

**Nutrition and Wellness Intern  
Summer Internship in Menlo Park  
LifeMoves**

**Position Title:** Nutrition & Wellness Intern

**Main Location:** LifeMoves Administrative Office, 181 Constitution Drive, Menlo Park, CA 94025

**Time Commitment:**

- **10 weeks: June 10<sup>th</sup> – August 16<sup>th</sup>**
  - Flexible scheduling

**Position Details:**

LifeMoves is the largest nonprofit organizations in the San Francisco Bay Area dedicated to helping homeless families and individuals across Silicon Valley return to permanent housing and self-sufficiency.

Are you ready to bring your passion for food and nutrition to improve the health and wellness of shelter clients and leave a lasting impact on LifeMoves programming? Summer interns will be deeply involved in improving the quality of food, nutrition and wellness services provided at LifeMoves locations throughout the San Francisco Bay Area. Focus areas will include USDA meal programs, food pantries, gardening programs.

**Primary Responsibilities Include:**

- Assessment of nutrition quality of food received through donation programs and served to clients.
- Implementing LifeMoves USDA Summer Food Service Program including program planning, coordination with site leads, monitoring, and nutrition education 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.
- Contributing to the development of strategic and sustainable nutrition and wellness plan.

**Position Requirements/Preferred Skills:**

- HS Diploma/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.
- Comfortable working in diverse low-income communities
- Self-motivated, flexible, team player
- Experience in issues related to nutrition and/or education
- Experience working with diverse and low-income populations
- Knowledge of nutrition and food security issues
- Effective public speaker
- Classroom management skills

**Learning Outcomes:**

- Gain understanding of USDA Child Nutrition Programs as well as hands-on experience in their implementation and monitoring.
- Gain experience in public health nutrition programming and curriculum development
- Experience in the application of behavioral economics or “nudges”
- Career development opportunities including mentorship and networking opportunities with LifeMoves staff, donors, volunteers, and partner agencies

**Compensation:** Unpaid

**Supervisor:** Sarah Trist MS, RD Food and Wellness Manager, Program Directors at sites