

Interns & Volunteers (for credit) - Boys and Girls Clubs of Wake County

This year our summer internships will run June 20th to August 12th Monday- Friday 8:30 AM- 12:00PM.

Boys & Girls Clubs offers a wide range of after-school programs for youth ages 6-18 that focus on three key critical outcomes: healthy lifestyles, academic success, and good character and citizenship.

The healthy habits curricula is designed to teach young people about the benefits of developing healthy habits, such as eating smart and being physically active. It will also equip young people with skills to adopt healthier habits through participation in fun and engaging learning activities both at the club and at home. Our goal is to encourage young people to take small steps toward positive behavior changes.

We help youth and teens learn the building blocks of a healthy lifestyle, incorporate healthy snacks, meals and portion sizes, avoid drugs, alcohol and tobacco, and build fundamental athletic skills to help them grow up healthy and strong.

We have 7 clubs serving Wake County. Below are things we do to help these clubs:

- Pre and post-testing for nutrition
- Daily nutrition lessons (lesson, activity, and snack)
- Once a week culinary classes (part of workforce readiness and life skills)
- ServSafe Classes
- Farm to table teachings with tower gardens, greenhouse and raised beds at club locations to use
- Network with members of the community to get opportunities for club member
- Be a mentor for members
- Have fun! If you're having fun so are the members

If this is something that interests you please feel free to contact me!
Please send any questions that you may have.

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