

Share Your Love of Cooking & Nutrition!

Passionate about cooking and food? **RSVP** (Retired and Senior Volunteer Program) and Solid Ground's Community Food Education team need **YOU** to share your skills and passion with communities in need!

RSVP seeks volunteers to be...

- ▶ Cooking Instructors
- ▶ Nutrition Instructors
- ▶ Class Assistants

Participate in 6-week classes teaching cooking skills and nutrition concepts to adults and families living on low incomes. No professional experience needed; training provided.

For more information...

Contact Jan Hancock at **206.694.6786** or janh@solid-ground.org.

