Food Access and Nutrition Education Program Intern

About Fresh Approach

The mission of Fresh Approach is to create long-term change in local food systems by connecting California communities with healthy food from California farmers and expanding knowledge about food and nutrition. To achieve this mission, Fresh Approach works closely with the Pacific Coast Farmers’ Market Association, California’s largest association of certified farmers’ markets, as well as schools, health clinics, and other community organizations throughout the Bay Area.

Job Description

We are seeking two interns with availability during weekdays. Each intern will support one Mobile Farmers’ Market route and one nutrition education and cooking class per week for the duration of the internship. Additional hours may occasionally be added for outreach on a third day. Interested applicants should apply for either the East Bay or South Bay position.

The East Bay Food Access and Nutrition Education Program Intern will work in Richmond/San Pablo, Oakland, and/or Antioch/Pittsburg/Bay Point, as well as in the Fresh Approach office in Concord.

The South Bay Food Access and Nutrition Education Program Intern will work in San Jose/Sunnyvale and/or San Mateo/East Palo Alto/Redwood City, as well as in the Fresh Approach office in East Palo Alto.

Working under the direction of the Volunteer Program Specialist, the Food Access and Nutrition Program will gain experience in the following:

Primary Duties:
The position will help Fresh Approach in the following ways:

Support the Mobile Farmers’ Market

The Mobile Farmers’ Market program at Fresh Approach is a farmers’ market on wheels whose purpose is to increase access to fresh, locally-grown produce in the Bay Area. It sources produce directly from local farmers to sell at multiple sites throughout the day. Our goal is to serve food desert communities, where fresh quality produce is not easily accessible.

- Support the on-site Sales Coordinator for a weekly Mobile Farmers’ Market route day.
  - Provide support at market sites by helping at register, stocking and restocking truck with produce, and engaging in friendly and educational conversation with customers.
  - Administer surveys to market shoppers.
  - Complete cleaning tasks as requested by the Sales Coordinator, including wipe-down of shelves, sweeping the floor, organizing stock, and properly storing products
- Conduct outreach in the community
  - Support outreach efforts toward current and potential recipients of public benefits including WIC, CalFresh (SNAP or food stamps), SSI, SSDI, Medi-Cal, and the Senior Food Program
  - Deliver messages that encourage better choices about nutrition
  - Deliver messages that provide a greater understanding of sustainable agriculture and its role in...
Supporting local food systems

- Distribute promotional materials

Support the Nutrition Education program

The Veggie Rx program is a nutrition education program developed for low-income adults, youth, and families. Our full VeggieRx program is a series of 8 classes held over 16 weeks. In these 1.5 hour-long classes, participants learn the basics of healthy eating, such as: strategies for eating more fresh produce, how to identify healthy fats and whole grains, and tips and tricks for eating healthy on a budget. Classes conclude with cooking demos that allow everyone to share and taste new healthy recipes, and to discuss ways to modify recipes to add more vegetables and tailor flavors to individual preferences.

- Assist with developing nutrition curriculum and outreach materials
- Assist with and eventually teach nutrition and agriculture education classes
- Develop and deliver messages to encourage better informed choices about nutrition and local food systems
- Conduct outreach to recipients of public benefits including WIC and CalFresh
- Design educational and nutritional campaigns related to increasing consumption of fruits and vegetables
- Evaluate and analyze program data
- Promote program successes and partnerships through social media, newsletters, and other reports

Desired Qualifications:

- Demonstrated interest in nutrition, cooking, community-based health, local food systems, Certified Farmers’ Markets or California agriculture highly preferred
- Familiarity with the communities and organizations we serve
- Exceptional interpersonal and customer service skills
- Experience with basic accounting, sales transactions and product merchandising, especially with produce
- Willingness to show initiative and creativity
- Training or seeking a degree in public health, nutrition, or a related field
- Experience teaching or instructing classes or lessons
- Ability to work on a team as well as independently
- Ability to communicate in Spanish is strongly desired

**Further, we are seeking an individual who values diversity at all levels and is committed to fostering an environment in which community members and co-workers from a variety of backgrounds, cultures, and personal experiences are welcomed and can thrive.**

Requirements:

- This position requires some work in an office environment and outside in all weather conditions
- Must be comfortable speaking in front of groups and working with a wide range of people from all backgrounds
- Some travel to class sites throughout the Bay Area is required
- This position requires the intern to be able to lift equipment in and out of a vehicle
- This position requires the intern to interact with persons of various socio-economic backgrounds
- This position may require working on the weekends, early mornings or late evenings

Compensation:

- Gain significant experience developing and implementing nutrition education curriculum, outreach materials, and classes for a wide range of clients
Opportunity to shadow employees involved in wide range of food systems work including: nutrition educators, community outreach specialists, mobile farmers’ market route managers, farmers’ market chefs, and farmers’ market managers

- Interns may be able to receive school or community-service credit
- Interns will receive an evaluation upon completion of the internship and may ask for letters of recommendation
- Additional travel beyond the intern’s commute to the office will be compensated
- A stipend of $2,000

Timeline:
- Applications are due by Wednesday, April 1st.
- The internship will begin in late May or early June, depending on the Intern’s schedule, and last for 10-13 weeks. Exact dates will be determined based on the intern’s schedule. Intern is expected to work at least 10-14 hours per week.

To Apply:
To be considered for this position, send a resume and cover letter in Microsoft Word or Adobe PDF format to volunteer@freshapproach.org. Please indicate whether you are interested in the East Bay or South Bay position.

If you are seeking the internship in order to fulfill a requirement for your degree program, please state that and include any specific requirements of your program in your cover letter (i.e. minimum number of hours required). Although this is listed as a part time internship, there may be some flexibility in order to help students meet requirements for their program.