

# Spring 2020 Food Access Internship

Part-time, volunteer internship for Project GROWS  
40 total hours minimum (up to 120 hours available)



**Organization Overview:** Project GROWS (PG) is a 501(c)3 nonprofit educational farm with a mission to improve the overall health of children and youth in Staunton, Waynesboro, and Augusta County, Virginia. We cultivate health by connecting children to nutritious food through 1) hands-on, garden-based education and 2) access to healthy local food.

**Position Overview:** Project GROWS is looking for an intern to help with its Food Access programming at a minimum of 40 total hours over the Spring 2020 season (February-April). This internship will provide experience in a school, community, and garden setting while working on various Food Access Programming including: Farm to School Tastings, School Garden Programming, and Youth and Family Cooking Classes. The Food Access Intern will report directly to the Food Access Manager.

## **Commitment:**

Spring 2020 (Starting February 17th and ending April 30th, with possibility of extending through Maymester). Hours will be arranged based on the applicant's availability and/or desired credits, but will be between 40 - 120 total hours.

## **Compensation:**

This is an unpaid internship. Please state in your application if you are looking to receive course credit or service learning hours for this internship.

## **Responsibilities:**

- Assist at Farm to School Tastings in various school districts
- Assist with food preparation for Farm to School Tastings
- Assist with school garden lessons/activities at Dixon Educational Center in Staunton
- Assist with family and youth cooking classes.
- Other duties as assigned

## **Requirements:**

- Can commit to the majority of the program dates.
- A valid driver's license and reliable transportation.
- Cell phone communication
- Ability to lift up to 50 pounds
- Able to pass a criminal background check

## **Desired qualifications:**

- Interest in school food, nutrition, child health, local food, agriculture, youth engagement, etc.
- Experience working with youth
- Excellent, professional written and oral communication skills
- Comfortable juggling a variety of tasks – organized, and self-motivated
- Energetic, enthusiastic, and engaging
- Some experience with safe food preparation, handling and serving preferred

**To apply, please send a letter of interest, two references and a resume to Megan Townley, PG Food Access Manager, at [megan@projectgrows.org](mailto:megan@projectgrows.org). Include in the letter your schedule of availability.**

**Application Deadline: January 20th, 2020**

# Food Access Program Descriptions

## Harvest of the Month (HOM):

In partnership with Staunton City Schools and Waynesboro Public Schools, Project GROWS will be offering seasonal, locally-sourced vegetables to students across the Staunton and Waynesboro school districts. This program is designed to increase enjoyment and consumption of fruits and vegetables. In order to motivate students to make healthful choices, they are provided opportunities to taste and explore the featured fruit or vegetable of the month during lunchtime.



## Dixon Educational Center School Garden Program:

Every fall and spring the Food Access Team at PG offers hands-on, garden-based education to local preschool students at the Dixon Educational Center school garden. This garden engages children by providing an interactive environment to observe, discover, experiment, nurture, and learn. Studies have shown that school gardens encourage preference and consumption of fruits and vegetables, increase parental support and involvement, and improve children's enthusiasm about preschool/child care, teamwork skills, and self-understanding.

## Family and Youth Cooking Programs:

In the Spring Project GROWS coordinates and manages youth and family cooking programs with students in the surrounding community. The goal of the Project GROWS cooking programs are to bring families and youth together to learn about healthy eating in a fun and inviting atmosphere. Cooking programs are often held at the Boys and Girls Club of Staunton Waynesboro and Augusta County, and Dixon Educational center. Participants in these programs will gain knowledge on nutrition, cooking with whole foods, and accessing healthy food in their community.

## Important Program Dates:

Harvest of the Month programming takes place on Wednesday and **Thursdays** between 10:30am and 1:30pm.

Dixon Educational Center Garden programming takes place on **Thursday** mornings between 8am and 11 am.

Youth and family cooking programming takes place on **Wednesday and Thursday** evenings between 4pm to 7pm.

**Applicants must be able to attend at least 1 of the above food access programs per week in March and April, but ideally 2.**

*Please note that all of our programming takes place in either Staunton or Waynesboro VA, and you may need to account for your travel time when considering your schedule.*

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