



Youth Food and Nutrition Educators – AS NEEDED

An Ounce of Nutrition (AOON) is seeking Colorado-based youth food and nutrition educators to become certified in either teaching our courses or training teachers on how to implement them.

Current Opportunity Sites

- ◆ School family and consumer science, health science or physical education (PE) classes.
- ◆ School youth food leadership and advocacy program.
- ◆ Youth athletic training center program – Basic and Sports Nutrition
- ◆ Early childhood education community program. *Bilingual trainer (Spanish) is a requirement for this course.*

AOON - Who We Are

With the rising rates of obesity, our goal is to help children and youth learn valuable food and nutrition skills now that will help prevent overweight/obesity and other chronic diseases in the future (e.g. heart disease, diabetes and cancer).

Our main strategies to achieve this:

- Increasing fruit and vegetable consumption.
- Encouraging students to choose more “real” and less processed foods.
- Inspiring students to get involved with creating a food system that is based on health (health of the people and health of the planet).

AOON - What We Do

An Ounce of Nutrition (AOON) develops sustainable food and nutrition education programs for students in Early Childhood through College education. We teach courses and also train teachers on how to implement our programs in schools and community organizations.

Our current programs include “*Food for Thought*”, a high school sustainable food and nutrition education program and “*You are What You Eat*”, a middle school “real” food nutrition education program that integrates physical activity and social and emotional well-being. Students learn about topics, but also participate in hands-on learning activities, making recipes and complete projects that strengthen their knowledge of a particular topic.

Coming Soon

An Early Childhood education course and Youth Food Leadership and Advocacy (YFLA) program. The YFLA program includes a one-week farm camp where students learn how food is produced, basic cooking skills and how to become leaders around food initiatives in their school. At the end of the camp, students pick an initiative to implement in their school with the support of AOON.

Classroom Education Responsibilities

Teaching classes or training teachers on An Ounce of Nutrition's curriculum.

- ◆ Obtaining in-depth knowledge of AOON's curriculum and power point presentations.
- ◆ Preparing for or practicing classroom instruction.
- ◆ Teaching classes or training teachers.

Cooking demonstrations - Training students on reading and preparing a recipe and overseeing recipe making activities with them.

- ◆ Identifying ingredients needed to make AOON recipes.
- ◆ Shopping for ingredients.
- ◆ Packing and transporting ingredients/supplies.
- ◆ Setting up and tearing down classrooms.
- ◆ Cleaning equipment/supplies.
- ◆ Leading cooking demonstrations.
- ◆ Training students to make a recipe and providing recipe-making support.
- ◆ Leading hands-on food and nutrition activities.

Coordinating logistics:

- ◆ Ordering supplies or equipment for activities.
- ◆ Identifying speakers to present on food-related topics.
- ◆ Connecting classroom teachers with community partners.
- ◆ Scheduling field work/field trips to local farms or food organizations.
- ◆ Working with students to implement food projects or initiatives.

Youth Food and Advocacy Initiative Responsibilities

- ◆ Training students on leading and advocating for healthier foods in their school.
- ◆ Recruiting at least 15 students from one school to participate in the youth farm camp.
- ◆ Co-leading discussions and training on school food advocacy and leadership at the camp.
- ◆ Leading cooking demonstrations (see description above) and student cooking activities.

- ◆ Identifying partners, chefs and speakers to present at youth food leadership camp.
- ◆ Working with students at camp to select a school-food advocacy initiative.
- ◆ Leading student discussions/classes and consistently work with students within their school to help bring their project/initiative to fruition.
- ◆ Identifying partners to support student's in-school food initiative.
- ◆ Working on integrating student initiative work into school policy.

Certification Requirements

- ◆ Participating in a 4-6 week unpaid sustainable food and nutrition education training program at one of our sites, at least one day a week.
- ◆ Completing and passing an exam to become certified in teaching our programs.
- ◆ Completing an online food safety course – cost \$10.

Key Background Requisites

- ◆ Bachelor's degree or at least some formalized training in nutrition. This might include a registered dietitian nutritionist, dietetic intern, bachelor's degree or above in nutrition, or at least 1 year of education from a traditional or holistic nutrition college or university.

AND/OR

- ◆ Experience teaching youth about nutrition. ***Family and consumer science teachers are strongly encouraged to apply.***
- ◆ Enjoy educating kids and youth. *Creativity is a plus!*
- ◆ Possess an entrepreneurial spirit and work ethic. *Must be able to work independently.*
- ◆ A passion for sustainable food or agriculture. *Must be able to describe your philosophy on this subject.*
- ◆ Experience cooking and/or demonstrating healthy recipes.
- ◆ Experience helping students lead projects or initiatives.
- ◆ Additional training on the benefits of fruits and vegetables is a BIG plus.
- ◆ Responsible and responsive.
- ◆ Desire a flexible schedule. *Hours vary per opportunity.*
- ◆ Willingness to travel locally and have dependable transportation.

We offer a competitive per-class rate. *Rate is dependent on education and experience.*

Please send a resume or CV to info@anounceofnutrition.com. Please indicate which opportunity interests you most.

Thank you for your interest!