

## **Healthy Living Instructor (Nutrition & Physical Activity)**

### **Purpose of the Role**

The sessional Healthy Living Instructor facilitates nutrition education programmes, including the Healthy Church Initiative (HCI), by conducting educational sessions, assisting with programme coordination, and supporting participants in developing healthy eating habits, increasing physical activity and enhancing their nutritional knowledge.

### **Key Responsibilities**

#### **Programme Delivery**

- Facilitate group nutrition and healthy living education sessions and workshops using established curricula
- Prepare and set up educational materials, visual aids, and demonstration equipment.
- Support cooking demonstrations and hands-on food-preparation activities
- Maintain accurate attendance records and participant-progress documentation

#### **Administrative Duties**

- Maintain participant files and confidential health information
- Prepare session reports and collect data as required
- Assist with programme evaluation and feedback collection

### **Qualifications**

<b>Required</b>	<b>Preferred</b>
Diploma or degree in Nutrition, Dietetics, Health Promotion, or related field	Previous experience in nutrition education or health promotion
Knowledge of basic nutrition principles and dietary guidelines	Bilingual capabilities relevant to the community served
Experience in group facilitation or education delivery	Food safety certification

Required	Preferred
Strong communication and interpersonal skills	Experience with programme evaluation and data collection
Ability to work with diverse populations, cultural backgrounds, and faith groups	Knowledge of adult-learning principles & previous church-group education experience

## Essential Skills

- ✓ Excellent verbal and written communication
- ✓ Group facilitation and presentation of information
- ✓ Cultural sensitivity and awareness, especially when working with Black African and Black Caribbean church communities
- ✓ Basic computer skills/presentation software proficiency
- ✓ Organisational and time-management abilities
- ✓ Flexibility and adaptability across varied settings

## Working Conditions

- Part-time or contract position (dependent on programme funding)
- Variable schedule, including evenings and weekends
- Regular travel to various community locations (integral to the role)
- Online session delivery as required
- Physical demands: standing, lifting supplies, and food-demonstration activities

*Ideal for someone passionate about nutrition education and community health promotion who enjoys working directly with people to improve their nutritional well-being.*

To apply, please send your CV and a short cover letter outlining your suitability for the role to [admin@foodforpurpose.org](mailto:admin@foodforpurpose.org).



We actively encourage interest from people who represent the communities we serve, especially those from Black African, Black Caribbean, and other global majority backgrounds.

If you would like to discuss the role informally before applying, please do not hesitate to get in touch with Dr Shola Oladipo at [shola.oladipo@foodforpurpose.org](mailto:shola.oladipo@foodforpurpose.org)