



Cooking Matters Class Series

Volunteer Role Descriptions

Program Description: Cooking Matters offers cooking and nutrition classes to community members in low income areas focused on maximizing food resources. We provide hands-on education, combining cooking, nutrition, menu planning, budgeting, kitchen safety and sanitation.

Each Cooking Matters class is led by a team of three trained volunteers: a **Cooking Facilitator**, a **Nutrition Facilitator** and a **Class Assistant** who work alongside a staff coordinator to facilitate fun, lively and informative classes for participants. Participants work with the volunteers in educational activities and preparing a shared meal. Classes are held at community organizations, public and transitional housing sites, schools and other service providing agencies throughout Seattle and King County. Classes meet once a week for six weeks. Each week the classes require a time commitment of two hours, plus 30 minutes of prep time and 30 minutes of clean up. Volunteers are encouraged to contribute to all facets of the class, including lesson planning, set-up, clean-up, and food preparation.

Nutrition Facilitator: As a nutrition facilitator, you must have a strong background in nutrition, food science, dietetics, or a related field. Important things to discuss include the MyPlate model as a tool for healthy eating, planning balanced meals, benefits of fruits and vegetables, food budgeting, label reading, whole grains and fiber and physical activity. The classes are interactive and the nutrition facilitator will often act as facilitator for the activities to teach and reinforce the lessons for each week. The nutrition facilitator also serves as a positive role model by emphasizing the benefits of nutritious eating and motivating participants to improve their eating habits.

Cooking Facilitator: During class, the cooking facilitator will discuss topics such as food budgeting, planning meals, making healthy cooking choices, and making informed decisions at the grocery store. The classes are intended to be highly participatory, meaning that the “students” will be cooking with you! It is important to keep the participants busy with various tasks and allow for hands on learning in the kitchen, while making sure that they are using safe techniques. Some cooking skills to demonstrate and practice in class are, proper knife handling and skills, various cooking methods, food safety, recipe reading and sanitation practices.

Class Assistant: Volunteer class assistants help instructors and facilitators with classroom set-up, food preparation, class activities, and clean-up. Other duties may include packing groceries for participants to take home, unloading and loading kitchen equipment, and washing dishes. Volunteers with an interest in cooking and/or nutrition are encouraged to apply for this position.

Time Commitment: Classes meet once a week for six weeks. Each week the classes require a time commitment of two hours plus 30 minutes of prep time and 30 minutes of clean up. Volunteers are encouraged to contribute to all facets of the class, including lesson planning, set-up, clean-up, and food preparation. All together for one course series, you will commit about 20 hours of volunteer time, in addition to any lesson planning and prep by the Cooking or Nutrition Facilitator.

Training: Once you complete our volunteer application, you will be invited to a new volunteer orientation held at Solid Ground, where you will learn more about Cooking Matters and volunteer expectations,

including getting your [Food Worker Card](#). Next you will be asked to observe a class already in session. After the orientation and observation you will be able to sign up for any open volunteer class positions.

To Apply and for Further Questions Contact: Shana McCann, Program Coordinator at 206-694-6869 or shanam@solid-ground.org