



## Ambassador Volunteer Request Form

**Job Title:** Nutrition Outreach Events Volunteer  
**Department:** Nutrition Education  
**Reports to:** Nutrition Outreach Manager  
**No. of Volunteers Needed:** Varies, as needed  
**Date requested:** June 2009

### **Basic Function:**

- Lead nutrition education outreach events such as a cooking demonstration, educational activity and/or interactive cooking class at a venue such as a health fair, farmers market, provider training, after-school or youth program, or senior center

### **Primary Duties:**

- Attend brief training/instruction and receive event details
- Communicate with event contact to work out logistics
- Gather materials, food and supplies
- Arrive early to set-up and then lead the program at the event
- Clean up and return materials to the food bank
- Follow-up and debrief with event contact and Nutrition Education staff

### **Minimum Requirements:**

- Interest in hunger, nutrition and health as social justice issues
- Experience with and interest in health, nutrition and cooking
- Experience working with diverse and/or low-income communities at-risk of hunger and other health issues
- Ability to take initiative and work independently to plan events
- Ability to communicate effectively with community partners
- Ability to stay organized and respond calmly to unexpected events

### **Physical Requirements:**

- Ability to lift up to 20 pounds
- Ability to travel throughout DC metro area

### **Volunteer Work Schedule:**

- Varied depending on event and volunteer availability

### **Hours:**

- Varied depending on event and volunteer availability

### **Impact of this volunteer opportunity:**

- Gain experience working directly with diverse and at-risk communities
- Empower individuals and communities to foster healthy habits
- Gain experience planning and executing events