

Volunteer Role Description: Culinary Instructor

Position Summary:

Cooking Matters is a cooking-based nutrition education program 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, parents, and families how to purchase and prepare nutritious foods in healthy, 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 more healthy, 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. Curriculum is provided by Cooking Matters.
- 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 adopt 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. Recipes are provided by Cooking Matters, or chefs can supply their own, provided they adhere to Cooking Matters' criteria (healthy and low-cost).
- Assign participants kitchen tasks that allow everyone 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, hotels, or related fields.
- Interest and comfort in working with low-income individuals from diverse backgrounds.
- Comfortable speaking in front of groups (average class size is 10 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:

- At least 1 hour for training and orientation to Cooking Matters.
- Approximately 3 hours per week for lesson preparation, travel time, class time, set-up, and clean-up.
- Must commit to all six weeks of the course or share the commitment with a colleague.

To Apply: Please email dgutierrez@weldgov.com or call (970)400-2373

For More Information: Please visit: <http://cookingmatters.org/>

