

PROJECT NOURISH

THERAPEUTIC NUTRITION INTERN

Role and Responsibilities

ABOUT THE PROGRAM: A therapeutic diet is a meal plan that controls the intake of certain foods; it's part of the treatment plan for a medical condition, usually prescribed by a physician. Kitchens for Good is in the process of developing a Therapeutic Meals Program in which our culinary team will strategically design and produce meals targeted to accommodate and treat specific health conditions.

Scheduled to launch in the beginning of the 2018, this venture will be a sub-program of our social enterprise; clientele with specific health needs will be able to purchase these meals via their health and wellness providers. The revenue generated from this project will be used to provide these therapeutic meals to low-income populations free of cost via our Project Nourish hunger relief program.

ROLE: The Therapeutic Nutrition Intern will assist in developing recipes and designing meal plans for our new Therapeutic Meals Program. This internship is unpaid, however, Kitchens for Good will coordinate with academic programs to ensure internship credit is granted.

PURPOSE: The Therapeutic Nutrition Intern helps actualize our vision to “use food to change lives” by designing comprehensive menus for the Therapeutic Meals Program.

ACTIVITIES:

- Research and establish a “working knowledge” of the physiological causes and symptoms of common gastrointestinal, cardiovascular, and metabolic diseases and ailments (ie: diabetes, heart disease, celiac disease, chronic kidney disease, obesity)
 - Research and identify nutritional cures for these ailments
- Research small-scale, localized culinary healing and therapeutic meal programs; compile a report featuring common recipes / meal designs

TIME & FREQUENCY:

16 hours / week

biweekly meetings

3-month commitment

- Draft recipes for populations with the following specific food needs: Diabetics Diet, No Added Salt Diet, Low Sodium Diet, Low Cholesterol Diet, High Fiber Diet, Gluten-Free Diet, and Renal Diet
- Utilize the ChefTec Nutritional Analysis software to determine caloric content, grams of sugar, and other data for each finalized recipe
- Collaborate with our Culinary Staff and students to test the recipes and menus
- Organize and facilitate trial sessions of the product for each population; seek feedback from the trial sessions and integrate into recipe / menu designs
- Attend biweekly meetings with Business Intern and KFG Culinary Staff to discuss updates about the Therapeutic Meal Program

TIMES & DATES: Staff Lead, Volunteer Coordinator, and Therapeutic Nutrition Intern will meet to determine weekly schedule.

QUALIFICATIONS:

- Passion for culinary healing, nutrition, and Kitchen for Good’s mission
- Student in Masters or Bachelors of Science of Food and Science program or other relevant experience
- Possesses fundamental knowledge of food science, applied nutrition, and physiology
- Background in research and experience using ChefTech software is a plus

SUPPORT: The Therapeutic Nutrition Intern will participate in an initial orientation guided by the Volunteer Coordinator. Our Staff Leads will facilitate ongoing trainings in various areas. Access to program information and other resources will be shared with the volunteer. The Volunteer Coordinator will also facilitate regular “check-in” sessions with the Therapeutic Nutrition Intern every two weeks.

GET INVOLVED: Want to help design meals that heal?

Please email Nina at nina@kitchensforgood.org or call (858) 472-8413 to express your interest in this role. Our Volunteer Engagement Team will respond to you within 3 business days regarding your next steps.

MEAL TYPES FOR THERAPEUTIC MEAL PROGRAM:

- Diabetics Diet
- No Added Salt Diet
- Low Sodium Diet
- Low Cholesterol Diet
- High Fiber Diet
- Gluten-Free Diet
- Renal Diet

