



## Rooted in Health Intern

**About Us:** Join our dynamic team at Bounty & Soul, an exciting, fast-growing nonprofit organization dedicated to transforming lives by distributing healthy, fresh food and promoting nutrition literacy and inspiration among underserved populations in Eastern Buncombe and Western McDowell Counties.

### Role Description

As a Rooted in Health Intern, you will play a pivotal role in enhancing our community's health and well-being. This internship offers a unique opportunity to gain hands-on experience in health and wellness education by assisting in the preparation and delivery of engaging classes under the supervision of a Registered Dietitian. You will have the chance to empower participants with practical knowledge and make a meaningful impact on their lives.

### Responsibilities:

- **Educational Support:** Assist in the preparation and delivery of educational classes focused on health and wellness topics, ensuring participants gain practical knowledge and skills.
- **Cooking Demonstrations:** Help organize and execute lively cooking demonstrations and classes, including setup, ingredient preparation, and participant engagement.
- **Nutrition Counseling Assistance:** Shadow nutrition counseling sessions, take notes, and participate in charting to gain valuable insights into the counseling process.
- **Resource Development:** Develop educational materials, handouts, and presentations that inspire healthy living and align with our curriculum.
- **Community Engagement:** Contribute to our outreach efforts by crafting compelling handouts and social media posts to promote classes and events.
- **Recipe Development:** Explore the art of recipe development by learning how to create and execute delicious, plant-strong recipes that promote vibrant health.
- **Program Support:** Collaborate with volunteers and staff to prepare program materials for weekly markets and other one-off programs, as well as assist in the development and organization of nutrition education materials.
- **Innovative Approaches:** Identify and implement innovative ways to improve nutrition literacy and healthy meal preparation at our weekly markets.

### Qualifications:

- Passion and interest in the health and wellness field.
- Current student studying Health & Wellness, Nutrition & Dietetics, Health Promotion, or a related field.
- Basic knowledge of Google Drive & Canva
- Desire to teach others about health and wellness.
- Experience working with a team, including volunteers and staff.



- Excellent interpersonal skills and a passion for communicating effective messages.
- Knowledge and experience with social media.
- Attention to detail.

**Schedule:** Monday-Friday(hours vary)

**Hours:** A minimum of 90 total, preferably 120+ hours

**Direct Report:** Rooted in Health Program Manager

**How to Apply:**

Email your resume and cover letter to Karla Gardner at [karla@bountyandsoul.org](mailto:karla@bountyandsoul.org).

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