



seeds

Ecology + Education + Design

MICHIGAN STATE UNIVERSITY | Extension

## Chef Instructors Needed!

Teach low-income individuals at risk of hunger how to select, purchase and prepare healthy low-cost food!

Chef instructors teach multi-session class series, using the lesson plans and recipes for each class provided in an established curricula. Volunteer chefs work in partnership with nutrition instructors to lead class, highlighting and supplementing nutrition information with their own culinary knowledge and experience.

Each class series meets once a week for six weeks and is coordinated by Cooking Matters staff. Classes are offered for adults, teens, and children, and are being held in the Kalkaska area. Cooking Matters provides all materials needed for class including chef's teaching guide, participant handouts, cooking supplies, and food.

### Qualifications and Requirements:

- 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

### Time commitment:

- There are six sessions. Each session runs for two hours
- Days of the week and class start time can be flexible to meet volunteer schedules

### Benefits of Volunteering:

- Make a real difference in the lives of people at risk of hunger
- Gain teaching experience
- Meet a new and diverse group of people
- Do something new and have fun!

### To learn more or volunteer, please contact:

Jana Lanning, Kalkaska County Outreach Coordinator

SEEDS After School

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*Cooking Matters is a national program of Share Our Strength*

