



Nutrition Education Assistant Spring 2023

Nutrition Education Assistant

Working closely with the Nutrition Education Coordinator/Registered Dietitian and fellow student leader, you will have the opportunity to develop your leadership skills and gain experience in the field of public health nutrition. In this role, you will support programming and outreach efforts for our diverse student population focused on healthy eating and food access.

What you will do:

- Plan and lead cooking classes and cooking demonstrations featuring culturally diverse recipes
- Co-facilitate workshops covering nutrition topics such as eating on a budget, meal planning, and eating as an act of self-care
- Support initiatives that increase student food access and improve food security
- Develop nutrition education materials, including handouts, social media content, and videos
- Assist with large-scale interventions that improve the campus nutrition environment
- Support efforts to shift our campus culture to be inclusive of all body sizes and promote a positive relationship with food
- Participate in trainings, meetings, and collaborations with fellow Health Promotion & Wellness student leaders and staff

What it takes to be successful in this role:

- You are majoring in nutrition/dietetics or a related field and have an interest in public health nutrition
- You are passionate about and/or interested in learning about Health at Every Size (HAES) and weight-inclusive nutrition
- You are interested in supporting student food access and food security initiatives
- You enjoy cooking and have an appreciation for foods from all cultures
- You are comfortable speaking and presenting in front of large groups and/or are excited to develop this skill
- You are excited to step outside of your comfort to learn and grow both personally and professionally
- You are creative and enjoy taking on new projects/tasks
- You enjoy working in a collaborative and supportive environment and sharing your ideas
- You are self-motivated and able to work independently with minimal supervision
- You are organized and have strong communication skills