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Eat for the Earth Internship Opportunities

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Short Agency Description:

Eat for the Earth makes it easier for people to eat more plants and less animal products to sustain all life on Earth. We address myriad interrelated crises by working at the intersections of environmental advocacy, human nutrition, health, and racial and environmental equity—advocating for healthy plant-based diets that have tremendous benefits in all these areas and more.

Longer Agency Description:

Eat for the Earth makes it easier for people to eat more plants and less animal products to sustain all life on Earth. Many people are becoming aware that dietary choices impact the environment by contributing to the climate crisis, biodiversity loss, ocean dead zones, desertification, and many other challenges. A growing body of research demonstrates that a shift in global diets is a necessary component of any effective solution to the complete breakdown of the biosphere.

Simultaneously, diet-caused chronic conditions such as diabetes and heart disease lead to disability and early death for the majority of people in the US. The food on our forks affects all groups, but some groups more than others. Factors such as racism and the colonization of indigenous diets create additional obstacles to good health for many marginalized groups.

Eat for the Earth addresses all these concerns by working at the intersections of environmental advocacy, human health, and food justice—advocating for healthy plant-based diets that have tremendous benefits in all these areas and more. For example, we engage in outreach and education to amplify the connections between diet and environment. We offer support and tools for individuals to adopt and maintain sustainable, healthy diets, with a focus on those populations that experience disproportional barriers to healthy, sustainable eating. We partner with organizations to

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promote systems change. We participate in regional, national, and international collaborative initiatives to address food system environmental harm and inequities.

Eat for the Earth welcomes interns to participate in a variety of roles in all of those programmatic areas. We also welcome interns who are interested in gaining real world experience in areas of interest in nonprofit organizational practice such as fund development, organizational development, leadership, and collaboration.

Sample Roles:

Eat for the Earth works with Environmental Studies interns to determine the best placement for them in terms of roles, objectives, and specific projects. A few possible roles are described here:

- *Movement-Building Associate:* Through hands-on activities, reflection, and interactions with supervisor and other team members, develop and/or increase understanding and skills with a variety of aspects of movement-building and outreach, including copywriting, event planning and implementation, use of social media, conversations that inspire action, materials development, and ally cultivation. Movement-building and outreach activities currently underway include monthly gatherings, participation in local festivals, some social media presence, collaborative projects and initiatives, and regular mass emails. Interns could take leadership in a particular project or area of function, for instance taking leadership with increasing social media presence, improving our website, facilitating events, etc. The main objectives of any project or activities the intern takes on is increasing Eat for the Earth's reach, increasing engagement amongst current and new members, growing the greater movement of which we are a part, and increasing understanding in the community about the role of diet in addressing environmental degradation and other harms.
- *Policy/Advocacy Associate:* In collaboration with the supervisor and other members of the team, the Policy/Advocacy Associate works to stimulate systems change in institutions such as schools, healthcare agencies, and government. Possible projects include working with schools to increase the availability and consumption of healthy, sustainable school meals; supporting Eat for the Earth's partnerships with health clinics; and engaging in advocacy for legislative solutions to the environmental impacts of food systems. The main objective of any project or activities the intern takes on is to make it easier for people to eat more plants and less animal products and to otherwise support the shift to plant-based and plant-centric diets.
- *Research Associate:* In collaboration with the supervisor and other members of the team, the Research Associate determines questions that need to be answered in order to insure that our organization is well-grounded in science, engaging in effective strategies, and having the greatest impact possible, and works with other team members to research answers. Topics may include, but not be limited to, best practices in supporting community change, environmental

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impacts of animal agriculture, potential partner agencies or individuals, current environmental policies in our region, etc. The main objective of any project or activities the intern takes on is insuring our talking points, online and print copy, strategies, and materials are well-grounded in facts that we can articulate.

- *Fund Development Associate*: Through supervised, hands-on experience, the Fund Development Associate has the opportunity for developing understanding and skills with a variety of aspects of fund development, including grant research, proposal preparation and submission, crowd-funding, relationship development, donor cultivation, donation tracking, and reporting. The ultimate objective of any project or activities the intern takes on is acquiring resources to accomplish activities that support the mission and goals of the organization.

Required Prerequisites:

- Commitment to environmental sustainability
- Ability to be a team player
- Self-motivated, self-directed, and resourceful
- Strong computer skills
- Ability to pay attention to details
- Good verbal and written communications skills
- Excellent follow through
- Willingness to lend support to an organization and movement that is vocal about addressing the negative environmental consequences of animal agriculture
- Role and project specific skills, for instance if an intern wants to take on the a project involving social media or online research, they will need to have skills and experience in that area.

Optional:

- Vegan, vegetarian, flexitarian, or reducetarian lifestyle helpful but not mandatory.

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