



## **Health & Wellness Intern – Kids’ Activity Focus**

**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:** This is a health & wellness internship position with a focus on kids nutrition and healthy cooking. Provide support with the Rooted in Health programs and be part of helping children 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. You will be a part of a team, and part of that collaboration will mean owning your programming, and applying your creative talents to building that programming out. 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:** Program Assistant

### **Responsibilities:**

- Research and develop course materials geared towards children for weekly health & wellness programming and healthy cooking demonstrations
- Develop and lead kid-friendly, easy and affordable activities for our themed weeks of programming:
  - Week 1- Nutrition
  - Week 2- Movement
  - Week 3- Mindfulness
  - Week 4- Cooking
- Engage children and parents in a safe, fun and interactive way
- Collaborate with volunteers to create and prep our program materials to be distributed at all weekly mobile markets
- Identify innovative ways to improve nutrition literacy, healthy meal preparation, physical, mental and emotional health for children at weekly markets
- Willingness to contribute to the needs of the organization as may arise

### **SKILLS PREFERRED:**

- Desire and passion for working with children of all ages
- Ability to teach children simple healthy cooking and food preparation skills
- Creative, self-starter, patient, easy mannered



- Passion and interest in the health & wellness field
  
- Interest and experience in working with children in a hands-on environment
- Current student studying in Health & Wellness, Nutrition, Health Promotion or related field
- Basic/Working knowledge of applications such as Microsoft PowerPoint and Word
- Interest and experience in working with a team (e.g. volunteers and staff)
- Comfortable and skilled in public speaking
- Excellent interpersonal skills with passion for communicating effective messages
- Knowledge and experience with social media
- Attention to detail