



## Rooting for Wellness Veggie Van Intern Position Description

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

**POSITION:** Rooting for Wellness Veggie Van 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 Veggie Van Intern you'll play a key role in implementing the Rooting for Wellness grant proposal through planning, coordinating, and leading the Rooting for Wellness Veggie Van stops in collaboration with the Rooting for Wellness Project Intern, who will be planning supplemental workshops to take place in conjunction with the RFW VV stops, 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 VV 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 60+ 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 Veggie Van Manager, CFI Director of Outreach, and Rooting for Wellness Project Intern to lead Veggie Van operations in relation to Rooting for Wellness project, including preparation for markets and running of market events. This includes:
  - As needed/available, attend Chesterhill Produce Auction, MON/THUR, ~3PM-7PM and purchase produce for RFW Veggie Van stops;
  - Lead Veggie Van markets scheduled in relation to Rooting for Wellness project, coordinating with Veggie Van Manager to ensure all details/needs for a successful Veggie Van stop are met (e.g. packing produce, setting up Veggie Van stand, collecting donations, logging data)



- Manage data collection for RFW VV under supervision of Veggie Van Manager;
- Communicate with Rooting for Wellness Veggie Van host sites in collaboration with Rooting for Wellness Project Intern.

#### **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 Veggie Van program, and other training 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 public health and nutrition; interested in cooking; passionate about food justice and local food
- Interested in community engagement in rural areas
- Energetic, accountable, and reliable
- Ability to contribute individually and participate in a team
- Able to work outside for 6-7 hours and lift 50 pounds
- Reliable transportation preferred
- Valid driver's license and CFI driver approval required

#### **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 nonprofit/social enterprise 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](mailto:susie@communityfoodinitiatives.org). Application deadline April 5, 2024.



Please familiarize yourself with our work on our website before applying:  
**[communityfoodinitiatives.org](http://communityfoodinitiatives.org)**