**County Kildare LEADER Partnership**

**Title:** Community Food and Nutrition Worker

**Reports to:** Health & Wellbeing Programme Manager

**Contract type:** Fixed term contract

**Location:** Athy

**Do you want to make a difference in the lives of individuals and communities?**

County Kildare LEADER Partnership in partnership with Sláintecare Health Communities are delighted to offer this exciting opportunity for a dynamic individual with a strong track record in making a difference in people’s lives to work with individuals who are struggling with food poverty and poor diet which can have a detrimental impact on their whole health and wellbeing.

Food poverty is the inability of individuals and households to secure an adequate and nutritious diet. It can affect those living on low incomes, with limited access to transport and poor cooking skills. Although the cost of healthy food is a major factor, the inability to access a healthy diet is a complex issue that incorporates education, transport, literacy, culture and environmental planning. Poor diet is a major public health issue linked with increased rates of obesity and chronic disease. In Ireland, poor diets are low in fruit and vegetables, fibre-rich foods and oily fish, and are high in energy, saturated fats, salts and sugars due to high intake of confectionary and processed foods. The Irish population reflects this dietary pattern; with 34% of people consuming “unhealthy foods” on a daily basis and just 37% of the population consuming the recommended 5+ portions of fruit and vegetables.

The purpose of the post is to provide capacity for the Sláintecare Healthy Communities to improve community health and wellbeing in the designated Healthy Community areas by addressing the issues of poor diet and food poverty. In Kildare this initiative is focused on the Athy area.

To that end we are looking for a **Community Food and Nutrition Worker** to establish a community kitchen in Athy which will serve the needs of individuals and the communities who live there. In addition to deliver evidence informed services to improve local population health and wellbeing outcomes, assessing the needs within the community in relation to food and nutrition, the role involves

developing, designing and implementing additional innovative responses addressing food poverty and poor diet of the target groups

If you have a track record of working with people and are energised by the potential to improve people’s quality of life focusing on food and nutrition impacting their whole health and wellbeing, then this job may be for you.

**What you’ll do**

As the Community Food and Nutrition Worker, you will imagine, design, develop and support the establishment of a community kitchen in Athy. Recruit and maintain volunteers who will support you in the running of the kitchen. Oversee and run the facilitation of new food and nutrition programmes as well as facilitate and improve upon existing ones.

**You will be responsible for:**

* Building capacity, knowledge and skills across communities and with local statutory and voluntary partners to improve the food environment, addressing food poverty, and activating agreed national campaigns
* Supporting the delivery of Healthy Food for Life guidelines focused workshops and community programmes including Healthy Food Made Easy, weaning workshops, healthy eating for older adults to develop the health awareness of individuals, groups and organisations and empowering them to make healthier food choices
* Co-ordinating the activation of agreed national campaigns that address healthy lifestyles and Healthy Food for Life guidelines in local communities
* Planning Logistics for the successful establishment of a community kitchen in Athy.
* Adhering to HSE health and safety guidelines when preparing food and engaging the community in Athy
* Recruiting, training and supporting a bank volunteer who will support the delivery of Community Food and Nutrition programme
* Designing and facilitation of food and nutrition related thematic workshops and other initiatives in response to identified needs or emerging issues among the target groups.
* Identifying emerging issues and needs in relation to the target group alongside the HSE national co-ordinator responding to training needs and resource development arising from strategic national and local agendas
* Participating in both community and professional networks.
* Achieving agreed Key Performance Indicators and assist with monitoring, evaluating, and reporting duties.
* Attending team meetings, external networks and any relevant training as appropriate.

Your Key working relationships include your line manager as well as the following:

* Local Authority Sláintecare Healthy Communities Co-ordinator
* HSE Sláintecare Healthy Communities Co-ordinator
* Local area Sláintecare Healthy Communities Steering Group
* HSE Community Dietetic Service
* HSE Project Dietitian with responsibility for national co-ordination of HFME and Community Food
* Safefood funded Community Food Initiative national co-ordinator

**Who you are:**

**Skilled and experienced facilitator:** You know the difference between teaching /presenting and facilitation and know how to use the group as its own best resource, respecting that people are experts in themselves.

**Compassionate and person-centric:** You believe in the value of a collaborative approach between the service user and provider.

**Strategic thinker:** You think about the big-picture and are able to see how your work, and the work of others, contributes to that; You can use data and research to generate insights, and can translate these into actions.

**Curious and creative problem-solver:** You come up with practical and creative ways to put the issues affecting the nutritional health inequalities in disadvantaged communities centre-stage of the work and you are curious about the world around you and the people at its heart.

**Exceptional at building and maintaining relationships:** you have excellent stakeholder management skills, able to quickly build trust and effective relationships, with people from a variety of backgrounds.

**A great communicator**: you can communicate effectively across multiple channels (face-to-face, written, digital) and adopt your style to meet the audience where they are.

**Collaborative team member:** you thrive off working alongside others, co-creating and building solutions together; you lead with passion and inspire others to follow, you empower colleagues and team members and support and enable others.

**Your qualifications and experience**

The minimum eligibility criteria for the post include that candidates must have at the latest date of application: A minimum of a Level 8 qualification in the area of nutrition and health. See below:

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| **Institute** | **Course** |
| Athlone Institute of Technology | BSc Hons Nutrition and Health Science |
| Institute of Technology Sligo | BSc Hons Nutrition and Health Science |
| Munster Technical University (previously Cork Institute of Technology) | BSc Hons Nutrition and Health Science |
| Technological University Dublin | BSc Hons Public Health Nutrition |
| University College Dublin | BSc Hons Human Nutrition |
| University College Cork | BSc Hons Nutritional Sciences |
| Dublin Institute of Technology | BSc in Human Nutrition and Dietetics |
| Technological University Dublin | BSc in Human Nutrition and Dietetics |
| University College Dublin | MSc in Clinical Nutrition and Dietetics |
| University of Limerick | MSc Human Nutrition and Dietetics |

Substantive experience (c. 3+ years) facilitating groups or working in a community development framework.

Demonstrated track record of developing and delivering innovative programmes in line with best practice that promotes positive health and wellbeing.

Track record of outreach work developing positive relationships with vulnerable or marginalised individuals in the community

A strong understanding of food poverty and nutritional inequalities landscape and the supports on offer in the community to help someone achieve their goals.

**In return what we offer:**

Competitive salary based on your qualifications and experience.

Annual leave: 21 days annual leave per year pro rata, with an increase of one day leave each year up to a maximum annual leave allowance of 25 days per annum

PRSA: Option to join the organisation’s PRSA scheme after successful completion of probation

Flexible working practices

Training and Development opportunities

Employee Assistance Programme

Open culture encouraging interaction and sharing of ideas and opinions

Opportunity to apply for up to two days remote working as per CKLP policy.

**How to apply**

If you are interested, please send a cover letter and copy of your CV to [Liz@countykildarelp.ie](mailto:Liz@countykildarelp.ie). Closing date for receipt of applications is 5pm on the 10th of January 2025.

CKLP is an equal opportunity employer.

