

# UHI Youth Education Nutrition and Outreach Coordinator

## Summer and Fall Internships Available

### Description of Position

**Department:** Youth Education

**Reports to:** Director of Youth Education

**Intern Title:** Youth Nutrition Educator & Community Outreach

**Start Date:** Ongoing

**Time Commitment:** 10-20 hrs. per week

**Goals:**

Assist Youth Garden programs working in communities with health disparities through:

- ✓ Garden education; nutrition & food education
- ✓ Increased access & exposure to fruits and vegetables
- ✓ Modifying & teaching new food preparation techniques

**Youth Nutrition Educator:**

- Assist UHI Garden Educator with students during School Garden Program at partner sites (locations vary) as needed.
- Present recipes and nutrition lessons during scheduled school garden programs (periodically, on request).
- Coordinate and manage materials used for nutrition garden lessons.
- Conduct impromptu student surveys to gauge food knowledge & modifications to food behavior.
- Conduct a culminating project based on program needs & students' interest.

**Community Outreach:**

- Assist at the Urban Harvest farmers market greeters booth to become familiar with local food economy.

Make one short presentation(s) to students & parents at a school event such as a PTA meeting, school assembly, health fair, etc.

- Work with students to share healthy seasonal recipes and/or conduct kids gardening and nutrition activities at an Urban Harvest Farmers Market.

**Comments:**

Well-suited for candidates focused on nutrition education as well as those interested in working with at-risk youth populations. School and community locations will vary around Houston metro area.

**To Apply:**

- Send resume and cover letter to Carol Burton at [Carol@urbanharvest.org](mailto:Carol@urbanharvest.org) with the subject: Applicant for Youth Education Intern