



Cooking Matters Volunteer Class Assistant

Department:	Nutrition Education Department
Reports to:	Cooking Matters Course Coordinator
No. of Volunteers Needed:	1 per 6-week course
Date requested:	Ongoing

Position Overview:

Cooking Matters is a national 6-week, hands-on nutrition and cooking educational series developed by Share Our Strength. It is offered through the Capital Area Food Bank to limited resource participants around the DC Metropolitan Area. As a Class Assistant, you will have the opportunity to work with a passionate team of volunteers to engage and encourage participants to choose healthier foods for a healthier lifestyle.

Classes are taught by a team of volunteer nutritionists, chefs, and class assistants and cover basic nutrition, cooking, meal planning, and shopping. Classes are two hours in length and participants take home a grocery bag of ingredients to replicate class recipes at home. Volunteers receive the curriculum that will be taught in class. There are different curricula for a variety of different audiences including children 8 to 12 years old, adults, teens, teen parents, families, adults with preschool-aged children, and adults with specific medical conditions. Please visit www.strength.org for more information on the Cooking Matters Program.

Basic Function:

- Assist low-income individuals at risk of hunger in selecting and preparing healthy low-cost food

Primary Duties:

- Assist in shopping for groceries, as needed
- Unload groceries and supplies
- Assemble grocery bag for each participant
- Assist chef/nutritionist with activities and classroom management
- Work with participants
- Help with set up and clean up

Minimum Requirements:

- Interest in working with low-income individuals with diverse backgrounds
- Interest in healthy cooking, nutrition and wellness
- Dedication to helping alleviate hunger and poverty

DC Warehouse: 645 Taylor St, NE; Washington, DC 20017 | 202-526-5344
VA Warehouse: 6833 Hill Park Drive, Lorton, VA 22079 | 703-541-3063



- Ability to travel to class location
- Willingness to work as a team and adhere to program policies and procedures

Physical Requirements:

- Must be able to stand for 3 hours
- Must be able to lift 20 pounds

Volunteer Work Schedule:

- 3 hours a day for one day a week for six consecutive weeks (2 hours for class, ½ hour for set-up, and ½ hour for clean-up) plus lesson planning and preparation time on own

Hours:

- Various times depending on site schedules

Position Location:

- Different community sites throughout the DC Metropolitan area

Impact of this volunteer opportunity:

- Make a real difference in the lives of people at risk of hunger
- Learn about healthy low-cost cooking
- Meet a new and diverse group of people

How to Sign Up:

- Fill out this application: <http://www.capitalareafoodbank.org/wp-content/uploads/2011/01/CAFB-Nutrition-Education-Department-Volunteer-Application-10-11.doc> and turn it in to volunteer@capitalareafoodbank.org along with a resume.