



Rooting for Wellness Project Intern Position Description

Rooting for Wellness: Holistic Healthy Food Access for Older Adults Healthy Aging Communities Grant Project

POSITION: Rooting for Wellness Project Intern

SITE: Your hub will be the CFI office, 94 Columbus Rd Athens, OH; other locations according to project schedule, including the communities of Amesville, Coolville, Glouster, Nelsonville, and Stewart.

OUR COMMITMENT:

At Community Food Initiatives we believe that celebrating and nurturing diversity is an essential part of any resilient system. Whether working with our community, our food system, or our natural environment, fostering these various systems requires intentionally preserving and promoting diversity as well as learning about how the current systems/ circumstances came to be. As we learn about the past and present and think about how to journey into the future, we welcome all who wish to journey with us, and believe that a team with diverse experiences and backgrounds will help us journey better: will generate richer discussions, deepen our understanding and commitment to coexistence, and support nuanced thinking. We strive to be an inclusive workplace where everyone feels welcome and respected. We are an equal opportunity employer and actively encourage applications from those whose identities reflect the diversity of constituents we seek to serve, and whose identities are traditionally underrepresented.

POSITION OVERVIEW:

As the Rooting for Wellness Project Intern you'll play a key role in implementing the Rooting for Wellness grant proposal through planning, coordinating, and leading the Rooting for Wellness workshop series, to take place April through September, 2024. This project will provide holistic food-based wellness programming for older adults in Athens County. With support and guidance from the CFI team, the RFW Project Intern will work with existing networks and community centers that regularly serve adults age 60+ to: a) increase accessibility of fresh produce through visits from the Veggie Van (VV), CFI's mobile, donation-based farmstand; b) provide Discovery Kitchen (DK) cooking education for adults age 55+ focusing on how to prepare seasonally available produce, including tasting tables, recipe sharing, and workshops; c) provide gardening workshops to encourage at-home container gardening, outdoor activity, and/or participation in a community garden.

KEY RESPONSIBILITIES

- Work with CFI team to plan coordinate, and implement 9 workshops, April through September, 2024, for adults age 55+, focused on food-based wellness
- Work with CFI team and workshop host sites to finalize workshop schedule



- Maintain communication with workshop host sites
- Identify workshop supplies
- Purchase supplies as needed
- Communicate volunteer needs with Director of Outreach
- Support promotion of workshops as needed
- Load workshop supplies and transport to workshop location
- Lead workshops
- Assist with collection of feedback from workshop participants
- Coordinate workshop planning with Veggie Van team and Veggie Van farm stand offerings

IMPACT

This project has the following goals:

- a) Provide opportunities for social interaction;
- b) Increase access to fresh, nourishing food;
- c) Provide cooking education and recipes to ensure recipients know how to prepare produce;
- d) Provide opportunity to sample prepared recipes;
- e) Provide gardening workshops empowering participants to engage in physical exercise, connect with nature and each other, and grow their own food;
- f) Address some of the most critical issues impacting access to wellness for adults age 60+, interrupting negative feedback loops and enabling better health.

TRAINING

CFI will provide training on food systems, CFI's impact on community resilience, our regional food access network, CFI's Discovery Kitchen program, and gardening as needed. CFI will also provide standard orientation to CFI operations.

COMMITMENT (LENGTH, FREQUENCY, AND AMOUNT OF TIME; LOCATION)

The stipend for this project is based on an estimate of approximately 200 hours to implement the project, April through September, 2024. This breaks down to about 10 hours/week on average, though the actual time commitment may vary.

SKILLS AND QUALIFICATIONS

- Interested in food-based wellness, social justice, and sustainable agriculture;
- Interest in working with adults age 55+
- Ability to contribute individually and participate in a team;
- Highly reliable
- Able to work outside for 3-4 hours and lift 50 pounds occasionally;
- Interested in building relationships

BENEFITS

- Stipend of \$3000, to be distributed \$2000 at project start and \$1000 at project completion.
- Gain experience with a local Athens nonprofit;
- Learn about sustainable and resilient systems/communities;



- Opportunity for creative leadership, and for involvement with work that has a big impact;
- Develop leadership and teaching skills while building your resume with a leadership role

TO APPLY: Please send your resume and a statement of interest to Director of Outreach Susie Huser, susie@communityfoodinitiatives.org. Application deadline April 5, 2024.

Please familiarize yourself with our work on our website before applying:
communityfoodinitiatives.org