

CO-OP COMMUNITY KITCHEN



TOOLS *for*
EATING
HEALTHY
on a
BUDGET

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Volunteer Instructor/Assistant Position Descriptions

Volunteer Instructors positions include: Cooking Educator and Nutrition Educator. Additionally for each class, a Class Assistant will provide support before, during and after class takes place. All positions will work together to provide instruction to class participants, assist in set-up and take-down of class and fulfill their duties noted below. Each class series meets once a week for four weeks and is coordinated by Sacramento Natural Foods Coop staff. Class's participants are most often adults and in some cases, will have children present. Classes are held at community agencies around the city. Sacramento Natural Foods Coop provides all materials needed for class including instruction guide, participant handouts, cooking supplies, and food for cooking in class as well as take home by class participants.

Cooking Educator Position Description:

Teach low-income individuals how to how to prepare & cook simple, healthy, and affordable meals. Cooking instructors teach a 4-class course using the lesson talking points and recipe provided for each class. Volunteer Cooking Educators work in partnership with the Nutrition Educator to lead the class, highlighting and supplementing nutrition information with their own cooking knowledge and experience.

Qualifications and Requirements:

- Home-chef and/or professional training or experience in the culinary industry
- Interest in working with low-income individuals with diverse backgrounds
- Dedication to helping alleviate hunger and poverty
- Comfort speaking in front of an audience
- Ability to travel to class locations
- Willingness to be trained in the Coop Community Kitchen Program (2 hour training)
- Willingness to work as a team and adhere to program policies and procedures

Time commitment:

- Teaching class: at least 2 hours a week for four weeks, plus travel time to and from class locations
 - Preparing for class: at least ½ hour of preparation for each class in a series
 - Training: orientation (2 hours), ongoing training as needed
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Nutrition Educator Position Description

Teach low-income individuals how to select, purchase and prepare healthy low-cost food. Volunteer instructors teach a 4-class class course using the lesson plan and recipe provided for each class. Nutrition education volunteers work in partnership with the volunteer cooking educator to teach nutrition lessons and highlight nutrition information within the cooking lessons.

Qualifications and Requirements:

- Educated on Nutrition through upper division college coursework or similar program
- Interest in working with low-income individuals with diverse backgrounds
- Dedication to helping alleviate hunger and poverty
- Comfort speaking in front of an audience
- Ability to travel to class locations
- Willingness to be trained in the Coop Community Nutrition Education program
- Willingness to work as a team and adhere to time commitment

Time commitment:

- Training: Orientation Training (approx. 2 hours)
- Preparing for class: at least ½ hour of preparation/set-up before & after each class
- Teaching class: at least 2 hours a week for four weeks, plus travel time to and from class locations
- Review of materials: Approximate time: 1 hour per class. Review lesson plan and student handouts prior to each class.