



PROGRAM INTERNSHIP DESCRIPTION

Food Literacy Center

We believe that food education should be fun, approachable and practical. We want to empower kids to explore more foods and make smart choices on their own. Program interns are vital in preparing for and implementing food literacy programming throughout the Sacramento area.

What's required to become one of our amazing unpaid Program Interns:

- Experience with or desire to work with kids (pre-K-6th graders)
- Basic knowledge of nutrition
- Able to commit for whole session (Fall, Spring, or Summer)
- Available weekday afternoons between 12pm-6pm, and some weekends
- Have your own transportation
- Comfortable public speaking
- Strong communication skills
- Ability to work as a team with adult leaders
- Ability to work independently as leader of a small group (consisting of children and their parents)
- Ability to multi-task and take initiative when necessary
- Capable of maintaining a joyful personality, even in times of "chaos"

Your role:

You will be assisting one or more Food Geniuses (our trained adult volunteers) at various schools or public libraries throughout Sacramento. We will be teaching a variety of lessons, many of which involve making a recipe which include a lot of preparation, chopping, and measuring ingredients. Many of the lessons require breaking into small groups; in these cases you will be proceeding with the lesson on your own and answering any questions that arise. You will also be shadowing the Food Genius. The more hands and positive attitudes we have, the more kids we will be able to reach!

Additional activities may include:

- Public outreach during fairs
- Farmers markets and events
- Assisting with planning activities for Food Literacy Month events

Please note: this is an unpaid internship.

To apply: [visit www.foodliteracycenter.org/form/internship-application](http://www.foodliteracycenter.org/form/internship-application)