



Rooted in Health 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. You will get the chance to partner with and learn from volunteers, staff and community leaders 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 Manager

Responsibilities:

- Research and develop recipes for our Nourishment Guides and Cooking Demos for our weekly markets, either for our current drive-thru model and/or potential live in-person model*

**Our current drive thru markets happen on Tuesdays from 11:00am-12:30pm, and Fridays from 4:00pm-5:30pm. We also have a pop-up market for Sherwood Mobile Home Residents on Wednesdays from 4:00pm-5:30pm. Our live in-person model is currently being re-strategized to be in alignment with State & Federal Health Department Guidelines related to COVID-19, with a tentative late August launch (date TBD)*

- Create health & wellness content for website and Facebook that will engage, educate and inspire readers
- Collaborate with volunteers to prep program materials for weekly markets and other one-off programs
- Assist with the development and organization of nutrition education and other programming materials
- 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
- Interest and experience in working with a team (e.g. volunteers and staff)
- Excellent interpersonal skills with passion for communicating effective messages
- Knowledge and experience with social media
- Attention to detail

HOW TO APPLY:

Email a resume and cover letter to Karla Gardner at karla@bountyandsoul.org