



Cooking Matters Volunteer Role Description: Nutrition 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 nutrition instructor will serve as a teacher and role model, teaching and reinforcing key messages about healthy eating and inspiring participants to adopt healthy eating habits.

Responsibilities:

- Teach low-income participants basic healthy eating and food budgeting messages, according to the highlighted objectives of each lesson. Messages include: eating from MyPlate food groups; choosing more fruits, vegetables, and whole grains; planning balanced meals; reading food labels; and making budget-friendly choices at the store.
- Facilitate class discussions on each 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.
- Select and implement hands-on activities that allow participants to practice key skills and feel comfortable implementing new healthy behaviors.

Skills/Experience Required:

- Nutrition training at an accredited institution. Registered Dietitian and/or four-year degree in nutrition, food science, dietetics, or related field preferred. Dietetic interns are encouraged to apply.
- 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 chef, 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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