**Nutrition Equity Scholars Program (NESP)**

*“When one person mentors, two lives are changed”* – Kevin Sessums

**Background:**

Students in Boston face many inequities relating to access to strong education as well as access to healthy lifestyles. Additionally, Tufts University has made a commitment to working with the community to help alleviate these issues. Volunteer Mentors will build capacity to work with diverse communities and do anti-racist work, and Boston youth will sharpen their academic and nutrition knowledge to best serve them and their communities.

**Opportunity:** VirtualMentor for an academic and nutrition focused pipeline program for High students in Boston

**Requirements:** All Tufts Undergraduates, Graduates, and Alumni are welcome to apply. Prior experience with working with high school students is preferred but not required (you will be supported on mentoring best practices)

**Time Commitment:** 15-60 minutes a week. You and your co-mentor will coordinate with your student Mentee on what time and day to meet each week (Note: some weeks will be less busy and some weeks you won’t meet due to Holidays, Finals, Midterms etc.)

**A. Other Time Commitment:** Two 1-hour trainings

**B. (Optional)** Students will also be attending workshops related to nutrition and fitness.

You may also volunteer for these if you would like to.

**Duties:** Help you student stick to his or her academic and nutrition goals

* Provide encouragement and advice
* Help student stay organized
* Help student find resources
* Provide tutoring (optional—there will be tutoring times students can drop into)

**Social opportunities:** There will be optional in-person and virtual opportunities to connect with other alumni, undergraduate, and graduate mentors.

**Additional Supports:**

* There will be optional opportunities to meet with the program developer and with other mentors to receive support with working with the mentees.
* Weekly Emails will provide guidance on working with mentees and school-related tasks that are coming up for students such as projects, tests, lab reports, etc.

**If you are interested in becoming a volunteer or learning more about the program visit our website and click on the Become a Mentor Tab: <https://sites.tufts.edu/nesp/>**