



POSITION DESCRIPTION

Nourish Facilitator

Department	Wellspring New Brunswick	Revision date	March 12, 2025,
Reports to	Director, Wellspring New Brunswick		
Classification	Contract		

Nutritional needs transcend the cancer experience, from special food requirements during the challenges of cancer treatment, to healthy eating practices that can enhance long-term wellness.

The NOURISH program, led by a Registered Dietitian, delivers educational content combined with the demonstration of healthy recipes. The goals are for members to learn more information, see foods prepared before their eyes and have the chance to taste the final product. By learning, seeing and tasting, the member will feel more comfortable to incorporate the newly presented foods into their diet.

As well, members leave the sessions with recipes they can cook at home, a reference sheet that contains content from the presentation (in Lieu of condensed power points) and a resource sheet of helpful websites for further information (most programs).

- Improve health and well-being
- Reduce side-effects
- Manage Weight
- Improve diet and nutritional management

Nourish (Education) addresses in an applied manner members' nutritional needs as they pertain ***specifically to cancer*** (e.g., maintaining weight during treatment; nutritional strategies for symptom management; special nutritional needs for colorectal cancer patients). For these sessions, ***where the information offered***

is specific to the nature of the malignancy or its side-effects, applied knowledge and experience in oncology is an essential element of leadership.

Why Wellspring New Brunswick?

Wellspring New Brunswick is a philanthropic program of The Friends of The Moncton Hospital in Moncton, NB. We work to help those living with cancer to live better.

What you will do:

- Abiding by the standards of leadership and policies outlined in Wellspring's Program Leader's Guide
- Ensuring that kitchen equipment is in good working order by notifying the Centre Manager or Program Coordinator when repairs or replacement is required
- Planning and leadership of Nourish sessions according to the outline and content provided
- Working with Wellspring staff to ensure necessary ingredients and equipment is available for the program
- Arriving in time to undertake necessary preparation for cooking demonstrations
- Providing Nourish volunteers with guidance and supervision
- Ensuring the safe handling, preparation and storage of food according to the Food Handlers protocol
- Recording attendance at each class and returning the attendance form to the designated on-site folder
- Undertaking program evaluation according to Wellspring's procedures.
- Providing feedback to Wellspring on program content as new research is published or member's questions arise

*please note that for sessions with cooking demonstration the center staff will attempt to schedule a volunteer to assist you, please be aware if there are volunteer cancellations the expectation is that the program leader facilitate independently and the center staff will assist to the best of their ability.

What we are looking for:

- Registered Dietitian with a degree from an accredited university



- Registration with a governing professional body (e.g., Canadian Dietitians Association; College of Dietitians of New Brunswick)
- Minimum of three years of experience in the delivery of nutrition education in oncology
- Current Food Handlers certificate.
- Although not required, preference is given to candidates with experience in group based program delivery.

Job Details

Location: Moncton, NB

Apply for this opportunity! Please email your resume and cover letter to Jacqueline.Bloom@WellspringNewBrunswick.ca by April 30, 2025. Please include "Nourish Facilitator" in the subject line. While we thank all applicants in advance for their interest, only those selected for an interview will be contacted.