



Latin American Association

Nutrition & Community Health Intern

Our community food pantry is dedicated to fighting food insecurity among underserved populations in our area. We serve a predominantly Latin American community and are committed to providing not only nutritious food, but also education and resources that empower families to prepare healthy, culturally relevant meals on a limited budget.

Position Summary

We are seeking a motivated and compassionate intern currently enrolled in a program in Nursing, Medicine, Nutrition, or Dietetics. This intern will partner with our team to develop practical, culturally sensitive meal preparation resources tailored to the needs of low-income Latin American families we serve. This is a hands-on opportunity to make a direct community impact while gaining valuable clinical and public health experience.

Duties and responsibilities:

- Develop easy, low-cost meal prep guides and recipe cards featuring Latin American staples (beans, rice, plantains, corn, chiles, etc.) that are nutritionally balanced
- Create bilingual (English/Spanish) nutrition education materials including visual guides, portion charts, and cooking tips
- Conduct informal nutrition workshops or cooking demonstrations for pantry clients
- Assess the nutritional needs and dietary concerns of clients, particularly those managing chronic conditions such as diabetes, hypertension, or obesity
- Collaborate with pantry staff to align meal prep resources with available food inventory
- Research and recommend culturally appropriate food substitutions to improve the nutritional value of donated items
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- Assist in tracking client feedback to evaluate the impact of nutrition programming
- Help identify and connect clients with additional community health resources as needed

Qualifications & Requirements

Required:

- Currently enrolled in an accredited program in Nursing (BSN/MSN), Medicine (MD/DO), Nutrition, or Dietetics (RD/RDN track)
- Basic knowledge of nutritional principles, meal planning, and dietary guidelines
- Genuine interest in food justice, community health, and serving low-income populations
- Ability to communicate respectfully and sensitively across cultural differences
- Self-motivated with strong organizational and written communication skills
- Ability to lift 40 lbs

Preferred:

- Bilingual in English and Spanish (written and spoken)
- Familiarity with Latin American cuisines, ingredients, and food traditions
- Prior experience with community service, volunteer work, or public health settings
- Knowledge of chronic disease management through diet (diabetes, cardiovascular health)
- Ability to design simple, visually appealing educational materials

Interested students and recent graduates can send an e-mail to Teresa Acosta at tacosta@thelaa.org with any questions and/or to express interest.