



BRAINFOOD SPRING INTERNSHIPS

Brainfood seeks creative, highly motivated individuals to develop and deliver food education programming in the DC area.

About our Organization:

Founded in 1999, Brainfood uses food to engage, empower, and employ DC youth and young adults. Through culinary-related activities we strive to expand cognitive skills, encourage creativity, foster self-reliance and empower youth as resources in their own community. We have sites in Columbia Heights, Chinatown and Mount Vernon Square.

Responsibilities and Duties

All Spring Interns will:

- Support Brainfood in planning, preparing, and executing spring programs
- Serve as frontline youth workers working with high school aged urban youth
- Supervise Brainfood youth participants on field trips and community events
- Assist in maintaining and harvesting produce from Brainfood's Youth Garden
- Expand Brainfood's web presence through social media and blogging
- Capture community testimonials and evaluations from program participants and partners

Preferred Qualifications

- Pro-active, has excellent communication and leadership skills, and is solution-oriented
- An understanding of youth development concepts, or the desire to learn
- A passion for improving food access and food education resources in D.C.
- Experience working with urban youth and/or high school aged youth
- A sense of humor and a sense of adventure
- Love of food and cooking experience--professional or otherwise

Spring Internship Placements

Interns will work with Brainfood's staff to support one of the following programs.

Cooks in Training (Chinatown, D.C.)

- Our flagship school-year program (8 months, M-Th) combines hands-on cooking, youth empowerment, and food education. Each class section hosts 20-25 teens who are interested in urban gardening, building cooking skills, international food, and starting conversations on food justice.

Community Cooking Coaches (Mt. Vernon Square, D.C.)

- Brainfood grads can build on their cooking and leadership skills by developing and teaching healthy cooking workshops to the community. This school-year program (8 months, T-Th) supports teens interested in giving back to the community and building pre-employment skills by providing access to youth-led food education opportunities across the city.

Brainfood Garden Intern (Mt. Vernon Square, D.C.)

- The Brainfood Youth Garden supplies programs with fresh, organically grown produce. The Garden intern will assist with garden maintenance, spearhead scheduling and implementation of educational youth events in the garden space, and the development of garden-based curriculum for programs.

Please use your cover letter to tell us which one of these programs you'd like to work with and why.

Commitment Required

The 4 month internship is from Monday, January 29th – Friday, May 18th. Brainfood is committed to building a culturally

competent, diverse workplace. Women, people of color, LGBTQ folks, and minorities strongly encouraged to apply.

Interested applicants should send a cover letter and resume to Lyssa Houser, Program Coordinator by mail or email no later than **Friday, January 5th, 2018** -- lyssa@brain-food.org /900 Massachusetts Ave. NW, Washington DC 20001