



Nutrition and Fitness Internship

Health in Community Initiative

Position Overview

Jersey Cares is seeking a highly energetic Nutrition and Fitness Intern interested in learning more about connecting kids in schools to nutrition and fitness programs to help them live healthier lives and have better health outcomes.

This is the perfect opportunity for someone with a commitment to improving the lives of children, with a passion for fitness and nutrition, who wants to learn more about the implementation of wellness programming in schools to create a culture of health.

The intern will work closely with the Director of the Jersey Cares Health in Community Initiative to support the strategic planning, the execution of fitness and nutrition curriculum in schools, and highlight the positive impact being made on the lives of thousands of children and their families in Newark, NJ.

INTERN RESPONSIBILITIES

- Project Management.
- Co-facilitate and/or facilitate nutrition and fitness curriculum to K-5th grade children.
- Model healthy eating and fitness behaviors
- Data integrity, analysis and analytics using Google Analytics and Salesforce.
- Create and execute project work plans and revise as appropriate to meet changing needs.
- Planning and organization by ensuring project documents are complete, current, and stored appropriately.
- Assistance with supporting clients by following up with clients, when necessary, regarding programming and implementation.
- Assist in the planning and coordination of on-site volunteer projects.

- Assist in the planning and coordination of health fairs, career fairs, and fitness and nutrition programming.

About Jersey Cares Jersey Cares works to meet compelling community needs by encouraging civic engagement. With local service agencies, corporations and civic-minded individuals as our partners, we link volunteers with meaningful service projects to improve and enhance our communities. Jersey Cares is a non-profit, community-based organization established in 1993. We provide individuals, families, and corporate and community groups with a wide variety of volunteer opportunities. Jersey Cares partners with hundreds of nonprofit agencies to provide service projects that range from tutoring children to painting new murals in schools. Jersey Cares is an affiliate of the HandsOn Network, an innovative alliance of volunteer catalysts throughout the world.

Requirements Our Internship opportunities are for everyone. Are you a mid-career professional or student seeking to transition into the nonprofit sector, an at-home parent seeking to re-enter the workforce or a senior looking to share their talent? This is the opportunity for you!

- Commitment to Health and Wellness
- Outstanding ability to be engaging and present nutrition and fitness education to children and their families
- Outstanding ability to model healthy eating and fitness behaviors to children and their families
- Ability to work both independently and with a team
- Passion for service and desire to make a difference in the lives of children
- Organizational, project management, and time management skills
- Professional demeanor
- Proficiency in Microsoft Office programs.

How to Apply: Please submit a cover letter and resume (no calls please):

Via Email: HR@jerseycares.org.

Email Subject Line: Health in Community Internship

The internship start and end dates are flexible and offered year round.

Stipend/Wage: None, this is an unpaid internship with university credit