



817 Grand Avenue, Suite 102, New Haven, CT 06511 | 203.562.6655  
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## Wellness Program Assistant - Internship Position Summer 2020 Internship Opportunity

**About New Haven Farms/New Haven Land Trust:** This newly merged organization unites two nonprofits that have been leaders and innovators of New Haven's urban environmental movement. The New Haven Land Trust (NHLT), Connecticut's first urban land trust, has served the community for nearly 40 years by acquiring and stewarding over 80 acres of nature preserves city-wide and by supporting 55 community gardens throughout New Haven's diverse neighborhoods. NHLT has grown significantly over the last five years to include programs for young environmental entrepreneurs and a marine and coastal exploration summer camp on Long Island Sound. New Haven Farms (NHF) burst onto the scene seven years ago with its innovative **Farm-Based Wellness Program (FBWP)** that partners with medical centers to engage people with diet-related chronic disease risk factors in learning about nutrition and gardening at two of their seven urban farms across New Haven.

Both organizations have a growing commitment to racial equity and community leadership and have taken strides in cultivating community ownership among its stakeholders. A large part of both organizations' work, especially New Haven Farms, takes place in bi-lingual settings, with Spanish as the predominant language. The merged organization synergizes closely aligned missions, values, programming, and diverse support networks into a powerhouse leader for advancing engagement and stewardship of urban nature as a resource for healthy people and communities.

**Position Description:** We are looking for a *Wellness Program Assistant* intern that will serve as an integral part of our **Farm-Based Wellness Program**, working directly with the Wellness Programs Manager to ensure the highest level of program delivery. Our *Wellness Program Assistant* intern will be exposed to many facets of program development, nutrition and cooking education, public health research, urban agriculture, teaching, and community outreach.

Our *Wellness Program Assistant* intern will provide support at weekly classes on Tuesday evenings, Thursday evenings, and Saturday mornings by assisting in food preparation, weekly data collection, distributing weekly curriculum, volunteer management, and/or other logistical support areas. They will also assist the *Cooking & Nutrition Educator* in delivering nutrition and cooking classes for community members and will assist the *Youth Program Educators* in delivering activities and cooking classes for our youth program. They will organize curriculum,



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recipes, and supporting materials for weekly classes. Additionally, they will organize weekly data and assist in data entry. The *Wellness Program Assistant* intern will attend community events, all related program staff meetings, and program committee meetings.

### **Required Skills:**

- Currently pursuing a Bachelor's degree in Nutrition/Dietetics, Culinary Nutrition, Public Health, or a related field.
- Strong interest in cooking, gardening, environmental education, and/or teaching.
- Flexibility to work evenings and limited hours on the weekend.
- Goal driven individual with non-profit and/or other volunteer experience, or a desire to gain such experience.
- Excellent verbal and written communication skills.
- Ability to stay organized and to multitask in an outdoor environment.
- Be able to provide their own transportation to on and off site classes.
- Ability to speak Spanish is preferred.

### **Hours/Wages:**

The *Wellness Program Assistant* intern will be expected to work at least *30 hours a week* or more depending on credit requirements. The *Wellness Program Assistant* will be required to work Tuesday evenings, Thursday evenings, and Saturday mornings. All other work hours will be discussed with the Wellness Programs Manager, upon acceptance.

Although this is an unpaid internship, we will be pursuing candidates that are eligible to receive funding from their collegiate institutions.

**Internship Dates:** This year, in order to streamline our internship program, we will offer two intern orientation/start dates: June 1st and July 6th. Internships will run from 10 to 12 weeks, depending on credit requirements.

**Supervisors:** This position will be supervised by Genesis Vicente, Wellness Programs Manager.

**Application Details:** Applicants should submit a resume, cover letter, and two references to [genesis@newhavenfarmsct.org](mailto:genesis@newhavenfarmsct.org). If applicants have additional questions about the position, they should feel free to reach out to Genesis directly via email or by calling 203-562-6655.