



## **Unpaid Internship with Growing Hope NUTRITION EDUCATOR INTERNSHIP**

### **About Growing Hope**

Growing Hope is a 15-year-old non-profit organization rooted in Ypsilanti, Michigan whose mission is to foster an equitable and sustainable local food system that empowers all people to grow, buy, sell, prepare, and eat nourishing food. We envision a community where all people--particularly those with barriers due to race, class, culture, language, ability, and mobility--have access to nourishing local food that is culturally appropriate and affordable. People can grow and prepare their own harvests, and may earn a living as a food grower, producer, or entrepreneur.

Our areas of work include Youth & Schools, Farm & Garden, Farmers Markets, and Food Entrepreneurship. This position will work at the Ypsilanti Farmers Market downtown location. The Ypsilanti Farmers MarketPlace hosts the Ypsilanti Downtown Farmers Market as well as MarketPlace Hall for events and rentals, and the Growing Hope Incubator Kitchen.

### **Organizational Culture and Values**

Our culture is rooted in our values: Transformation, Education, Justice & Equity, Placemaking, and Integrity. We commit to upholding inclusive practices and policies while creating space for courageous conversations as a staff and within our community. Instead of simply providing services, we aim to leverage the vast resources already within our community in order to empower and partner with participants and customers. We believe that community members have the ability to make their own decisions about their health and wellness goals and that Growing Hope acts as a resource to increase access and opportunities to meet these goals.

### **Areas of interest:**

Nutrition Education, Culinary Education, Dietetics, Food Security, Youth Programs

### **Position Description:**

Growing Hope is seeking a Nutrition Educator Intern to assist with our Teen Leadership Program's nutrition education booth also known as the "Veggucation Station" at the Ypsilanti Farmers Market (YFM)- Downtown on Tuesdays. At the "Veggucation" Station Teen Leaders educate market customers about healthy food recipes, distribute healthy samples, and perform cooking demonstrations. The "Veggucation" Station is an important part of our teen leadership development, as they practice teaching others about cooking, nutrition, gardening and the food system.

This opportunity includes assisting with nutrition, culinary, and food justice workshops for our teens, as part of our paid Teen Leadership Program. The Intern, with supervision, will work with teens to prepare healthy recipe samples in our licensed kitchen, demonstrate how to prepare recipes on-site, and oversee our Teen Leaders as they sample the recipes.

Intern will work approximately 15 hours per week total. Applicants must be available to work Monday afternoons and Tuesdays from 1 p.m. to 8 p.m as well as meet once/weekly with our Farmers Market & Nutrition Manager. Additionally, each intern will choose a topic of their choice related to nutrition, food justice, and farmers markets for self-study.

**Tasks include:**

- Prepare seasonal produce, recipes and handouts for food sampling at YFM-Downtown with 2-3 Teen Interns and the Farmers Market & Nutrition Manager.
- Prepare and lead cooking demonstrations focused on affordable, seasonal produce at YFM-Downtown.
- Supervise 2-3 of Growing Hope's Teen Interns while sampling food and leading cooking demonstrations at YFM-Downtown.
- Assist in survey collecting, data entry and some light grant reporting.

**Qualifications**

- Interest in food justice and food systems, and a belief that all people deserve access to healthy food.
- Basic food prep and handling skills, and the ability to follow a simple recipe accurately.
- Formal schooling in and/or extensive personal knowledge of nutrition concepts and science.
- Excellent verbal and written communication skills; Approachable, outgoing, and professional personality.
- Experience teaching and/or working with high-school aged youth.
- Experience interacting with people from all walks of life.
- Ability to work independently; Great multitasking skills.
- Able to lift at least 40 lbs. and comfortable working outdoors in all weather conditions.

**Qualities that will enhance your application:**

- Knowledge of gardening
- Familiarity with USDA dietary guidelines.
- Familiarity with lesson planning and evidence-based curricula.
- Passion for and experience with healthy, vegetable-centric cooking.
- Training in food safety (ServSafe certification preferred but not required) and ability to implement such standards to run a clean, safe sampling station.

**Unpaid Availability:**

**Summer Term-** June 3 2019- August 30, 2019. 15 hours per week.

Additional Hours Available July 10-August 30 assisting with sampling and food demonstrations for Growing Hope's Mobile Farm Stand.

**To Apply:** Please apply by April 1, 2019 with a list of relevant experience or resume and cover letter (1 page) that includes what you hope to gain during your internship, and what you think you could most contribute. Also include your desired hours and schedule availability. Please send these documents to [apply@growinghope.net](mailto:apply@growinghope.net) or drop them off in person to the Growing Hope Urban Farm at 922 West Michigan Avenue, Ypsilanti, MI 48197.