

Healthy Living Specialist - Nashville

Catholic Charities of Tennessee (CCTN) provides comprehensive services that address basic needs while also helping clients build and travel their personal path out of poverty and trauma. Weaving trauma-informed practices throughout our staff and programming, CCTN services include basic needs assistance, counseling, homelessness prevention, refugee and immigration services, trauma groups, adoptions, and workforce development. Our newest workforce development initiative, the Culinary Training Academy (CTA), provides participants the skills and knowledge to establish a career within Nashville's dynamic hospitality industry. With two locations, the CTA serves both a historic section of Nashville that has seen multi-generational poverty and another area with a wide cross-section of Nashville's diverse immigrant population. Our Healthy Living program uses the Healthy for Life curriculum of the American Heart Association in partnership with the University of Tennessee Extension Program's nutrition-focused services and the expertise of area chefs to ensure that CTA students can pair their cooking skills with practical nutrition knowledge. Embedding the Healthy Living program within the CTA allows participants not only to gain skills for economic mobility but also to strengthen their families through healthy choices and practices, improving life for participants as well as generations to come. As schedules permit, additional groups that could benefit from the work of the Healthy Living Specialist include our refugee elders and youth groups, our SNAP recipients, and other clients in our varied programs.

Further help on this page can be found by [clicking here](#).

Member Duties : The member will provide weekly nutrition classes to CTA students and others as possible. They will manage class scheduling and instruction, volunteer recruitment and management, and accommodating student needs. They will conduct assessments of learners, record results, and use evaluations to strengthen services. They will document clients' participation and understanding of topics through case notes and prepare reports for funders as needed. The AmeriCorps member will use the American Heart Association's Healthy for Life education program designed to change behaviors regarding food and nutrition. The AmeriCorps member will demonstrate cooking techniques and prepare delicious and healthy food with the help of volunteers, enabling clients to acquire new skills to prepare more nutritious meals. The AmeriCorps member will provide culturally relevant healthy recipes to clients, increase their level of comfort with healthy foods, & educate clients on budgeting and shopping for healthy foods.

Program Benefits : Training , Childcare assistance if eligible , Education award upon successful completion of service , Health Coverage , Living Allowance .

Terms :
Permits attendance at school during off hours , Car recommended , Permits working at another job during off hours .

Service Areas :
Education , Children/Youth , Community and Economic Development , Entrepreneur/Business , Hunger , Elder Care , Neighborhood Revitalization , Homelessness , Community Outreach , Health .

Skills :
Public Health , Social Services , Computers/Technology , Communications , Teaching/Tutoring , Community Organization , Team Work , Leadership , Non-Profit Management , Public Speaking , Education , Youth Development , General Skills .

SUMMARY

Program Type:
AmeriCorps State / National

Program
Healthy Living Specialist – Nashville

Program Start/End Date
02/01/2021 - 01/30/2022

Work Schedule Full Time

Education level College graduate

Age Requirement
Minimum: 17 Maximum: None

Program Locations TENNESSEE

Accepting Applications
From 01/13/2021 To 06/30/2021

Contact Heather Heffner
Community Based Services
Nashville TN 37214
6152914513
hheffner@cctenn.org
www.cctenn.org



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