



Nutrition Education Internship



Organization Description

Olivewood Gardens and Learning Center is a garden and nutrition education center that uses hands-on cooking, gardening, and science education to teach students and families about nutrition and environmental stewardship. We provide classes, field trips, and community events to children and adults from National City and around San Diego County. Our purpose is to connect children and families to the source of our food and to encourage adventurous and healthy eating.

Internship Description

The purpose of the Nutrition Education Internship is to learn how to deliver nutrition education hands-on classes to children and adults. The intern will work closely with the Nutrition Program Coordinator to support and implement the nutrition activities during our biggest community event, Day of Play. The intern will also support the interactive cooking lessons during the children and family field trips, as well as assist with projects related to our nutrition education programs. Besides the daily responsibilities, the intern will also have the exciting opportunity to use their knowledge and skills to create a long-term project that supports Olivewood's Nutrition Education Program. Internships are unpaid, but class credit is available.

Objectives

The intern will:

- Learn about planning and implementing nutrition activities with children and adults
- Learn about experiential education techniques in a non-traditional classroom setting
- Gain culinary practice in a working farm-to-table kitchen; including introductions to seasonality, organics, and nutrition
- Understand local community health concerns and intervention strategies
- Gain experience working with children and adults of different ages

- Collaborate with the Nutrition Program Coordinator in a long-term project that supports Olivewood's nutrition education programs.

Duties will include:

- Support field trip program; including set-up and clean-up for daily lessons
- Lead hands-on cooking lessons; including kitchen rules, lesson introduction, recipe preparation, monitoring student behavior, supervising kitchen volunteers, and working within specific time constraints
- Assist with or manage on-going projects according to organizational need and individual intern interests/skills

Commitment:

The Nutrition Education Intern will work approximately 10-15 hours a week for the duration of the summer.

Qualifications:

We are seeking energetic individuals with a keen interest in working with adult and youth students; fastidious attention to detail; and a vibrant appreciation for the life lessons learned around the table. The ideal candidate...

...is community service minded

...is a good public speaker with strong written and oral communication skills

...has experience working with children and adults as well as managing small groups

...is computer proficient (including Microsoft Office, social media platforms, and Google apps)

...is a current college student or recent college graduate

...is eager to make cross-cultural connections

...is eager to learn and have fun!

Applicants in the nutrition, culinary, education, or public health fields are preferred, but the position is open to all majors. Spanish language proficiency ideal, but not required.

To Apply

1. Submit a Volunteer Application (<http://olivewoodgardens.org/get-involved/volunteer-application-form/>).
2. Please submit a resume and a cover letter (1) explaining why you want to be an intern at Olivewood Gardens, (2) detailing any internship-related experience, and (3) how this experience would help you achieve your professional and/or personal goals. Please email these documents to Cristina Juarez, Coordinator of Volunteers and Outreach, at cristina@olivewoodgardens.org.
3. Applicants will be interviewed prior to placement.