

## **Children's Nutritional Services Intern Summer Internship in San Mateo and Santa Clara Counties**

**Position Title:** Children's Nutritional Services Intern (3 positions available)

**Placement Sites:**

- LifeMoves First Step for Families, 325 Villa Terrace, San Mateo, CA 94401
- LifeMoves Haven Family House, 260 Van Buren Road, Menlo Park, CA 94025
- LifeMoves Villa, 184 South 11th Street, San Jose, 95112

**Time Commitment:**

- **10 weeks: June 10<sup>th</sup> – August 16<sup>th</sup>**
  - Full time (40 hours/week) or Part time (20-25 hours/week)

**Expectations/Responsibilities:**

- Communicate with staff, volunteers, and community partners to implement site-wide children's meal program during the LifeMoves' Achieving Career and Educational Success (ACES) Summer Adventure Camp
- Assist Children's Services Coordinators (CSCs) with site operations regarding nutrition and health (ordering food, preparing morning/afternoon snacks and lunch, facilitating nutritional activities for children ages 5-15)
- Identify potential opportunities for organizational or programmatic improvement
- Summer Camp related responsibilities will include:
  - Update meal plan/recipes
  - Lead meal preparation, service, and clean up (at the shelter site and while traveling on field trips)
  - Manage Summer Camp food, cooking, nutritional activity supplies
  - Assist as necessary with other Camp activities
- Redesigning food pantries using principals of behavioral economics to encourage healthy choices
- Connecting staff and clients to nutrition and wellness resources through material development, group programming, and 1:1 consultation
- Development and maintenance of youth gardens and teaching curriculum

**Position Requirements/Preferred Skills:**

- HS Diploma and college coursework towards degree in nutrition, public health, health promotion, agriculture or related field
- Passion for public health, food and nutrition
- Basic cooking or gardening skills
- Experience working with children
- Strong organizational skills
- Ability to problem solve
- Ability to work in fast-paced environment
- Access to personal vehicle

**Learning Outcomes:**

- Hands-on engagement with the children's program of one of the largest and most effective non-profit agencies serving homeless populations in the SF Bay Area
- Gain experience in public health nutrition programming and curriculum development
- Experience in the application of behavioral economics or "nudges"
- Insight on the needs of homeless children and their families
- Networking opportunities for career development with LifeMoves staff, donors and volunteers, board members, and partner agencies

**Compensation:** Unpaid

**Supervisors:** Food and Wellness Manager and Director of Education