

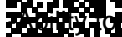



















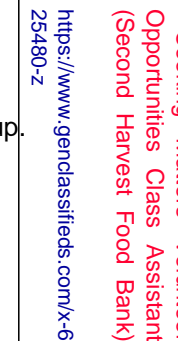
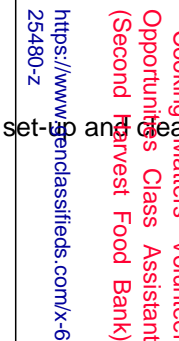
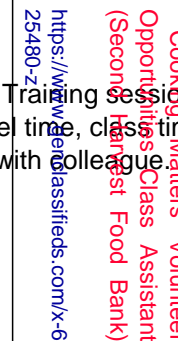
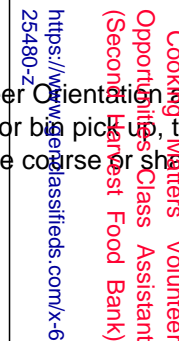
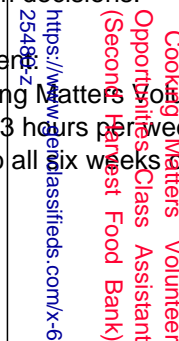
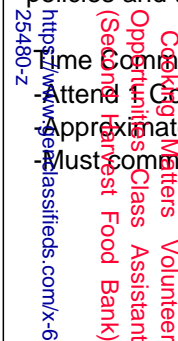


Cooking Matters challenges families to take health into their own hands, empowering them to learn and grow with others in their community. All volunteers not only have the power to educate, but they inadvertently increase self-esteem and strengthen social networks. Your time and contributions help create 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.

Responsibilities:

- Skills/Experience:**

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| <p>- Experience working on a team</p> <p>- Experience working with people from diverse backgrounds.</p> <p>- Experience speaking in front of audiences and in a class setting with participants.</p> <p>- Willingness to be involved in cooking and other curricula, and to contribute to program policies and team decisions.</p> <p>Time commitment:</p> <ul style="list-style-type: none"> - Attend 1 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. - Must commit to all six weeks of the course or share with colleague. <p>https://www.cookingmatters.org/volunteer</p> <p>25-480-z</p> |     <p>https://www.cookingmatters.org/volunteer</p> <p>25-480-z</p> |     <p>https://www.cookingmatters.org/volunteer</p> <p>25-480-z</p> |     <p>https://www.cookingmatters.org/volunteer</p> <p>25-480-z</p> |     <p>https://www.cookingmatters.org/volunteer</p> <p>25-480-z</p> |     <p>https://www.cookingmatters.org/volunteer</p> <p>25-480-z</p> |
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Please contact Katie Coffman at for more information about this volunteer opportunity.