



Nutrition Education Internship

Internship Description

Olivewood's Nutrition Education Internship provides the chance to gain experience with teaching youth in a garden-to-table kitchen. The intern will spend their time working closely with our Youth Nutrition Education Specialist and our Adult and Teen Program Specialist to deliver hands-on cooking and nutrition lessons within our youth programs. As an organization rooted in community, this role requires active participation in anti-racist work and a commitment to diversity and inclusion. Internships are unpaid, however class credit is available.

Commitment

The Nutrition Education Intern will commit to approximately 10 to 12 hours per week for a total of 120 hours. Our field trips occur on Monday, Tuesday, and Wednesday during school hours. Our teen programs occur on Tuesday or Friday afternoons.

Internship Goals

- Learn about planning, implementing and managing experiential nutrition lessons with youth in a non-traditional educational setting
- Gain culinary experience in a garden-to-table kitchen
- Collaborate with the Olivewood team in projects that support our youth programs
- Understand local community health concerns and education challenges

Duties

- Co-facilitate hands-on cooking and nutrition lessons for youth which may include recipe preparation, monitoring student behavior, supervising kitchen volunteers and working within specific time constraints
- Provide feedback on lesson successes and suggestions for improvement

Qualifications

We are seeking individuals who are detail oriented with culinary or nutrition knowledge and an interest in working with youth. The ideal candidate...

- Has experience working with groups of youth
- Is a good public speaker with strong interpersonal skills
- Is a current or recent university or graduate student
- Is eager to make cross-cultural connections
- Is adventurous in the kitchen
- Holds a food handler's card or willing to obtain one
- Is eager to learn and have fun!

Applicants studying nutrition, culinary arts, education, or public health fields are preferred but not required. Spanish language proficiency is ideal, but not required.



Organization Description

Olivewood Gardens and Learning Center's historic 7.85-acre property in National City, California serves as an interactive, indoor-outdoor classroom for children and adults from around San Diego County. Our mission is to inspire youth and adults to be healthy and active citizens through organic gardening, environmental stewardship, and nutrition education. We do this through science-based environmental education and nutrition lessons, hands-on gardening and cooking classes, and job skills and leadership development programs for youth, adults, and families.

To Apply

Email your resume and cover letter to Sarah Suarez, Volunteer Coordinator at sarah@olivewoodgardens.org

