

Organization Name:

The Grow 2B Fit Foundation

Organization Background:

The Grow 2B Fit Foundation was founded in 2010 and is a 501(c)(3) non-profit. The foundation promotes healthy lifestyle habits for children and families in an effort to combat childhood obesity. Our programs include the Recipe for a Healthy Family program, along with other community outreach projects. The Recipe for a Healthy Family program offers free healthy lifestyle classes to families of children age 5 and over. The classes included not only nutrition and exercise education, but hands-on cooking classes, and stress management/mindfulness classes.

Internship Project Title

Recipe for a Healthy Family Program

Project Description:

Interns with Grow 2B Fit will play a vital role in program planning and delivery, class and lesson planning, and community outreach. These activities include projects like planning the curriculum for our fall classes related to hands-on cooking class, nutrition, physical activity, stress management and other healthy lifestyle habits. Interns will help in planning, creating and putting together activity books for class participants. They will help identify community groups to reach out to that may serve families that would benefit from our classes, as well as organizations that may be good partners for our organization. If students are interested, they can but are not required to teach sessions at our classes or for groups in the community.

Interns should be familiar with use of Microsoft applications, work well with groups and independently, and have transportation both to our offices either at Golflinks and Pantano or Oracle Road and Rudasill, along with Apollo Middle School where the classes will be held on Saturdays in the fall. It is not required to attend all Saturday classes, but encouraged as this is the actual contact time with the families we serve.

Internship project keywords (check all that apply). These keywords help students search for internships in our database based on their areas of interest:

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|---|---|
| ☒ Health Disparities | ☐ Maternal/Infant Health |
| ☐ Public Health Preparedness | ☐ Tobacco Use |
| ☒ Collaborations with Community | ☐ Injury/Violence Prevention |
| ☐ Collaborations with University | ☐ Immunization |
| ☐ Community health service | ☐ Infectious Disease |
| ☒ Physical Activity | ☐ Oral Health |
| ☐ Substance Abuse | ☒ Evaluation |
| ☐ Mental Health | ☐ Policy Development |
| ☐ Access to care | ☒ Program Planning |
| ☒ Nutrition | ☒ Data Analysis |
| ☐ Reproductive/Sexual Health | ☐ Other Click or tap here to enter text. |
| ☐ Environmental Health | |

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

☐ Fall Semester

☐ Spring Semester

☐ 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: 5861 North Oracle Road, Tucson, AZ 85704

Address where Student will work (if different from above): *above address along with Apollo Middle School, 265 W Nebraska Street, Tucson, AZ 85706*

☒ 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:

Students will really enjoy this project if they enjoy working as part of a team, interacting with children of all ages, and assisting parents in teaching their children. Students can work either on planning, organization, and data management and/or actual program delivery which involves playing, teaching children, and assisting in cooking class. We really look for students who love to play, have fun and interact with the public!

Level of Expertise Needed: *Do you wish to request an MPH program intern or an undergraduate public health program intern? Note: The field-based internship for undergraduates should provide an experience that allows students to incorporate classroom learning into public health practice. Graduate student internships differ as the students should be required to apply advanced knowledge and skills to the solution of health problems. Both experiences prepare students for future employment.*

☐ MPH

☐ Undergraduate

☒ Either

Supervision

Courtney Nielsen, Certified Personal and Group Fitness Instructor. Dr's Jessica Schultz and Shook Yap will also be of assistance in supervision of interns

Compensation/Benefits

There is not a stipend offered for students.

Application Contact Information

Interns should contact Courtney Nielsen via email at courtney@fitcakery.com