

POSITION DESCRIPTION

Youth Cooking Class - LEAD TEACHER VOLUNTEER

Responsibilities:

- Preparing for and facilitating experiential nutrition & cooking classes for a diverse population of youth, ages 10-14 years old, including:
 - Shopping for groceries needed for each class at a local grocery store, on a weekly basis;
 - Preparing and delivering established nutrition lessons on the following topics:
 - Kitchen Safety/Knife Safety
 - Making Good Food Choices - Marketing for Kids
 - MyPlate - Complete Meals - Eating the Rainbow
 - Whole Grains
 - Sugar Sweetened Beverages & Energy Balance
 - Reviewing established recipes each week;
 - Managing adult volunteers in the kitchen classroom;
 - Transporting groceries and cooking supplies to and from teaching venues.

Qualifications:

- A desire to work with youth in a lead role;
- An energetic, engaging, and friendly demeanor;
- Nutrition knowledge, especially related to the class topics listed above;
- Ability to maintain patience and keep youth and adult volunteers on task in a fast-paced environment;
- Ability to delegate tasks to adult volunteers, and facilitating productive work groups consisting of 1 adult per 4 youth in the kitchen classroom;
- Ability to lift at least 25 pounds;
- Proficiency in English is required; bilingual (Spanish-English) is highly desirable.