



School Garden Network of Sonoma County Presents
Healthy Roots
A Nutrition Education Program

Job Description

The School Garden Network of Sonoma County is looking for an experienced nutrition educator to work with local high schools as part of *Healthy Roots- a Nutrition Education Program*. This program is designed for grades 9-12 to develop student understanding of nutrition and to create an awareness of the importance in making healthy food choices.

This is a part time independent contractor position at approximately 20 hours per month, without benefits, beginning December 2010 through May 2011. Rate of pay is \$25 an hour. The program will work with five schools, one month in each school, for five months. The curriculum will be taught once a week for four weeks. There is potential to teach more than one class per school.

Goals of the Program: Students will:

- 1.) Understand that nutrition is the foundation for how our bodies function and grow.
- 2.) Understand the difference between healthy foods (whole, unrefined, nutrient dense) and unhealthy foods (processed, void of nutrients, depletes health).
- 3.) Learn how to create simple, healthy, and tasty snacks.
- 4.) Understand the relevance of making healthy food choices on their growth, development, and short and long-term health.

Contractor Responsibilities Include:

- 1.) Working with the School Garden Network to help refine curriculum and recipes.
- 2.) Using the curriculum to present nutrition based lessons at identified Sonoma County high schools.
- 3.) Preparing healthy snacks with students.
- 4.) Preparing student handouts.
- 5.) Picking up food for snack demonstrations. (Pick up locations will be organized by the School Garden Network)
- 6.) Traveling to and from schools around Sonoma County.
- 7.) Keeping reports and files after each day in the classroom and reporting to SGN via email weekly.

Experience and skills desired:

- 1.) Experience in Nutrition Education.
- 2.) Experience in teaching or working with high school students.
- 3.) Time management skills.
- 4.) Ability to work with others and work independently.
- 5.) Computer skills for keeping files and logging data.
- 6.) A belief in holistic health and sustainable food systems.

Please email a cover letter, resume, and any questions to contactvw@hotmail.com by November 24th. Interviews will take place the first week of December. Work will start immediately. Please visit our website for more information about the School Garden Network of Sonoma County: www.schoolgardens.org

The School Garden Network
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