



Position Title: Health and Nutrition Cooking Class Instructor

Position Description: HSP seeks a volunteer to help facilitate adult education programming related to nutrition and healthy cooking. The volunteer will teach healthy cooking skills and basic food budgeting to participants at risk of malnutrition.

Supervisor: Joyce Tierney **Supervisor Phone #:** 410-386-6644

Responsibilities:

- Facilitate a weekly hour long healthy cooking class for a group of up to 20 participants
- Educate participants about healthy eating and recommend affordable foods and recipes
- Ensure proper set up and tear down measures are taken (set tables, wash produce, wash dishes, clean kitchen equipment, etc).
- Handle food and kitchen equipment in a safe manner (wear gloves, closed-toed shoes, hair in a net or tied back, etc.)
- Immediately notify supervisor in the event of an accident or emergency situation
- Engage participants respectfully and patiently
- Document work hours in volunteer sign in book

Qualifications:

- Associates degree in Culinary Arts or at least two years professional experience preferred
- Up to date Servsafe certificate preferred
- Able to furnish relevant work history and professional references upon request
- Proficiency in Spanish a plus, but not required
- Comfortable working with at risk and diverse populations
- Knowledge of the safe handling of food and kitchen equipment
- Able to work independently
- Excellent written and verbal communication skills

Hours: Cooking class to be offered weekly on Thursday morning. Must commit to offer instruction for at least 3 months.

Compensation: This is an unpaid volunteer opportunity.

Work Location: Carroll County Family Support Center. 10 Distillery Dr. Westminster, MD 21157(3rd Floor). Not accessible by public transit. Volunteers must have access to reliable transportation.

Contact: volunteers@hspinc.org