

Cooking Matters **Volunteer Role Description: Culinary Instructor**

Position Summary:

Cooking Matters is a cooking-based nutrition education course designed to teach low-income families how to prepare healthy, tasty meals 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 culinary instructor will serve as a teacher and role model, teaching key skills and inspiring participants to cook healthier, inexpensive meals at home.

Responsibilities:

- Teach low-income participants the basics of food and kitchen safety, food preparation, and making healthy choices and substitutions when cooking, according to the highlighted objectives of each lesson.
- 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.
- Assign participants kitchen tasks that allow each individual to gain hands-on practice and improve their cooking skills.
- Supervise participants in the kitchen, encouraging proper technique and gently correcting as needed.

Skills/Experience Required:

- Professional culinary training 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.
- 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:

Before volunteering

- At least 2 hours for online training and orientation to Cooking Matters.
- At least 1 hour for in-person training on Cooking Matters.

Throughout six week course

- At least 3 hours per week for class time, set-up, and clean-up.
- At least 1 hour per week for lesson preparations.
- Must commit to all six weeks of the course!

To Apply:

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