommended by interns based on their experience. Costs vary widely between classes so shop around.
- 5 Cost of Basic Student Package with Drug Test fees Included through Advantage Students (including Florida fees and taxes). **Some facilities require additional screening specific to the facility. Please check with your coordinator as these can be considerable costs.** The screening we are asking you to do covers most of the facilities we work with.
- 6 You will need a laptop for didactic days and weeks and for time in your supervised practice rotations that can connect to WiFi. Since we meet virtually regularly, you will need to have a camera and microphone on your laptop. The price listed here is for an HP – 17.3” Full HD laptop which was one of the more affordable options at Best Buy. However, cost of laptops ranges widely, so please shop around. **Interns that are sponsored into the program will have their agencies provide them with a laptop. Interns that are matched into the program should check with their regional location to**

**see if they have an available laptop for them to use. The internship does not guarantee matched interns a laptop.**

- 7 To do assignments, you will need Microsoft Word, Excel, and PowerPoint. To communicate throughout the program, you will need access to Microsoft Outlook, Teams, and SharePoint. Cost is for an annual subscription of Microsoft 365 Personal at \$87.49 for 15 months.

**Cost during:**

- A Transportation costs based on 1250 miles a month (15K a year) for ten months at the FDOH mileage reimbursement rate of \$0.445/mile
- B Overnight costs based on 12 nights in a hotel at \$225 a night (FDOH allowance) and 12 days of meals at \$39 a day (FDOH allowance). The 12 nights include: Five nights for Didactic Week 1, Three nights for Didactic Week 3, Two nights for Public Policy Week, and Two nights for the UF pediatric pulmonary clinic for Pasco and Duval regions or Two additional nights for Public Policy Week in Miami-Dade.
- C Meals and parking cost based on 173 rotation days (40 weeks) at \$11 a day for lunch (FDOH allowance) and \$5 a day for parking (estimated average since not all places will charge to park)

**UNF**

- UNF offers a variety of tuition waivers that can be found here: <https://www.unf.edu/controller/student-financial-services/university-waivers.html>
- Sponsored interns (not OPS) can qualify for the State Employee Tuition Waiver which will cover up to six credit hours a semester. Interns should speak to their sponsoring agency on how to apply for state tuition waiver as it is not automatic. You must follow guidelines for state employee tuition waiver exactly or will forfeit this benefit.
- Recent graduates of UNF can qualify for undergraduate pricing for graduate classes if your undergraduate program was completed within three semesters of starting the graduate program.
- A detailed breakdown of tuition and fees for graduate programs can be found here: <https://www.unf.edu/controller/student-financial-services/ms-nutrition-market-rate.html>

**Cost of living:**

1. <https://www.numbeo.com/cost-of-living/in/Miami>
2. <https://www.numbeo.com/cost-of-living/in/West-Palm-Beach>
3. <https://www.numbeo.com/cost-of-living/in/New-Port-Richey>
4. <https://www.numbeo.com/cost-of-living/in/Tampa>
5. <https://www.numbeo.com/cost-of-living/in/Jacksonville>
6. <https://www.numbeo.com/cost-of-living/in/Pensacola>
7. Determined by calculating the average of a 1 bedroom apartment inside and outside city center

8. Electricity, heating, cooling, water, garbage for 915 ft<sup>2</sup> apartment
9. 60 Mbps or more, unlimited data, cable/ADSL
10. Cost per gallon

## Money Saving Tips

Although you do not pay tuition for the internship (the UNF graduate tuition is specific to the graduate program), expenses can add up quickly. Here are a few money saving tips that can help with the expenses mentioned in this orientation packet.

**Medical exams and vaccinations:** If you are unable to use insurance for vaccinations, you may be able to reduce costs by going to your local Health Department or a walk-in clinic. Another cost saving tip is to try a titer if you have had a vaccination but cannot find the necessary documentation. Titers are typically less expensive than the vaccination. Of note: We do not accept titers for Hep B.

**Insurance:** If you do not already have auto, health, or student liability insurance, check with any organizations you are associated with to see if they offer discounted rates. The Academy of Nutrition and Dietetics is an example of an organization that could offer you discounted rates through membership with them, including health insurance. **For health insurance:** If you are a FDOH employee, you can maintain your health insurance by working a set number of hours per pay period or using paid leave. If not, you may have some options for savings here too. If you are 26 years old or younger, a parent can claim you on their health insurance. You may also qualify for Medicaid based on your income during this time. Your best bet is to do some research and shop around.

**Transportation and Lodging:** I encourage you to carpool if possible. For overnight stays, you can often save money using the government rate at hotels (if a FDOH employee), by sharing a room, or by looking at options like Airbnb. If traveling out of your region, you can often find larger homes for more people at a lower cost than a hotel when dividing up total costs. You can often get hotel discounts through organizations like AAA as well.

**Books and Supplies:** You can buy books directly from the publisher, from a discount seller, buy them used, or get the electronic (e-book) version. Shop around.

**Pack a lunch:** Eating out is expensive. Instead, invest in a good cooler pack and bring your lunch with you to rotations and didactic weeks.

**Budget:** Towards the end of the internship your wallet may start to feel a little tight. One of the best things you can do for yourself is set a budget now so that you know how much money you have and prioritize where it goes. Multiple online tools exist to assist with budgeting. MyMoney.gov is one such resource.

**Student loan deferral:** The internship can sign paperwork to defer repayment of your student loans while you are in the internship. Talk to the holder of your student loans to see what paperwork you'll need.

**Government assistance:** Since your income will be low during the internship, you may qualify for government assistance like the Supplemental Nutrition Assistance Program (SNAP), Health Insurance Marketplace, Medicaid, the Affordable Connectivity Program, and Federal Pell Grants.