Placement Site: New Hampshire Food Bank
Primary Mentor: Helen Costello, MS, RDN, LD
Possible Foci: Food Service, Nutrition Education, Community Food Security Projects

Duration: Typically Semester Long: 2 credit-(4-6 hrs/week)

Description:
The field experience with NHFB will help students understand community food security, and develop skills that may include any of the following: presenting food and nutrition information to low income populations, nutrition education for food service trainees, or developing a project either in the food distribution or in food policy and advocacy. The student participating in this field experience will work the Program Manager and/or the Cooking Matters staff to learn about the organization and to contribute to the learning and/or advocacy components of the programs in the Recipe for Success Department. The Recipe for Success Department consists of the following programs: Cooking Matters NH, Culinary Job Training and Food Service Production, Production Garden, SNAP Outreach and SNAP Nutrition Incentives Network. Semester projects may include, but are not limited to, developing curriculum for nutrition workshops and cooking classes at food pantries, helping establish food and equipment drives, interviewing food pantry clients, creating promotional and educational materials and assisting in social media outreach, marketing for SNAP Outreach, nutrition education at farmers markets and Cooking Matters at the Store Tours. A passion for nutrition and helping low-income families is desirable.

Upon completion of the rotation, the experiences should have worked toward or contributed to three or more of the following:

- Develop effective interpersonal skills (such as demonstrating flexibility, dependability, initiative and professional attitudes in the field experience environment)
- Cultivate oral and written presentation skills as evidenced by print materials that are appropriate in content and reading level
- Advance NHFB’s mission through involvement in community education.
- Develop effective listening skills as evidenced by ability to work as a team member and effective educator
- Improve time management skills as evidenced by successful completion of projects
- Improve cultural competency of diverse populations as evidenced by work produced
- Develop effective teaching skills as evidenced by ability to impart information during the field experience
- Increase networking skills by identifying and collaborating with area nutrition programs and agencies
- Participate in related nutrition, wellness and health promotion activities as opportunities arise
- Complete the summary report that documents finished projects and demonstrates professional growth