



The Children's Aid Society
Health and Wellness Division

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Health and Wellness

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Seeking Go!Chefs Nutrition and Cooking Instructor (Part time; 5-20 hrs/week)

The Children's Aid Society (CAS) helps children in poverty to succeed and thrive. We do this by providing comprehensive supports to children and their families in targeted, high-needs New York City neighborhoods. In 2003, CAS launched a number of programs aimed at preventing and slowing the rates of childhood obesity in the communities we serve. The programs come together under the umbrella of Go!Healthy, a comprehensive obesity prevention and health promotion initiative that engages children from birth through adolescence, as well as parents and staff. For information about the Go!Healthy programs, please visit: www.childrensaidsociety.org/nutrition

Go!Healthy's Go!Chefs program is a nutrition education and cooking curriculum for elementary, middle and high school youth. Since 2005, Go!Chefs has introduced youth to the pleasures of growing, preparing and enjoying "real food" that is both nutritious and delicious - an essential step toward health and well-being. Our core goals are for children to embrace fresh fruit and vegetables, increase their food literacy and, build skills and self-sufficiency in the kitchen and garden. This program is a complement to our gardening program, which enables children to experience plant-based foods from seed to table. Both the Go!Chefs and gardening programs integrate movement, inquiry-based science learning, arts and crafts, reflection and journaling.

The Children's Aid Society's Go!Healthy program is seeking dynamic instructors to lead Go!Chefs programming during afterschool for the 2017-2018 school year. The Go!Chefs instructor will work during the afterschool hours 1-4 days per week. The instructor must also be available for a training the last week of September and to conduct classes throughout the duration of the school year.

Responsibilities include:

- Effectively implementing the Go!Chefs curriculum which includes hands-on cooking instruction, nutrition education, activities, and reflection
- Managing and ensuring safety for approx. 15 elementary, middle and/or high school students
- Maintaining classroom equipment and procurement of food needed for lessons
- Communicating with site directors and program manager about program progress and needs
- Facilitating classroom discussion around nutrition and the health benefits of fruits, vegetables and whole foods
- Reporting to the Go!Chefs and Garden Program Manager
- Collaborating creatively with gardening instructors
- Coaching a selected team of students in our Iron Go!Chefs competition in June

Candidate must be:

- A **dynamic teacher** with significant teaching experience and culinary skills
- Personally committed to wellness and healthy eating
- Highly organized and able to work independently
- Energetic and self-motivated
- Extremely reliable
- A good communicator

Candidates with a background in Nutrition are strongly encouraged to apply.

To apply, please send a resume and cover letter to Go!Chefs and Gardening Program Manager, Corey King at cking1@childrensaidsociety.org

The Children's Aid Society
is a founding member of
Boys & Girls Clubs of America.



Health and Wellness Division: 4 West 125th Street, 2nd Floor, New York, NY 10027 • 212-949-4948 • www.childrensaidsociety.org
A copy of The Children's Aid Society's latest annual report may be obtained upon request from The Children's Aid Society or from The New York State Attorney General, Charities Bureau, 120 Broadway, 3rd Floor, New York, NY 10271. Residents of FL, MD, MI, MS, NC, NJ PA, VA, WA, or WV will find the directions to obtain the information directly from their state at WM\l.childrensaidsociety.org/about/legal_disclosure

