



Nutrition Education Assistant Spring 2024

Nutrition Education Assistant

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

What you will do:

- Plan and lead cooking demonstrations and classes featuring culturally diverse recipes
- Co-facilitate workshops covering nutrition topics, such as eating on a budget, meal planning, and mindful eating
- Support initiatives that increase student access to nutritious foods and improve food security
- Promote free food resources on campus, including CalFresh, AS Food Pantry/Gator Groceries, and Gator Grub Alerts
- Develop nutrition education materials, including recipes, presentations, 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 community 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, eating, and have an appreciation for foods from all cultures
- You are comfortable speaking and presenting in front of large groups and/or excited to develop this skill
- You are excited to step outside of your comfort zone 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