The Fit Youth Initiative is a community center collaboration aimed at bettering the nutrition and health of youth in our service areas through fitness programs and nutrition education. FYI aims to increase the level of activity and the consumption of healthy foods during program hours by creating a collaborative, community-based program that offers consistent, intentional, evidence-based fitness and nutrition programming for children ages 3-18 and their parents.

The Nutrition Education Internship is an opportunity to work in your community promoting healthy eating and nutrition to youth and their families. The FYI NE Intern is responsible for creating and promoting FYI Harvest of the Month activities and recipes, assisting with classroom activities, and supporting other FYI nutrition education events. This is an unpaid internship.

Reports to: FYI Nutrition Education Specialist

Time Commitment:

- Mondays 1:00pm – 5:00pm and Fridays 8:00am – 1:00pm. Additional hours can be set based on your schedule
- 12-15 hours/week. Students able to make a multi-semester commitment are preferred.

Qualifications/Requirements:

- Experience working with early childhood (3-5) and/or elementary aged youth (6-12)
- Experience developing and leading youth programming
- Excellent communication skills and ability to work well with others
- Creativity and problem-solving skills and passion for food, nutrition, and cooking

Duties & Responsibilities:

- Create and lead nutrition programming for elementary youth and early childhood classes
- Research seasonally appropriate recipes that are healthy and affordable
- Promote Harvest of the Month by creating fliers, activities, and running parent outreach
- Maintain the FYI kitchen and keep organized records and documentation

Benefits:

- Receive on-site training and continued professional development in youth program development
- Gain experience working with early childhood and elementary age youth
- Build leadership skills and gain experience working in a respected non-profit organization
- Receive punch cards for the GCC Fitness Center for the duration of the internship

To apply:

Please submit your resume and a letter of interest (2 page maximum) describing:
• Brief summary of your interest in this position
• Brief description of your experience with nutrition education
• Brief description of your experience working with children
• Brief description of your experience working in diverse communities

Please submit your resume and letter of interest to Kellie Strinz kellie@goodmancenter.org by November 1st, 2017