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:
  o Shopping for groceries needed for each class at a local grocery store, on a weekly basis;
  o 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
  o Reviewing established recipes each week;
  o Managing adult volunteers in the kitchen classroom;
  o 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.