



RED STICK FARMERS MARKET

Nutrition Education Internship

BREDA is seeking an intern who is passionate about local foods, nutrition, cooking, and community. This internship position will join a small, yet mighty team that is dedicated to supporting and sustaining a vibrant local food system by connecting farmers and families and increasing access to fresh, locally-grown food. This is an excellent opportunity to gain hands-on experience working with local food systems, farmers, and the community to implement meaningful nutrition education.

Key Responsibilities

- Design and plan comprehensive interactive nutrition education programming for both kids and adults. This should include recipes and activities that highlight the health benefits of eating fresh, healthy foods as well as education specific to locally-grown produce and agriculture
- Implement nutrition education programs and activities at Red Stick Farmers Market sites both during the week and on Saturdays
- Assist BREDA staff in implementing Farm to School Programming including executing hands-on cooking classes and working with edible gardens at partner elementary schools
- Assist BREDA staff in procuring supplies for demonstrations and garden maintenance
- Assist in creating surveys and tools to manage the effectiveness of nutrition education
- Update and maintain Sprouts kids club database and assist with additional metrics and data tracking
- Other office duties as assigned

Skills & Qualifications

- Knowledge of and passion for cooking, nutrition, sustainable agriculture, local food systems, and farmers markets
- A friendly, outgoing nature; excellent oral communication and customer service skills
- Reliability, punctuality, and the ability to work well with others
- Relevant coursework in nutrition and agriculture preferred

- Experience working with diverse audiences including children, seniors, families, and a variety of socioeconomic ranges
- Ability to work effectively as part of a diverse team, and to both take direction and work autonomously where appropriate.
- Commitment to and passion for the mission of BREADA
- Working knowledge of Google Drive specifically Google Sheets and Excel; experience with Basecamp preferred

Extra Details

This internship is for approximately 20 hours per week. Work is performed in a variety of settings including in an office, at outdoor market sites, and at local schools. Work may include standing for long periods of time and lifting in a variety of weather conditions. As a small staff with a robust portfolio of outreach programs, everyone jumps in as necessary to assist with current projects that may be outside their job description.

Interested Applicants should send a letter of introduction and resume by email to Darlene Adams Rowland at careers@breada.org

About BREADA

BREADA (Big River Economic & Agricultural Development Alliance) is a nonprofit organization with a mission to build a healthy & strong local food system; to increase sustainability of independent local farmers, fishers and food producers; and to foster stewardship of land and community through public markets. BREADA operates four locations of the Red Stick Farmers Market and a six-day-a-week public marketplace, Main Street Market. BREADA's outreach programs focus on supporting Louisiana's small scale farmers and promoting fresh, locally-grown food. For more information, visit breada.org. View our [Farm to School Video](#) to see the program in action.