



## Ambassador Volunteer Request Form

**Job Title:** Cooking Demonstration Volunteer  
**Department:** Nutrition Education  
**Reports to:** Nutrition Outreach Coordinator  
**No. of Volunteers Needed:** 12  
**Date requested:** Open

### **Basic Function:**

- Perform quick and easy cooking demonstrations at on- and off-site locations.

### **Primary Duties:**

- Demonstrate healthy, low-cost recipes for participants at Kids Café, Brown Bag, agency, and direct distribution locations.
- Educate participants as to cooking techniques, basic nutrition information, and healthy food selection and preparation processes.
- Collect SNAP data for the Nutrition Ed Department.

### **Minimum Requirements:**

- Some experience with cooking easy meals.
- Interest in working with low-income individuals with diverse backgrounds.
- Dedication to helping alleviate hunger and poverty.
- Comfortable speaking in front of an audience.
- Ability to travel to demonstration location.
- Willingness to work as a team and adhere to program policies and procedures.

### **Physical Requirements:**

- Must be able to stand for 1 hour and lead cooking demonstration.
- Must be able to lift 10 lbs.

### **Volunteer Work Schedule:**

- Commitment to three cooking demonstrations. Scheduling of demonstrations is very flexible.

### **Hours:**

- Most cooking demonstrations will last approximately one hour, with time for set up and clean up, plus transportation time to and from demonstration locations.

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

- Make a real difference in the lives of people at risk of hunger.
- Gain public speaking experience.
- Meet a new and diverse group of people.
- Learn new recipes and practice cooking techniques.