



## Community Health Education Intern

**BACKGROUND:** The Community Health Education department at Inter-Faith Food Shuttle is passionate about supporting our neighbors and communities in their health journey through health and nutrition education. Our department offers a variety of programming that empowers our neighbors and communities through practical learning opportunities and workshops.

**Internship Mission:** Interns for the Community Health Education department will expand their knowledge on the root causes of hunger through a well-rounded understanding of food banking and non-profits. Interns will learn how to plan and provide community health and nutrition education through an equity, diversity, and inclusion lens.

**Internship Vision:** Empowered and Empathetic public health and nutrition professionals with the necessary skills to listen to their communities and address the root causes of hunger.

**Internship Values:** Our core values are respect, integrity, collaboration, health, equity, and service.

**SCOPE OF WORK:** This internship is designed to be a valuable training experience in the field of community health and nutrition through increasing knowledge and experience in community nutrition education, program coordination, planning, implementation, and evaluation.

### RESPONSIBILITIES:

- Facilitate program demonstrations and activities.
- Plan and lead program activities with other interns and volunteers.
- Coordinate food demonstrations, virtual handouts, health education displays, and develop healthy snack menu options for Employee Wellness initiatives.
- Participate in “Food Shuttle Learning Days” through engaging with Mobile Markets, the Food Shuttle Farm, Learning Gardens, Agriculture Education, and Food Recovery truck routes.
- Create educational print materials utilizing skills in cultural competency and accessibility.
- Research and data entry related to community needs assessments, program quality evaluation, and grant reporting.
- Assist in nutrition education and food distribution services for Seniors through Grocery Bags for Seniors and Food Access and Education for Seniors Living with Type 2 diabetes.
- Organize supplies and ingredients for nutrition classes and events.
- Other duties as assigned.

### REQUIREMENTS:

- Availability for in office and virtual hours on weekdays, between 8 am – 4 pm and some evening availability as needed.
- Enthusiasm for increasing cultural competency and engaging in diversity, equity, and inclusion work.
- Strong organizational skills, good time and task management, think critically, be flexible, and can think on his/her feet.
- Nutrition and/or culinary experience is preferred.
- Knowledge of the Spanish language is helpful, but not required.
- Excellent interpersonal relations skills; the ability to work effectively to motivate volunteers.
- Must be able to provide their own transportation and be comfortable working in a warehouse setting.
- May be required to lift up to 50lbs within the responsibilities of their role.

**CORE COMPETENCIES:** Fostering team work, Oral Communication, Written Communication, Interpersonal Awareness, Analytical Thinking, Self-Confidence, and Flexibility

**TIME COMMITMENT:** Minimum of 15 hrs/week. This is a 3 - 4 month internship based on the spring, summer, and fall semesters (January – May, May – August, August – December). School program requirements will be taken into consideration for time commitments.



COMPENSATION: This is an unpaid/volunteer internship. There may be funding opportunities for attendance at workshops, conferences, and webinars for professional development.

TO APPLY: Submit application, cover letter, and resume to Susan Meador, Volunteer Services Director, [Susan@foodshuttle.org](mailto:Susan@foodshuttle.org)