



Cook. Eat. Grow. Internship

FoodChain is a small nonprofit in downtown Lexington dedicated to connecting people with their food through education and demonstration of a local, sustainable food economy. We are building an urban community space for people to engage with all aspects of a food economy: growing, processing, and distribution. We currently operate an indoor commercial aquaponics farm and a teaching and processing kitchen while providing correlated educational programming. Part of this education includes our youth cooking program, *Cook. Eat. Grow.*

The goal of this program is to increase youth familiarity of fresh, whole ingredients while learning the essential life skills of knife and food safety as well as the nutritional benefits of consuming fresh foods. This position can take a variety of roles based on the interests and desires of the applicant, including curriculum development, coordination of resources, and even facilitating lessons.

This internship can provide someone with substantial experience in lesson planning, program development, resource coordination, class instruction. Duties can vary but could include:

- Assisting with the creation of engaging lesson plans
- Solicitation of sponsoring businesses and organizations
- Resource coordination such as equipment purchase and inventory, ingredient acquisition, etc.
- Recruit and train volunteers
- Serve as assistant or lead facilitator during classes

The intern should be able to demonstrate excellent computer skills, outstanding attention to detail, strong organizational abilities, strong writing and verbal communication skills, the ability to juggle multiple tasks, and comfortability in working with children. There is preference to those with a strong interest in nutrition education.

This is an unpaid internship. The dates and duration are relatively flexible as well as the hours. We can accommodate anywhere between 15-20 hours per week, mostly weekdays with some opportunities to work from home.

If interested please email your resume and cover letter to Reena Martin at Reena@foodchainlex.org.