

Job Title: Nutrition Coach

General Summary

Founded in 1981, Isles is a nationally recognized nonprofit community development and environmental organization with the mission to foster more self-reliant families in healthy, sustainable communities. Each year, Isles reaches thousands of central New Jersey residents and provides a range of services including at-risk youth job training, affordable housing development, financial literacy training, homeownership counseling, urban agriculture, food and nutrition education, environmental health and education, community organizing, and neighborhood and regional planning. The Nutrition Coach will join the Community Planning & Development (CP&D) Team but will work closely with staff, students, and students' families at Isles Youth Institute (IYI) and IYI's new Family Center.

CP&D Overview

CP&D staff work with communities to develop and implement innovative ways to achieve resident-led neighborhood revitalization. Our services fall into three broad categories: community planning, real estate development, and urban agriculture. We work with residents to develop and implement neighborhood plans; provide predevelopment, planning, funding, design, and community outreach assistance to physical redevelopment projects, including affordable housing; support community and school gardeners through the Isles Garden Support Network; offer food and nutrition education via film screenings, discussions, and cooking workshops through our Plate & Place service; and collaborate with other service providers to incorporate hands-on gardening and nutrition education into their youth-serving programs through our YouthGrow service. We also represent Isles on many local, regional, and statewide policy and issue-based committees, and are playing a leadership role in Trenton's efforts to battle its problem of vacant and abandoned properties. We are a lean, flat staff that is passionate about what we do. We are always busy, but never too busy to be creative, to laugh, and to find new ways to tackle persistent challenges. We operate as a cross-functional team that has at its disposal a unique set of neighborhood revitalization tools.

IYI Overview

Founded in 1981, Isles is a nationally recognized nonprofit community development and environmental organization with the mission to foster more self-reliant families in healthy, sustainable communities. Since 1993, Isles' Youth Institute has been providing a caring, peer-based setting for young adults (ages 16-24) who want a high school diploma, career education, construction education, job and higher education placement. Trainees spend half of their day in academic classes and the other half developing vocations, including construction, landscaping, surveying, etc. The Institute also includes life skills and leadership training, individualized counseling and case management, and financial literacy education. After graduation, many Institute participants are either employed in full-time, living-wage jobs or enrolled in continuing education programs. Within their communities, these individuals serve as much-needed role models of self-reliance and positive change.

Job Description

The Nutrition Coach will be primarily responsible for overseeing and enhancing a well-organized, culturally appropriate environment in which:

- IYI students are provided with and educated about healthy, nutritious food, and
- participants in the Family Center are taught how and why to make healthy, affordable food choices, and utilize resources that promote healthy eating.

In addition, the Nutrition Coach will provide community members with nutrition education and resources through the Isles Garden Support Network and Plate & Place services.

Responsibilities:

- Work with the IYI Data/Purchasing Manager to budget for, order, purchase, and pick up food and kitchen supplies for daily food service of IYI and for IYI events.
- Utilize fresh produce grown in Isles' Tucker Street garden and, when possible, coordinate its use by food purveyors in the preparation of food for IYI.
- Monitor the distribution of all food at IYI to ensure that purchasing is within budget.
- Work with students and staff to prepare weekly menus and menus for IYI events.
- Provide nutrition workshops for the IYI Family Center.
- Work with the Community Liaison to create and distribute flyers and other communications for IYI healthy eating opportunities.
- Supervise and ensure the safe use of all items in the IYI kitchen.
- Supervise and/or ensure the cleanliness of all items in the IYI kitchen.
- Manage the IYI food pantry, which includes ordering and pick up of nonperishable food items from local agencies, stocking the food pantry, and distributing food to students.
- Promote the progress and success of school food improvements as a way for other organizations to implement positive changes in their own food services.
- Share best practices with other youth programs that are engaged in or interested in nutrition and gardening education.
- Work with Isles' FoodCorps service member to engage IYI students in gardening and the use of produce in school meals, and in taking a proactive role in creating their school and home food environments.
- Work with CP&D staff on Isles Garden Support Network and Plate & Place events to promote healthy eating to schools and other community organizations through workshops, films, and youth-centered activities.

Education and/or Experience:

- High School diploma or GED with previous experience in the food preparation industry.
- Professional nutrition education/certification preferred.
- Evidence of completion of food safety or "ServSafe" course required.
- Experience working with at-risk youth preferred.
- Comfort working with people of a variety of age groups from culturally diverse backgrounds.
- Strong written and oral communication skills.
- Ability to use Microsoft Word and Excel to develop work plans and track progress and expenses.
- Ability to conduct healthy eating workshops and create and/or implement nutrition education resources and tools.
- Valid NJ drivers license and personal vehicle required.
- Knowledge of and familiarity with Trenton highly preferred.

Working Schedule:

- Typically five days per week, 4 hours per day, up to a maximum of 25 hours per week. This position is grant funded, and funding is expected to provide for a maximum of 25 hours per week for one calendar year from the date of hire. The possibility exists that this position could transition to full time.
- Evening and weekend workshops as required.
- Ability to travel to attend conferences, professional development classes, or meetings.

Physical Demands:

- This job requires that weight be lifted or force be exerted as follows: up to 50 pounds occasionally.

- Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.

Persons with disabilities are eligible as long as they can perform the essential functions of the job after reasonable accommodation is made to their known limitations. If the accommodation cannot be made because it would cause the employer undue hardship, such persons may not be eligible.

For more information, visit our website <http://www.isles.org/>.

Applicants should send cover letter and resume to hr@isles.org.