



Volunteer Job Description:
Classroom Assistant

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 and nutrition educators volunteer their time and expertise to lead hands-on courses that show adults, teens, and kids how to purchase and prepare nutritious foods in healthful, safe, and tasty ways. This can mean the difference between feeding families for just one night and making sure they have the knowledge, skills, and resources to prepare healthy meals for a lifetime.

The assistant will ensure that each class runs smoothly so that participants receive the highest quality learning experience.

Responsibilities:

- Arrive 30 minutes before class is scheduled to begin.
- Help unload and arrange groceries and supplies.
- Set up classroom and kitchen space to get ready for participants.
- Assist chef and nutrition educator throughout class as needed with activities, visual aids, and cooking.
- Assemble take-home grocery bags for participants.
- Clean up and break down the classroom before leaving.
- Serve as a positive role model for participants in the class.

Skills/Experience Required:

- Interest and comfort in working with low-income individuals from diverse backgrounds.
- Ability to work well with a team.
- Ability to travel to class location.
- Willingness to adhere to program policies and team decisions.

Time Commitment:

- At least 1 hour for training and orientation to Cooking Matters.
- At least 3 hours a week for travel time, class time, set-up and clean-up.
- Must commit to all 6 weeks of the course!

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: **Heather Tyler**
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