



Cooking and Nutrition Volunteer with New Haven Farms

About New Haven Farms

New Haven Farms' nonprofit charitable mission is to promote health and community development through urban agriculture. We transform vacant urban land into vibrant and productive organic farms. Our Farm Manager and volunteer corps cultivate urban farms, and our harvest is made accessible to low-income families who struggle with diet-related chronic diseases and food insecurity. Farm members receive produce baskets combined with farm education, cooking demonstrations, and nutrition education on a weekly basis. For more information about New Haven Farms, visit newhavenfarms.org.

Position description:

This position will help our Cooking and Nutrition Educator to prepare healthy meals and snacks. The volunteer may also help reviewing program participants food journals in order to increase participants awareness of personal food and activity habits and to reinforce healthy lifestyle behavior change.

This position will help us more effectively and efficiently deliver cooking and nutrition lessons, as well as healthy meals, to Farm-Based Wellness Program participants.

Measures of success:

This volunteer's activity is measured primarily by the number of program participants served. Other measures are the number of meals and snacks prepared and served, and, most importantly, the relationships formed with participants.

Activities:

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- Assist with meal and snack preparation and clean up for the Farm-Based Wellness Program
- Assist with meal and snack distribution
- Support Cooking and Nutrition Educator by reviewing program participant food journals

Preferred qualifications

- Investment in farm-based wellness as means to reduce risk of chronic disease
- Cooking skills
- Basic nutritional knowledge
- Sociable and flexible
- Bilingual English-Spanish (preferred)

Time commitment:

Cooking and Nutrition Volunteers should be available for regular, weekly shifts between June and the end of September. Shifts are scheduled in two hour increments between 4pm until 7:30pm on Tuesdays and Thursdays. Volunteers will be expected to sign up for shifts in advance and will be expected to notify staff early in advance of any schedule changes so that substitutes can be found.



Site:

Volunteers will meet our Cooking and Nutrition Educator at one of our program sites, depending on which day the volunteer is working. These sites are at 15 James Street and 170 Ward Street in New Haven.

Supervision:

New Haven Farms' experienced Cooking and Nutrition Educator will work with volunteer and oversee all activities.

Benefits and support:

New Haven Farms will provide supervision and all utensils and ingredients for preparing meals. This position provides volunteers with experience in cooking and nutrition skills. It is also an opportunity to build community within New Haven.

Volunteers will be welcome to have meals along with program participants.

To volunteer:

Fill out the volunteer intake form on our [website](#) and our volunteer coordinator will follow up with you. You may also direct any questions to Michael Lebwohl at volunteercoordinator@newhavenfarms.org.