



LENOX HILL NEIGHBORHOOD HOUSE

SINCE 1894

Nutrition Intern
Position Description
September 2015

Lenox Hill Neighborhood House is a 121-year-old settlement house widely recognized as one of New York's premier human services providers. The Neighborhood House serves 20,000 individuals and families in need each year through a wide array of effective and integrated services—social, educational, legal, housing, health, mental health, nutritional and fitness. For more information on Lenox Hill Neighborhood House, please visit our website at www.lenoxhill.org.

The Neighborhood House works across many of our programs to strengthen client health and food is one of our focus areas. We have become a frontrunner in the local farm-to-institution movement by creating a model program serving 400,000 fresh, healthy and locally-sourced meals to low-income clients annually through two senior centers, a homeless shelter, Head Start program, after school, summer camp and a day program for older adults living with dementia. We transformed our 365-day-a-year food services to a farm-to-institution model so that our clients can access and learn to use healthy, fresh foods to improve their overall health and well-being. We serve more than 90% fresh produce (approximately 40% of it locally-sourced), regionally-grown and milled whole grains and sustainably harvested fish and local organic meat.

We now seek a **Nutrition Intern** to support the nutrition and health needs of the diverse populations we serve, as well as to enhance program development and design and help us further implement our farm-to-institution philosophy. Responsibilities will include: providing nutrition workshops and one-on-one nutrition consultations for our clients, including senior center members and residents of our supportive housing residence; work with our Executive Chef to plan curricula for healthy cooking classes and lead workshops for culinary interns; as well as additional work to develop programming around nutrition and healthy diet. The **Nutrition Intern** will be overseen by the Director of Health and Wellness Initiatives Mia Kandel and will work with Executive Chef Lynn Loflin and other program directors.

Qualifications:

The **Nutrition Intern** will be a graduate-level nutrition student interested in working with low-income clients to improve their health outcomes. He/she should demonstrate a strong desire to work directly with clients to help them better understand their dietary needs and how to enjoy eating and preparing healthy food. Candidates should also demonstrate a high degree of commitment and reliability and be able to work with existing lesson plans and also to design and implement new workshops on topics related to nutrition and healthy eating.

Hours:

The **Nutrition Intern's** role necessitates a time commitment of approximately 10-15 hours per week, within the hours of 9:00 a.m. to 5:00 p.m., Monday to Friday, and can be scheduled to meet Hunter field placement requirements.

How to Apply: Interested applicants should email a cover letter, resume and list of references to nutritionintern@lenoxhill.org No phone calls please.