



2024 Healthy Recipes Summer Contractor Opportunity

Healthy Harvest of North Iowa is a small 501(c)3 non-profit in North Central Iowa that connects and educates to support the local food system. We offer a robust program of support to producers, consumers, community members, and regional partners. We are currently looking for two Summer contractors interested in helping with local food recipe demonstrations and cooking classes at farmers' market, local fairs/events, community health centers, and more. This position would be ideal for college students, teachers, and other food enthusiasts who are looking for part time hours this summer. More information on Healthy Harvest of North Iowa can be found: www.healthyharvestni.com.

Location: North Central Iowa

When: Early May through Mid/Late-August (additional opportunities may occur Sept & Oct.)
Learn about the local food system in North Iowa by working on our 'Cooking up a Healthier North Iowa' project team:

- Working with our HHNI Team to create and implement a schedule of recipe demonstrations and/or cooking classes around North Central Iowa.
- Hosting live recipe demonstrations for local area farmers markets, events, and partner organizations, including the selection of recipes, prepping recipes using local products, and serving samples to community members.
- Partnering with local chefs and vendors at Farmers Markets, including assisting with lesson preparation and preparing recipes with youth.
- Assisting with social media that promotes recipes, demonstrations, and classes.
- Attending meetings with local partners, including the North Iowa Local Food Coalition, as available and relevant to project involvement.

Time expectations: Estimated 80-100 total hours, with additional hours possible, based on interest and funding. We specifically ask applicants to have the week of August 4-10, 2024 available for performing in-person demonstrations during National Farmers Market Week. You will be setting your own schedule but expect to be conducting demonstrations at events approximately 2-4 times per week in the afternoon/evenings and on Saturday mornings. Preparation for these events can be done as your schedule allows.

Stipend: \$18/hour, plus mileage at the federal reimbursement rate of \$.67/mi.

Transportation: Contractors are expected to provide their own transportation. Ability to tow a 5'x 8' trailer is helpful but not required.

To Apply: Send resume and a cover letter listing your interest to Andrea Evelsizer, Executive Director, Healthy Harvest of North Iowa at info@healthyharvestni.com. **Applications will be accepted and reviewed on a rolling basis until the position is filled.**