



Health & Wellness Intern

Join this exciting, fast growing nonprofit organization committed to transforming lives through distributing healthy fresh food, nutrition literacy and inspiration to the underserved populations in Eastern Buncombe and Western McDowell Counties.

Role Description: Provide support with the Rooted in Health programs and be part of helping others achieve health and happiness! Responsibilities range from developing curriculum for weekly classes, researching and developing healthy, affordable recipes, writing health & wellness blogs, articles and content for our quarterly newsletter and creating resources for weekly markets. Partner and learn from others in the volunteer organization with backgrounds in health & wellness, nutrition, food and energy healing, gardening, corporate marketing and nonprofit management. This internship will afford opportunities for growth in leadership, teaching, written and verbal communication and community building skills. This will be 'meaty' work and not make-work. The right student can put a thumbprint on this organization for many years to come.

Schedule: Flexible

Hours: A minimum of 90 total but preferably 120+ hours

Direct Report: Director of Programs

Responsibilities:

- Research and develop course materials for weekly health & wellness classes
- Co-Teach a health & wellness class at one of our markets each month
- Lead cooking demonstrations at weekly market distributions
- Create health & wellness content for website and Facebook that will engage, educate and inspire readers
- Collaborate with Latino Outreach interns to create Nutrition Information cards for various produce and healthy food staples to be distributed at all weekly mobile markets
- Assist with the development of nutrition education materials that will be used at our mobile markets
- Involvement in planning of Bounty & Soul's newest program, The Cookbook Project (developing curriculum and recipes, reaching out to potential partners, etc.)
- Identify innovative ways to improve nutrition literacy and healthy meal preparation at weekly markets
- Willingness to contribute to the needs of the organization as may arise

SKILLS PREFERRED:

- Passion and interest in the health & wellness field
- Current student studying in Health & Wellness, Nutrition, Health Promotion or related field
- Basic/Working knowledge of applications such as Microsoft PowerPoint and Word
- Desire to teach others about health & wellness
- Comfortable and skilled in public speaking
- Excellent interpersonal skills with passion for communicating effective messages
- Knowledge and experience with social media
- Attention to detail