



Nutrition Education/“Veggucation” Internship

About Growing Hope:

Growing Hope is an Ypsilanti-based nonprofit organization dedicated to helping people improve their lives and communities through gardening and healthy food access particularly for low-income families and individuals that otherwise would not have access to gardening resources and fresh produce.

Growing Hope works to accomplish this by managing Ypsilanti Farmers Markets including the Ypsilanti Farmers MarketPlace (YFMP) on Tuesdays, and the Depot Town Farmers Market (DTFM) on Saturdays. These markets play a crucial part in Growing Hope’s nutrition education programs through food sampling and cooking demonstrations.

Position Description:

The Growing Hope team is offering an unpaid internship opportunity to students or community members interested in empowering low-income members of the Ypsilanti community to obtain the skills, knowledge and motivation to eat healthy foods and make healthy food decisions. Although the opportunity is unpaid, the experience will provide an intern with a fundamental understanding of incorporating appropriate nutrition education messaging and activities into a variety of programs at Growing Hope and within the Ypsilanti community.

Specifically, the intern will assist the Gardens Program Manager in implementing Growing Hope’s “Veggucation” programs which includes:

- o Preparing seasonal produce, recipes and handouts for food sampling at the YFMP.
- o Being a point of contact for two Teen Mentors while sampling food at the Tuesday’s YFMP.
- o Assisting in organizing adult gardening and cooking workshops at the Growing Hope Center Farm
- o Assisting in outreach to community members to attend adult gardening and cooking workshops at the Growing Hope Center Farm
- o Promote resources to community members provided through Growing Hope’s Growing Gardens Membership.

Qualified candidates will exhibit the following:

- Available 10 hours/week May-October (ability to start mid-April a plus).
- Available to work Tuesdays from 2:00pm-7:00pm
- Willing to work outside in all weather.

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web: www.growinghope.net twitter: [growingthehope](https://twitter.com/growingthehope) fb: facebook.com/growinghope



- Passionate about food systems and Growing Hope's mission.
- Creative problem solver.
- Motivated and hard-working.

Skills and Experiences:

- Excellent written and oral communication skills.
- Ability to effectively work with many ages, income levels, education levels, and race and ethnicities in a community setting.
- Some experience scheduling and planning workshops, classes or events.
- Knowledge of nutrition concepts and how they relate to health or disease prevention
- Comfortable demonstrating food preparation techniques in front of an audience
- Understanding of how to prepare seasonal fruits and vegetables in unique ways
- Ability to educate and engage with community members
- Ability to adapt and tailor lessons to a wide variety of ages and audiences
- Some experience working with teenagers a plus.

To Apply: Please submit a 1 page cover letter and a resume to apply@growinghope.net by April 6, 2016.

Preferred Start Date: Week of April 18th, 2016 or shortly after (preference given for those that can continue into October)

Growing Hope is an Equal Opportunity Employer and does not discriminate potential employees or interns based on race, creed, age, color, disability, national origin, sex, gender identity, sexual orientation or marital status. We encourage the following groups to apply: people of color and individuals who possess an in-depth understanding of poverty or economic hardship.