



Organization Name:

Community Food Bank, Inc

Organization Background:

*The Community Food Bank of Southern Arizona (CFB) responds to the root causes of hunger and seeks to restore dignity, health, opportunity and hope to people living in poverty. Our mission is to change lives in the communities we serve by feeding the hungry today, and building a healthy, hunger-free tomorrow.*

<https://www.communityfoodbank.org/how-we-help/health-nutrition/>

Internship Project Title

**Healthy Heroes Intern**

Project Description:

The intern will be working 8.5 hours/week. The intern will work closely with the Family Health and Advocacy Manager, Nutrition Education Coordinator(s) and volunteers to develop and administer a survey to School Pantry Program participants and the target audience of Healthy Heroes from 25 – 30 school pantry locations. In collaboration, the intern and volunteers will analyze and present results. The survey will inform the Family Health and Advocacy Manager on food (dis)likes of the current food box and options to include to increase variety. The survey will also inform the Nutrition Education Coordinator(s) on the participants' nutrition interests, learning preferences, and recipe usability (ease, cultural appropriateness) to develop the Healthy Heroes program. In addition, the survey will allow the participants to sign-up for an opportunity to be in a user test of the learning-based application. Using the results from the survey, the intern(s) will modify and create program material for the Healthy Heroes application. This includes, but is not limited to interactive activities, learning resources, videos, quizzes, feedback questionnaires, and a facilitator's manual.

Expected deadlines:

- Complete survey by end of September
- Administer survey in October in collaboration with volunteers. The intern is expected to begin analyzing data and developing a presentation during October.
- By mid-November the intern will present the results to the Family Health and Advocacy Manager and the Nutrition Education Coordinator(s)
- The remainder of the internship the intern will be developing the program material
- \*\* The intern has an opportunity to extend this internship through Spring 2023. If the intern is interested, please let the Nutrition Education Coordinator know by December to update the work plan and expectations.

Internship project keywords (check all that apply).

- |                                                                   |                                                              |
|-------------------------------------------------------------------|--------------------------------------------------------------|
| <input checked="" type="checkbox"/> Health Disparities            | <input type="checkbox"/> Collaborations with University      |
| <input checked="" type="checkbox"/> Public Health Preparedness    | <input checked="" type="checkbox"/> Community health service |
| <input checked="" type="checkbox"/> Collaborations with Community | <input checked="" type="checkbox"/> Physical Activity        |

- |                                                     |                                                                 |
|-----------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Substance Abuse            | <input type="checkbox"/> Immunization                           |
| <input type="checkbox"/> Mental Health              | <input type="checkbox"/> Infectious Disease                     |
| <input type="checkbox"/> Access to care             | <input type="checkbox"/> Oral Health                            |
| <input checked="" type="checkbox"/> Nutrition       | <input type="checkbox"/> Evaluation                             |
| <input type="checkbox"/> Reproductive/Sexual Health | <input type="checkbox"/> Policy Development                     |
| <input type="checkbox"/> Environmental Health       | <input checked="" type="checkbox"/> Program Planning            |
| <input type="checkbox"/> Maternal/Infant Health     | <input checked="" type="checkbox"/> Data Analysis               |
| <input type="checkbox"/> Tobacco Use                | <input type="checkbox"/> Other Click or tap here to enter text. |
| <input type="checkbox"/> Injury/Violence Prevention |                                                                 |

When: When do you want the work done? Check all that apply.

- ☒ Fall Semester
- ☒ Spring Semester (intern can extend, but will need to create a new work plan to reflect expectations)
- ☐ Summer Term
- ☐ I want this listing to remain active indefinitely and we will accept applications from students for any upcoming semester.
- ☐ This listing is only for a specific semester/term: \_\_\_\_\_

Where:

Organization Mailing Address: 3003 S Country Club Rd Tucson, AZ 85713  
 Address where Student will work (if different from above): *TBD, student will be traveling to different school pantry locations*

☒ Check here if the student may have the option to work remotely from a site not listed above for all or part of this project.

Student Characteristics:

*Attention to detail, nutrition/health expertise, interpersonal skills, communication, teamwork, initiative, assessment and evaluation skills.*

Level of Expertise Needed: Do you wish to request an MPH program intern or an undergraduate public health program intern?

*Undergraduate: The internship for undergraduates should provide an experience that allows students to incorporate classroom learning into public health practice.*

*Graduate: Applied experiences for graduate students should require application of advanced knowledge and skills to the solution of health problems and the production of at least two agency-based deliverables.*

*Both experiences prepare students for future employment.*

- ☐ MPH
- ☒ Undergraduate
- ☒ Either

Supervision

*Yvette Vallejo, Nutrition Education Coordinator at the Community Food Bank of Southern AZ. 3 years at the CFBSA with 1.5 year as the Child Nutrition Program Specialist and 1.5 years as the Nutrition Education Coordinator. Earned a Bachelor's of Science degree in Public Health from the University of Texas at El Paso, and a current student at the University of Arizona pursuing Professional Science Master's in Applied Nutrition (dietetic emphasis), anticipated graduation date is Spring 2023.*

Compensation/Benefits/Professional Development

*Student will be invited to participate in internal professional development that is free of cost. Mileage reimbursement through CFBSA>*

Application Contact Information

*Yvette Vallejo, Nutrition Education Coordinator [yvallejo@communityfoodbank.org](mailto:yvallejo@communityfoodbank.org).  
Micaela Varela, Volunteer Supervisor, [mvarela@communityfoodbank.org](mailto:mvarela@communityfoodbank.org)*

*Students should please send updated resume and cover letter stating interest in the position.*