



Are you passionate about food systems and nutrition education?

### Who we are:

18 Reasons is a non-profit community cooking school located in the Mission District in San Francisco. Through a variety of community programs, 18 Reasons seeks to empower our community with the confidence and creativity to buy, cook, and eat good food, every day. We provide free, 6-week Cooking Matters series that are targeted toward low-income adults, families, teens, and kids all throughout the Bay Area. The food skills education we teach through these Cooking Matters series allows food-insecure households to tap into their ingenuity and make the best possible use of their food resources, while also learning more about the food system as a whole.

[Learn More about 18 Reasons and Cooking Matters](https://18reasons.org/cooking-matters)

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### Your Role:

As an intern with 18 Reasons, you will directly coordinate Cooking Matters series, teach cooking and nutrition lessons, and lead grocery store and farmers market education tours throughout the Alameda County area. You will gain hands experience with teaching and facilitation, along with the opportunity to pursue independent projects. 18 Reasons will provide all necessary instructor trainings and materials!

You will be assigned to teach at multiple sites throughout your semester with 18 Reasons, including but not limited to; Lifelong East Oakland, John Muir Elementary School, West Oakland Middle School, Redwood Hill Townehomes, etc.

### Position duties include:

- Involvement in at least two Cooking Matters classes per week (teaching role or coordination), anytime on Tuesdays-Fridays, between 9am-7pm
- Facilitating 3-4 grocery store and/or farmers market tours per month.
- Liaise and collaborate with community host site partners, volunteers, and peer health educators.
- Data maintenance for assigned classes and tours.
- Attend and participate in weekly meetings and training.

### Experiences and Skills Gained:

- Explore career opportunities within food education and the nonprofit sector.
- Experience working within diverse and vibrant Bay Area communities
- Develop basic teaching skills including; curriculum development, behavior management practices and facilitation
- Build confidence in public speaking
- Acquire concrete workplace skills
- Gain and hold a valid California Food Handlers card

### Qualifications:

- At least 17 years old
- High School Diploma or GED
- Successful completion of TB test and Live Scan/Fingerprinting (reimbursement available)
- A valid driver's license and a car is preferred, though reliable access to transportation is required