



The Boston Project Ministries

Healthy Youth Champion – Healthy Lifestyles Team

Summer Employment 2019

Job Description

Want to work to promote better physical health in the community?

The Healthy Youth Champions (HYC) is seeking 6 youth, ages 15-19, to join our Healthy Lifestyles Team. The HYCs will focus on preventing or reducing obesity and related health diseases by improving the physical health of residents. The HYC team will concentrate on three activity areas that center on raising awareness about healthy lifestyle choices. These areas are **Healthy Food Education**, **Healthy Food Promotion**, and the **Healthy Lifestyles campaign**.

What you would be doing...

Healthy Food Education

- **Conduct research related to food justice, obesity, healthy eating, and exercise.**
- **Community Asset Mapping** - create a list of resources that promote healthy eating and exercise.
- **Add content to neighborhood website** about community health resources.
- **Survey 50 program participants** to understand the challenges of adopting a healthy lifestyle.

Healthy Food Production, Preparation, Promotion

- **Attend healthy cooking classes and prepare food demonstrations on healthy eating.**
- **Work with local urban gardeners** and assist in food production at a garden/farm.

Healthy Lifestyles Campaign

- **Lead 3 healthy eating and 3 physical activity sessions with children** in the Elmhurst Park Program. Sessions may include dance, group games, sports, calisthenics, etc.
- **Host a health and wellness station at a community event**
- **Assist in preparing a team presentation for The Big Event closing summer celebration**

The ideal candidate will have the following skills:

- **Ability to work together on a team**
- **Willingness to work outdoors, at times in inclement weather**
- **Good communication skills**
- **Interested in talking about community health**
- **Willingness to cook, do physical exercise and teach younger children**

Summer Schedule

Employment begins Monday, July 9 through Thursday, August 15, 2019.

Typical Work Schedule: Monday through Thursday 9:30 AM - 4:30 PM with 45-minute unpaid lunch

Location is in the Codman Square neighborhood of Dorchester. 15 Elmhurst Street, 02124.

Compensation

This is a seasonal non-exempt position with a pay rate of \$12 per hour.

Questions

Contact Christian Grant, Youth Programs Manager, christian@tbpm.org, 617-615-1066

Application period is open until April 30, 2019. Hiring decisions will be made in May.

To Apply: Online application at: <http://www.tbpm.org/youth-jobs/>