



## 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 applied through DICAS).

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. See key below for how we determined estimated costs.

#### Costs prior to the internship

Application Fee	\$50
Program Fee (WIC Track)	\$250
Medical Insurance <sup>1</sup>	\$450-5400 <sup>1</sup>
Student Liability Insurance <sup>2</sup>	\$25 <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>	\$630 <sup>6</sup>
Microsoft 365 Business Basic <sup>7</sup>	\$100 <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 and 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	\$192
RD Exam Study Materials (average cost of top three)	\$497
Lab coat	\$50
Graduation contribution (collected in first didactic week)	\$30
Additional screenings (background and drug)	\$250 estimate

### Costs after the internship

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

**Total cost of the internship not including the graduate program or room and board is estimated at:  
\$20,972.50**

Additional costs continued on next page.



**Additional 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 the supervised practice regions available for the 2026-2027 class year. We will not have placement available in Duval or Palm Beach regions.**

Cost of Living	Miami <sup>1</sup>	New Port Richey <sup>2</sup>	Pensacola <sup>3</sup>
Rent <sup>7</sup>	\$2,506.43	\$1,250.00	\$1,503.19
Basic utilities <sup>8</sup>	\$147.36	\$160.00	\$265.19
Internet <sup>9</sup>	\$63.26	\$48.33	\$66.98
Gasoline <sup>10</sup>	\$3.45	\$3.10	\$3.16

**Total cost of an apartment (rent, utilities, internet) for a typical 12-month lease in Miami: \$27,204.60**

**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 (\$600/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 We were unable to update the cost of getting immunizations for 2025-2026. Neither CVS nor Publix provide out-of-pocket expenses. Data in the table is from 2023-2024. Most insurances cover immunizations. 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 **Standard Basic Package (includes background and drug screening)** 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 at Best Buy. The costs of laptops vary, and you can typically get a good deal with sales, so please shop around. **Interns that are sponsored into the program will have their agencies provide them with a laptop. Interns that are not sponsored should check with their regional coordinator to see if they have an available laptop for them to use. The internship does not guarantee non-sponsored 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 is \$99.99.

**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. **State employee tuition waiver is no longer available for new students enrolling in the 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/New-Port-Richey>
3. <https://www.numbeo.com/cost-of-living/in/Pensacola>
4. Determined by calculating the average of a 1-bedroom apartment inside and outside city center
5. Electricity, heating, cooling, water, garbage for 915 ft<sup>2</sup> apartment
6. 60 Mgps or more, unlimited data, cable/ADSL
7. 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 employees), 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. **For any accommodations made, please make sure they have a good cancellation policy as we have had to cancel in person internship meetings for hurricanes and for COVID-19.**

**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.