

Volunteer Job Description

Title: Food Sense Nutrition Education Helper – Adult Program

Reports to: Food Sense Program Coordinators and Educators

Summary: This position supports the Food Sense Program Coordinators and Front-line staff by performing duties essential for the efficient delivery of the program. Food Sense delivers nutrition education to low income audiences across Whatcom County. **Adult Programs serve small groups of low-income adults, including vulnerable women with children, senior citizens, and WorkFirst participants. Adult program also include demonstrations at the DSHS office monthly.**

Essential Duties for Adult Program Volunteers:

- Shadow Food Sense educator and assist with adult classes
- Teach food safety to adult groups
- Conduct nutrition and food security workshops with parent groups (*to be developed in future*)
- DSHS Lobby Demo in pairs (preparing healthy food samples from food available from food bank)

Qualifications:

- Attention to detail
- Experience working with low-income or vulnerable adults desired
- Experience in small group leadership or adult education a plus
- Professional attitude
- Food Handler's Permit (we will pay for)
- Creativity
- Oral and written communication skills

Time Commitment: 3-4 hours week for each four to eight- week series and 3-4 hours a week for other classes as needed. Can work in more than one setting if agreeable to all.

Must attend volunteer training and regular follow-up meetings, 30 hours commitment

Designated workspace: on-site with educators

Benefits: Training, part of great team.