



# **The Social Planning Council of Peel**

*“Promoting social justice and citizen participation in the community”*

## **NUTRITION FACILITATOR**

Release Date: October 10th, 2018

### **The Service Designer and Provider**

The Social Planning Council (SPC) of Peel ([www.twitter.com/spcpeel1](http://www.twitter.com/spcpeel1)) is a 53-year-old registered non-profit organization that works to ensure a higher quality of life for all people in Peel Region. One of the SPC’s main activities is the creation of programs that address community or regional needs. The **Healthy Eating and Social Wellness Project** is the SPC’s newest service. The purpose of the project is to provide seniors with a forum for interacting with peers and learning about nutrition, so they can improve their health. When seniors are isolated and eating poorly, they experience a decline in quality of life. The mission of the SPC is to cultivate a healthy and inclusive Peel Region.

### **The Service**

The SPC of Peel will deliver **24 healthy eating and social wellness sessions** between October 2018 and July 2019. Each session is intended for a group of 22 seniors with a focus on nutritional knowledge. The SPC is seeking a **nutrition facilitator** to lead the sessions in a person-centered manner.

**Job Title:** Nutrition Facilitator

**Job Number:** 005-2018

**Hours:** 1 to 3 hours per month

### **Facilitator’s Responsibilities**

Define learning outcomes	Foster a safe and inclusive environment
Prepare handouts	Encourage confidence among seniors
Plan group activities	Provide post-session support
Teach seniors various aspects of nutrition and healthy eating	Self-evaluate the impact of sessions on seniors
Lead sessions	

**Flexibility** is essential as the facilitator will be working with seniors who vary in health, mobility, and English language proficiency.



# ***The Social Planning Council of Peel***

*“Promoting social justice and citizen participation in the community”*

## **Requirements**

A postsecondary credential in the culinary arts, nutrition, or food preparation	Mindfulness about ethnically and racially diverse people
At least 2 years of experience as a chef or nutritionist	A high level of initiative
Proficiency in verbal communication and teaching methods	Proficiency in collaborating with others
Proficiency in Microsoft Word and PowerPoint	Prior experience in adult education is an asset but not mandatory
Proficiency in leading seminars	Proficiency in Cantonese, Punjabi, Tagalog, and Urdu is an asset but not mandatory

The facilitator will treat seniors with **dignity and warmth**. A police record check is also required for the job.

All interested applicants should submit a cover letter and resume to [cmcleish@spcpeel.com](mailto:cmcleish@spcpeel.com) by **October 18th, 2018** (7 pm). The SPC of Peel thanks you for your time; however, only applicants selected for an interview will be contacted.