



Internship Opportunities – The Garden Kitchen

Background of Organization

The Garden Kitchen, located in the heart of South Tucson, is a seed-to-table nutrition education program of the University of Arizona's Pima County Cooperative Extension. Our program was established in fall of 2012, in partnership with the City of South Tucson, Pima County, and the University of Arizona's College of Agriculture and Life Sciences. Our mission is to inspire and empower individuals with the skills and knowledge to make delicious and nutritious meals that foster healthy families and communities.

The Garden Kitchen program is funded by the USDA Supplemental Nutrition Assistance Program Nutrition Education (SNAP-Ed) grant. The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

At The Garden Kitchen, seed-to-table nutrition education means that participants learn about every step of bringing a healthy meal to the kitchen table — from growing and purchasing to preparing and storing food. As a seed-to-table program, we aim to increase families' food security by teaching community members the basics of growing their own food as well as shopping on a budget. Our interactive and engaging classes aim to inspire community members of all skill levels to make healthy choices. We pride ourselves on promoting confidence through approachable skill-building lessons and entertaining instruction.

Opportunities Available:

- Intern will conduct community nutrition lessons at an assigned site.
- Under the supervision of instructional specialists, the intern will develop and improve nutrition education and community outreach materials.
- Under the supervision of instructional specialists, intern will assist with the establishment and maintenance of gardens at early childhood education centers.
- Assist with maintenance of on-site garden and local community gardens.
- Assist with training of childcare providers and provide continued assistance with garden-based nutrition education.



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- Under the supervision of the program manager, the intern will gain exposure to the financial and management aspects of operating a community health education program.
- Intern will assist with data collection and analysis for the purposes of program evaluation and grant reporting.
- Research into grant opportunities for diversifying program funding and assist staff with writing grants.
- Under the supervision of instructional specialists, intern will create media releases for promotion of Garden Kitchen programming.
- Manage Garden Kitchen social media outlets and develop creative campaigns for community engagement.
- Some projects we have in mind include creating a Q&A dialogue on our Facebook page and gathering participant testimonials for the website.
- Additionally, the Garden Kitchen is open to discussing other ideas if the student has ideas, we are welcoming 😊

Student Characteristics

Intern will assist in all facets of the program. Preferred qualifications:

- A commitment of at least six hours per week.
- Experience in community outreach or community-based work.
- Good organizational and interpersonal skills.
- Strong written and verbal communication skills.
- Attention to detail, particularly when planning and implementing nutrition programming.
- Able to complete tasks independently and collaboratively in a team environment.
- Experience working in a professional setting.
- An interest in working with minority and low-income populations to reduce barriers to health around nutrition and physical activity.
- An interest in collaborative program design, policy level work and/or recommendations, and systems change.
- In-person interest

Where: The Garden Kitchen is located at 2205 S. 4th Avenue, Tucson, AZ 85713.

www.thegardenkitchen.org

When: Summer, Fall and Spring. Scheduling is flexible, but required days are Thursday mornings 7-9:00am and the first Saturday of the month, 9-12pm.

Compensation/Benefits: Unpaid Internship, school credit can be acquired. Benefits include educational and practical skills such as presentation skills, outreach experience, community education, coordinating small projects, relationship building, and event planning.



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Application Contact Information: Please submit a resume and letter of recommendation to: Sarah Marrujo, Program Coordinator, at sarahmarrujo@email.arizona.edu