Volunteer Job Description:
Chef Instructor

Share our Strength's Cooking Matters™ is a cooking-based nutrition education program that fights hunger by teaching families how to make healthy food choices on a limited budget. Professional chefs volunteer their time and expertise to lead hands-on courses that show adults, teens, and kid how to purchase and prepare nutritious foods in healthful, safe, and tasty ways. The ideal Chef Instructor is someone with a culinary background or experience working in the food industry. We welcome qualified chefs from restaurants and hotels, instructors and students from culinary schools, personal chefs, caterers, home economics teachers, restaurant owners and managers, food sales and marketing representatives, non-profit kitchen managers, and retired foodservice professionals.

The Chef Instructor will serve as a teacher and role model, teaching key skills and inspiring participants to cook healthy, inexpensive meals at home.

Responsibilities:

- The chef's job is to follow the goals and objectives outlined for each lesson in the curriculum, while using their own personal teaching style.
- Facilitate class discussions on each cooking or food safety message, allowing participants to brainstorm how they might put new behaviors into action, discuss barriers to adopting new behaviors, and share ideas with their peers for overcoming barriers.
- Choose recipes that demonstrate key nutrition, food budgeting, and food preparation lessons each week.
- Guide class participants in reading recipes, cooking techniques and terminology, proper knife handling, and food safety and sanitation.
- Supervise participants in the kitchen, encouraging proper technique and gently correcting as needed.
- Engage class participants in hands-on practice to improve cooking skills and learn the fun in cooking.

Skills/Experience Required:

- Professional culinary training or experience working in the food industry.
- Interest and comfort in working with low-income individuals from diverse backgrounds.
- Comfortable speaking in front of groups (average class size is 12 participants).
- Ability to travel to class location.
- Willingness to be trained on Cooking Matters curricula, to work as a team with volunteer nutrition educator, and to adhere to program policies and team decisions.

Time Commitment:

- At least 1 hour for training and orientation to Cooking Matters.
- Approximately 4 hours per week for 6 weeks, which includes: lesson preparation, travel time, class time, set-up and clean-up.
- Commitment to all 6 weeks of course duration

Impact

- All volunteers not only have the power to educate, but they inadvertently increase self-esteem and strengthen social networks.
- Our overall goal is to create a long-term solution to hunger by giving people the confidence and ability to be more self sufficient while improving their eating habits and food budgeting skills.

To Apply:

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