

Farm to Preschool Program Internship NYC Department of Health and Mental Hygiene

The New York City Department of Health and Mental Hygiene is currently accepting applications for nutrition interns to assist with a pilot Farm to Preschool program (FTP). Funded through the USDA's Supplemental Nutrition Assistance Program, the goal of FTP is to increase consumption of fruits and vegetables among preschool children and their families in child care centers by providing convenient and affordable access to locally grown produce. Participating child care centers will receive a weekly delivery of a pre-purchased fresh food box of locally-sourced fruits and vegetables for each participating family and staff member, on-site nutrition education and cooking demonstrations, and gardening activities for children (to be taught by classroom teachers).

Interns will support program activities at participating child care centers by leading weekly nutrition education activities and cooking demonstrations for parents/caregivers at 1-2 child care centers each week from mid-June through September. Interns will gain valuable and practical experience in conducting hands-on nutrition education sessions to adults from diverse backgrounds. This is a wonderful opportunity to gain exposure to community nutrition, as well as other initiatives in the Healthy Eating & Active Living Program at the NYC DOHMH.

The timeline and time commitment for this internship are as follows:

- late May: participate in program trainings at DOHMH offices in Long Island City (1-2 days);
- early June: conduct program marketing session at assigned child care center(s) (approx. 2 hours per session);
- mid June – end Sept: prepare for and conduct weekly nutrition activities and cooking demos at assigned child care center(s); support program activities at assigned center(s) as outlined below (approx. 4-6 hours/center per week).

Duties include but are not limited to:

- Attend program trainings and regularly scheduled meetings at DOHMH offices in Long Island City
- Liaison with child care center directors and staff around program-related activities
- Conduct program marketing sessions at assigned child care center(s) to promote FTP program activities
- Conduct weekly nutrition activities and cooking demonstrations on-site at assigned child care center(s) as follows:
 - Prepare supplies and materials necessary for weekly nutrition activity and cooking demo;
 - Shop for ingredients for cooking demonstrations (funds will be provided for ingredients);
 - Conduct cooking demonstrations of pre-approved recipes for parents/caregivers on-site at child care center using provided toolkit of supplies and materials;

- Teach weekly nutrition activities for parents/caregivers at child-care centers using FTP curriculum
 - Track purchases and maintain accurate purchase records
- Communicate regularly with program partners

Required qualifications:

- Experience, confidence, and comfort in conducting group nutrition education activities and cooking demonstrations for adults
- Commitment to the center, parents, staff and children as demonstrated by reliability, enthusiasm, preparedness, and positive attitude about nutrition and locally sourced produce.
- Ability to transport food and supplies to centers using public transportation or personal vehicle
- Coursework/pursuing a masters or bachelor's degree in Nutrition and/or Dietetics or Education

Preferred qualifications:

- Bilingual in Spanish or Bangla
- Experience working within/partnering with early childcare centers in an urban environment.

This position is unpaid but may qualify for academic credit or fieldwork hours. If interested, please complete attached application and send with your resume to Lorna Power, Farm to Preschool Coordinator

Email: lpower@health.nyc.gov. Please put “Farm to Preschool Intern Application” in the subject line.