Newbie Experience at FNCE®

Attending FNCE® for the first time can be a very exciting experience. It can also be overwhelming. Here are some tips to keep you on your toes as you navigate hearing about the MATCH, meeting many people and being bamboozled with snacks.

**Join a Dietetic Practice Group (DPG) before attending, especially if you’re going alone**
There are a lot of events going on at FNCE® and it can be hard to navigate which ones speak to you. Research different DPG’s beforehand. Reach out to one, join if you can afford it, and attend their event. This will allow you the opportunity to meet people with similar interests and find your niche in the realm of dietetics.

If you are not a member of the Behavior Health Nutrition DPG, we would love to have you join us!

**Plan meals**
People get really excited about the food expo, and while it’s great, it doesn’t change the food game. Come prepared. Bring snacks and meals. Make sure you wake up early enough to grab breakfast beforehand or step out of a session for lunch. These are long days and surviving involves a water bottle and regular, nutritious meals.

**Dress comfortably**
You want to look nice, obviously. This is a professional conference. But, there is some leniency in dress code. This is a very large conference so dress your best but know that you can wear flats instead of heels. Tennis shoes are also seen on the expo floor and other less professional meetings, so carrying an extra pair of shoes is a valuable practice. Typically, the first few days are more professional and the last day is more casual.

**Resources**
There will be an opportunity to connect with food companies, which comes with many pros and cons. You may receive lots of great handouts, journal articles, food samples, and even free food delivered to your front door. Another consideration is which email address to use, as there will be lots of marketing and newsletters you can sign up for. You might want to be selective with who you give your email to, or create a separate email account to use for areas of special interest.