



“Eating for Good Health” Volunteer Description

Harvest Home Farmer's Market, “Eating for Good Health” is a two-part, community-centered nutrition education seminar and healthy meal preparation workshop. This workshop aims to address the unique nutritional, health and culinary needs of culturally-diverse families on a limited budget. After the nutrition education seminar, participants will assist with preparing a delicious, healthy communal meal. The objective is to use the everyday experience of “cooking” to build meal preparation skills, encourage social interaction and to reinforce the message that home cooking will save money and encourage healthier eating habits.

ACTUAL DUTIES STUDENTS WILL PERFORM

Volunteers/interns will assist with day of registration, community outreach effort, data collection, survey, workshop set-up and breakdown and other related tasks. Volunteer/intern may work with the Community Outreach Coordinator to promote the program by canvassing local community health centers, schools, community organizations and distribute promotional materials and flyers.

SPECIFIC KNOWLEDGE

- Possess an interest in making a difference with respect to nutrition, while having a passion for food accessibility and healthy food choices
- College or graduate students with some nutrition background (college coursework in nutrition preferred)
- Bilingual preferred; Spanish-speaking a plus

DESIRED CHARACTERISTICS

- Reliable and dependable
- Willingness to travel to sites in NYC
- Ability to work with diverse populations
- Comfortable with interacting with diverse populations

WORKSHOP DATES AND LOCATIONS

Morris Innovative Senior Center
80 East 181 Street
New York, New York, 10453

Thursday, April 19th 2012
4PM-8PM

Settlement Health Clinic
212 East 106th Street
New York, New York 10029

Thursday, May 10th 2012
4PM-8PM

Wilson Major Community Center
459 West 152nd Street
Btwn Amsterdam and Convent Avenues
New York, New York 10031

Wednesday, May 16th 2012
4PM-8PM

HOW TO APPLY: Email Eleonor Leger, Community Outreach Coordinator at eleonorl@harvesthomefm.org or call 1-646-461-8875.