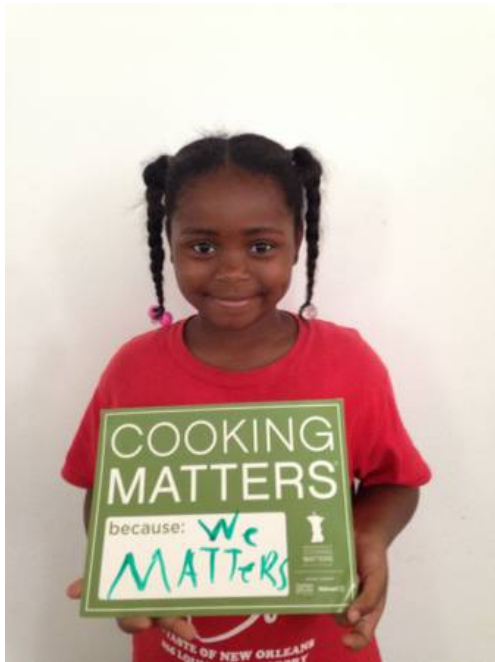


# Cooking Matters Volunteer Opportunities Class Assistant (Second Harvest Food Bank)



Location **Louisiana**  
<https://www.genclassifieds.com/x-625480-z>

Cooking Matters challenges families to take health into their own hands, empowering them to learn and grow with others in their community. All volunteers not only have the power to educate, but they inadvertently increase self-esteem and strengthen social networks. Your time and contributions help create a long-term solution to hunger by giving families the confidence and ability to be more self-sufficient, improve their eating habits and food budgeting skills.

The Volunteer Class Assistant assists all other volunteers throughout the course and ensures participants feel engaged and supported throughout the six week period.

#### Responsibilities:

- Act as the general class assistant, assisting the Class Coordinator, Nutrition Educator and Culinary Instructor as needed.
  - Help Class Coordinator ensure that all volunteer paperwork, host site agreements, participant paperwork and pre-post surveys are properly completed in a timely fashion.
  - Help the Culinary Instructor and Nutrition Educator in any and all activities throughout the course.
- Engage and support participants by facilitating discussion and helping them throughout the lessons. Make sure there is positive learning environment where each participant feels comfortable and respected.
- Make take-home grocery bags.

#### Skills/Experience:

- Experience working on a team.
- Experience working with diverse individuals.
- Experience breaking down to a basic level to help participants.
- Must be able to follow cooking instructions, policies and team decisions.
- Must commit to all six weeks of the course or share with colleague.
- Attend Cooking Matters Volunteer Orientation and Training session.
- Approximately 3 hours per week for bus pick-up, travel time, class time, set-up and clean-up.



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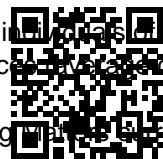
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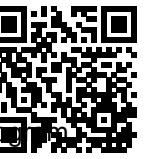
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Please contact Katie Coffman at for more information about this volunteer opportunity.