

# INTERSHIPS with **SPOONS** ACROSS AMERICA

## OUR APPROACH

Spoons Across America's comprehensive and progressive approach to food and nutrition education in public schools begins in 1st grade and continues through 5th grade. Children participating in our programs have educational experiences around food, tasting, nutrition and health that are developmentally appropriate and build upon previous concepts and experiences. All our programs are hands on and exploratory based, as well as including opportunities for writing and drawing, and contain take home materials for families with recipes, related activities, and opportunities for further discovery.

## INTERSHIPS WITH SPOONS ACROSS AMERICA

- 20 - 25 hours a week Flexible scheduling
- Must be able to travel for we support various NYC schools.
- Hands-on experience in Food and Nutrition Programs.

Spoons Across America's interns are an essential component of the work that we do, helping in the classroom as well as providing mentorship for children. After participating in hands-on training, interns are partnered with a Spoons Across America Education Specialist and assist in all aspects of program implementation. Interns responsibilities include assisting with program set up, working directly with children, teaching cooking skills, outreach and development, and assisting in the Food Explorers Wellness Fair. See below for more information. All programs meet weekly for 4 times in a week for 5 weeks in a particular school.

## 1ST - 5TH GRADE

**Food Explorers (1st Grade):** Opportunities for Interns include assisting with the prep and set up of materials and supporting small groups of children as they make discoveries about what they are seeing, touching and tasting.

**Farm to Book (2nd Grade):** Opportunities for Interns include assisting with the prep and set up of materials, reading the selected storybook, and supporting small groups of children as they make discoveries about what they are seeing, touching and tasting.

**Take a Taste (3rd Grade):** Interns assist with the prep and set up of materials, and support small groups of children as they make discoveries about what they are seeing, touching and tasting. Interns may also help students to read a nutrition label on a soda, assist them as they make a healthy beverage and a healthy snack.

**Recipe Days (4th Grade):** This is a very busy, hands-on program with a lot of opportunities for tasting and cooking. Interns assist with the prep and set up of materials and support small groups of children as they make discoveries about what they are seeing, touching and tasting. Interns work with students as they learn and practice basic food preparation skills, encouraging them to talk about what they taste and make and eat.

**Choose Your Plate (5th Grade):** After completing 4 years of Spoons Across America's programming, 5th-grade scholars are ready for Choose Your Plate Project. Children are responsible for planning, preparing, and creating a healthy plant base Menu for the 3 main meals of the day (Breakfast, Lunch & Dinner). Throughout the program, children further explore and review taste concepts and expand their understanding of nutrition, the difference between a "diet" and a "healthy diet.", food safety, meal-planning, and cooking. Interns will help student with cooking skills and nutrition concepts.

# **VOLUNTEER** *with* **SPOONS** **ACROSS AMERICA**

## **OUR MISSION**

Spoons Across America®, "the recipe for healthier children," is a not-for-profit organization dedicated to educating children, teachers, and families about the benefits of healthy eating. We work to influence the eating habits of children through hands-on education that celebrates the connection to local farmers and the important tradition of sharing meals around the family table.

## **FOOD EXPLORERS WELLNESS FAIR**

Food Explorers Wellness Fair is a one-day wellness fair for children to explore elements of taste, food groups, food sourcing, and to learn how to make healthy food choices. Children become "Food Explorers" as they walk through a five-station market to learn about each topic. Each station will have hands-on components along with physical activities to keep children engaged.

Spoons Across America is currently seeking volunteers that can commit to 3-4 hours of their time to help with our 1-day fairs. Please contact Justin Simmons directly to see how you can help.

Dates start in March and continue throughout the summer.

## **OTHER WAYS TO HELP:**

Spoons Across America currently supports the entire cost of bringing our food and nutrition education programs into New York City public schools with annual fundraising events, grants and unrestricted contributions. Local support can help us to retain and expand these free classes for children, by helping us to reach and impact more children with our hands-on food and nutrition education programs.

## **NYC & NATIONAL PROGRAMS**

**Spoons Cooking Club:** In this food and nutrition literacy program for after school and summer camp programs, children explore individual ingredients in a recipe, learn about the nutritious aspects of the dish, and then prepare the recipe to share with their friends. Each one-hour session focuses upon a selected theme and recipe that encourages children to explore, prepare and taste healthy foods. Activities are presented in a fun, hands-on manner with opportunities to learn culinary skills, kitchen science, nutrition, food origins and more!

**The Food Exploration Project:** This eight session food and nutrition literacy program for 6-11 year old children brings together highlights from Spoons Across America's current school-based programs. Hands on activities include opportunities to taste new and familiar foods, learn about where food comes from via picture books, develop age appropriate nutrition and cooking skills, make simple recipes, and have fun while learning about the importance of balanced and healthy eating.



@spoons\_across\_america



@spoonsacrossamerica



Spoons Across America

## **Contact:**

[Justin@spoonsacrossamerica.org](mailto:Justin@spoonsacrossamerica.org)  
[www.spoonsacrossamerica.org](http://www.spoonsacrossamerica.org)