**Illinois Academy of Nutrition and Dietetics**

**Honor Cord Graduation Requirements**

**Application Materials DUE: March 1,2025**

Email Application to IAND Membership Committee Co-Chairs) Dr. Paula Sochacki or

Dr. Catherine Arnold @ [iandmembership@gmail.com](mailto:iandmembership@gmail.com))

* All records can be sent at the same time for the 3 categories (Community Service, Continuing Education Learning Opportunities and Leadership).
* Students graduating in Fall 2024 or Spring 2025 are eligible to apply. Awards will be distributed at the IAND Spring Assembly in March 2025.

**Honor Cord Requirements:**

A minimum of 10 total hours/points must be earned by each graduating student. There are 3 categories and hours/points *must* be earned from *each* category annually to satisfy Honor Cord Requirements.

1. Community Service
2. Continuing Education Learning Opportunities
3. Leadership
4. **Community Service opportunities (3-10 hours/points):**
   1. Documentation must be verified at site/location where community service was completed and submitted in application.
   2. Examples: Food Bank, Meals on Wheels, Volunteering at hospitals, Community Service (*specific to nutrition and/or health; service through student club*) at an organization.
5. **Continuing Education Learning opportunities (2-10 hours/points):** 
   1. Official CPE certificates must be submitted in application.
   2. CPE dates must be completed within the current academic year starting August 15, but before April 1.
   3. Examples: FNCE, IAND and other state dietetic conferences, Dietetic District Meetings, AND or CDR training (e.g., NFPE, NCP), and/or Webinars (webinars *must be approved for RDNs to earn CPE credit*).
6. **Leadership opportunities (2-8 points):**
   * Membership in the Academy of Nutrition and Dietetics (2 points) *- required*
   * Position held in the university Nutrition/Health Organization/Club (2 points).
   * Appointed State Level (IAND) position - (Example: IAND Student Membership Honor Cord Committee – 4 points).