

KAHNAWAKE SCHOOLS DIABETES PREVENTION PROJECT

Center for Research & Training in Diabetes Prevention

Daily physical activity, healthy eating habits & a positive attitude can prevent diabetes



Position: Healthy Food and Nutrition Promoter I

Duration: ~10-12 weeks: ~ June 3 – August 16 (start date flexible)

Work Schedule: Monday to Friday, 10:00 am to 5:00 pm / 30 hours per week

Requirements:

CEGEP or university students

Strong interest in learning about healthy food and nutrition

Interest and ability to gather and summarize key information

Clear communication skills for facilitating discussions

Writing skills for communicating with public

Creativity in creating simple visual and written content

Basic organization skills

Work with a team and mentor

Meet the requirements the KSSEP

Position Summary:

The objective for the healthy food and nutrition promoter II is to **1) gain knowledge and skills related to nutrition, health promotion, and healthy food Kahnawake; 2) examine food security in Kahnawake and measure the cost of eating healthy; and 3) Share knowledge about nutrition, health promotion, healthy eating, healthy food, and traditional foods as a basis for healthy eating.** During the employment students will work with another Health Food and Nutrition Promoter (KSSEP student). Each student will have their own project. Training will be provided by nutritionists and nutrition researchers from KSDPP through workshops and activities. A mentor will be assigned to work with you. A focus is on gathering information and sharing what is learned with the community via various media.

Responsibilities:

Attending training workshops on nutrition, food, healthy eating, food security and others. Leading one project to completing according to a clear workplan. Creating materials (E.g. infographics, videos) to promote healthy eating, food, and nutrition in Kahnawake. Working as a team to investigate the cost of healthy eating in Kahnawake. Attending KSDPP Community Advisory Board meetings. Mentoring a high school student.

Organize a series of focus groups (4) and interviews (2) with community members about using traditional food to promote healthy eating and food choice guidance.

Wage Rate: Level C: CEGEP (\$16.50-17.50/hour x 10 weeks x 30 hours/week)

Level D: University-Undergrad (17.25-18.25/hour x ~20-12 weeks x 30 hours/week)

Deadline to Apply: May 6, 2024

How to apply:

Please forward your resume and 1-page cover letter expressing your interest in the role

Send your application to:

Treena Wasonti:io Delormier (nutritionist)

Email treena.delormier@mcgill.ca