



## Join the Nutrition Team!

Welcome! Our Community Health and Nutrition Team works with partners to create healthy environments and offer educational opportunities to improve the likelihood that individuals will select and create nourishing meals and engage in healthy behaviors. We do this through coaching pantries, community nutrition education, and our online Learning Center.

The Lowcountry Food Bank Nutrition Team has four key messages that guide the education and promotion strategies that are implemented with all partners:

Resourcefulness: utilize tools to create balanced meals on a budget, use the nutrition facts label with confidence, and follow the MyPlate guide for meals.

Balance: build balanced meals and snacks and choose balance with nutrients to limit—saturated fat, sodium, and added sugar.

Variety: eat a rainbow of foods and pair 3 food groups for a meal and 2 food groups for a snack.

Simplicity: make simple swaps and create quick meals.

We cannot do this work alone. Join our Nutrition Volunteer Team to support the many ways we engage with partners. We have opportunities to help with the administration of our programs, assisting and teaching classes, or sharing recipe samples at pantries. Each role helps us multiply the impact of our nutrition initiatives throughout our 10-county service area.

Review the rest of the packet to learn what each role entails, the expectations for all volunteer roles, and our new volunteer onboarding checklist.

### Get Started!

1. Review this volunteer packet.
2. Complete the [Nutrition Volunteer Interest form](#).
3. Attend gatherings offered quarterly to get acquainted to our work, network with existing volunteers, and engage in skill development.
4. Complete LCFB online trainings (listed on the last page) to enhance your volunteer experience.

To learn more, visit [www.lowcountryfoodbank.org/nutrition](http://www.lowcountryfoodbank.org/nutrition)



## **Community Nutrition Education Classes**

### **Signature Cooking Matters Courses**

A 6-week cooking class where a team of volunteer chefs and nutrition educators teach meal preparation, grocery shopping, food budgeting, and nutrition. Each week, participants cook in class and take home a bag of groceries to practice at home.

### **Shopping on a Budget**

Classes provide families with practical education to teach key skills that make planning and shopping for healthy, affordable, and delicious meals more attainable. Classes can be held at a local grocery store or brought to a partner's site. Participants practice the skills they learn by using a \$10 gift card to select food to take home and prepare a balanced meal.

### **Kids in the Kitchen**

Hands-on nutrition education for elementary-aged children attending afterschool programs. This 6-lesson nutrition series engages children in nutrition activities and they prepare a balanced snack together.

### **Recipe Sampling**

Engage neighbors in nutrition and culinary information at food distributions and events with one of our delicious picture-based recipes.



## **Volunteer Opportunities**

### **General Nutrition Team:**

Short and long-term projects at the Lowcountry Food Bank related to basic program administration, recipe sampling prep, program improvements and other topics.

### **Education Team Positions:**

These positions are at partner sites (pantries, schools, distributions) and vary in length depending on the program. More detailed job descriptions are on the next few pages.

**Education Event Leader:** Support the community in learning fundamental cooking and nutrition through one-time events at partner sites and community events. Events last 2-4 hours.

**Class Assistant:** Manage class materials and supports volunteer team during class with one-on-one assistance to class participants.

**Nutrition Instructor:** Use nutrition expertise to lead nutrition lessons, collaborating with the volunteer instructor team.

**Chef Instructor:** Draw on culinary background and knowledge to teach classes and share cooking expertise with class participants based on lesson plans and curricula.

**Shopping on a Budget Instructor:** Lead an interactive 90-minute class empowering individuals to select and purchase healthy low-cost food.

### **Ambassador:**

Individuals who have completed all positions mentioned above, feel confident to lead, and can support education teams and/or partners as needed.

### **Intern:**

Work towards school or career competencies for a minimum of 4 weeks engaging in the complete flow of food through the Lowcountry Food Bank and engaging in projects with the Nutrition Team.



## **Education Event Leader**

Attend partner pantry distributions, school partner events, or LCFB food distributions to conduct a recipe sampling or education table. Recipe sampling is a simple way to help our community learn a new way of preparing a common food and take the risk out of preparing a new recipe with limited food resources.

Education topics may cover basic meal ideas, reading nutrition labels, or visualizing how much added sugar is in a food. We often pair education tables with a sample to bring the topic to life.

### **So...what exactly would you do?**

- Manage event materials, including food, equipment, and supplies.
- Share a nutrition tip and/or recipe sampling.
- Set up and clean up.

### **How much time does this take?**

- Events tend to last 2-4 hours. We ask that you arrive at least 45 minutes early to be able to set up. Clean up usually only takes 15-20 minutes.

### **What makes you qualified?**

- Interest in cooking, nutrition, and wellness.
- Dedication to empowering neighbors with skills and knowledge.

### **What else should you know?**

- All materials and supplies are provided to you.
- You may need to heat food in an electric skillet or set up a cold bowl to ensure recipe sampling stays safe.
- Opportunities to work with a variety of ages.



## **Class Assistant**

Assist the course instructors during a Cooking Matters or Kids in the Kitchen course.

### **So...what exactly would you do?**

- Manage class materials, including food, equipment, and supplies.
- Help with set up and clean up.
- Assist with food shopping and classroom management, as needed.

### **How much time does this take?**

- 1 day a week for 6 weeks; each week is either a 1.5 or 3-hour time commitment depending on if it is a Kids in the Kitchen or Cooking Matters class.

### **What makes you qualified?**

- Interest in cooking, nutrition, and wellness.
- Dedication to empowering neighbors with skills and knowledge.

### **What else should you know?**

- All course materials, recipes, and cooking equipment are provided to you.
- You will work as part of a team!
- Opportunities for additional experiences available.
- Opportunities to work with a variety of ages.



## **Nutrition Instructor**

Utilize your nutrition knowledge and our course manuals to lead the nutrition portion of our Cooking Matters courses or lead a Kids in the Kitchen course!

### **So...what exactly would you do?**

- Teach the nutrition lesson components of a 6-week class series to 10-15 participants.
- Highlight and supplement nutrition information with your own culinary/health knowledge and experience.

### **How much time does this take?**

- 1-day a week for 6-weeks; each week is either a 1.5 or 3-hour time commitment depending on whether it is a Kids in the Kitchen or Cooking Matters class.

### **What makes you qualified?**

- Previous nutrition education (nursing, dietitian, public health, health promotion, or other relevant degree or experience).
- Dedication to empowering neighbors with skills and knowledge; passion for cooking.
- Comfortable speaking in front of an audience.

### **What else should you know?**

- All course materials, recipes, groceries, and cooking equipment are all provided to you.
- You will work as part of a team!
- Opportunities for additional experiences available.
- Opportunities to work with a variety of ages



## **Chef Instructor**

Utilize your love of cooking and culinary expertise to lead the cooking portion of a signature Cooking Matters course.

### **So...what exactly would you do?**

- Teach the cooking lesson components of a 6-week class series to 10-15 participants on how to select, purchase, and prepare healthy low-cost food.
- Highlight and supplement culinary information with your own nutrition/health knowledge and experience.

### **How much time does this take?**

- 1-day a week for 6-weeks; each week is a 3-hour time commitment.

### **What makes you qualified?**

- Dedication to empowering neighbors with skills and knowledge; passion for cooking.
- Comfortable speaking in front of an audience.
- Have cooking expertise.

### **What else should you know?**

- All course materials, recipes, groceries, and cooking equipment are provided to you.
- You will work as part of a team!
- Opportunities for additional experiences available.
- Opportunities available to work with a variety of ages.



## **Shopping on a Budget Instructor**

Classes provide families with practical education to teach key skills that make planning and shopping for healthy, affordable, and delicious meals more attainable. Classes can be held at a local grocery store or in a classroom or table setting. Participants practice the skills they learn by using a \$10 gift card to select food to take home and prepare a balanced meal.

### **So... what exactly would you do?**

- Teach individuals how to select and purchase healthy low-cost food.
- Lead tour and cover four key topics: (1) Reading food labels; (2) Comparing unit prices; (3) Finding whole grain foods; (4) Identifying three ways to purchase produce.
- Supervise and support participants to complete the \$10 Challenge.

### **How much time does this take:**

- At least 2 hours for each tour you are scheduled to lead.

### **What makes you qualified?**

- Passion for food, nutrition, and shopping.
- Dedication to empowering neighbors with skills and knowledge.
- Comfortable speaking in front of an audience.

### **What else should you know?**

- All materials are provided to you.
- You will work as part of a team!
- Opportunities for additional experiences available.
- Opportunities to work with variety of ages.



## Classroom Volunteer Expectations

<b>Classroom Environment</b>	
Expectations	Markers of Success
<b>Build a welcoming atmosphere</b>	<ul style="list-style-type: none"> <li>- Get to know participants' names</li> <li>- Welcome and engage participants as they enter the room</li> <li>- Invite participants to share their goals for the class and incorporate their goals throughout</li> </ul>
<b>Demonstrate respect and cultural sensitivity</b>	<ul style="list-style-type: none"> <li>- Invite participants to share their food practices</li> <li>- Modify menus as needed according to dietary preferences/restrictions</li> </ul>
<b>Manage inappropriate classroom behaviors or discussions</b>	<ul style="list-style-type: none"> <li>- Set ground rules to set the expectation of respect and openness</li> <li>- Use ground rules to redirect any negative or unnecessary language</li> <li>- Model positive and inclusive language and behaviors</li> </ul>

<b>Class Subject Matter</b>	
Expectations	Markers of Success
<b>Demonstrate and practice LCFB Nutrition Key Messages</b>	<ul style="list-style-type: none"> <li>- <b>Resourcefulness:</b> Utilize tools to create balanced meals on a budget, use the nutrition facts label with confidence, and follow the MyPlate guide</li> <li>- <b>Balance:</b> Focus on building balanced meals and snacks and limiting saturated fat, sodium, and added sugar</li> <li>- <b>Simplicity:</b> Discuss simple swaps and create quick meals</li> <li>- <b>Variety:</b> Practice choosing a rainbow of foods by pairing 3 food groups for meals and 2 food groups for snacks</li> </ul>
<b>Present and practice lesson objectives and skills during and beyond the class</b>	<ul style="list-style-type: none"> <li>- Interactive nutrition activities</li> <li>- Use open ended questions</li> <li>- Recipe demonstration with participation when appropriate</li> </ul>
<b>Encourage use of tools and skills beyond the classroom</b>	<ul style="list-style-type: none"> <li>- Engage with educational enhancement items during class</li> <li>- Discuss opportunities to engage in key skills</li> <li>- When appropriate, reflect on ways skills were practiced since the previous class</li> </ul>

<b>Lesson Preparedness</b>	
Expectations	Markers of Success
<b>Arrive ready</b>	<ul style="list-style-type: none"> <li>- Prepared to teach the lesson upon arrival</li> <li>- Prior to participants arriving, set up classroom for best engagement and classroom management</li> </ul>
<b>Communicate clearly with LCFB staff</b>	<ul style="list-style-type: none"> <li>- Coordinate with LCFB Nutrition staff ahead of class to have any materials needed for lesson</li> <li>- Discuss any changes or modifications to the lessons or menus to create the best experience for participants</li> </ul>



## LCFB Nutrition Volunteer Checklist

### Onboarding

- Sign up for [Volunteer Hub](#) and email [NutritionTeam@lcfbank.org](mailto:NutritionTeam@lcfbank.org) to be added to the Nutrition User Group
- Review [LCFB Volunteer Orientation Information](#)
- Complete [LCFB Nutrition Volunteer Orientation](#)
- Complete [Nutrition Volunteer Interest Form](#)
- Sign up for [Learning Center](#) and register for selected courses (see below)

### Training

Our LCFB Learning Center was created to equip our partners and volunteers with knowledge and skills to empower our community. While you are welcome to take any training, we have a specific group of trainings we invite you to complete to help our Nutrition Team confidently engage with the community in a unified voice. Beyond online training, we will be offering quarterly in-person trainings and shadowing opportunities.

#### All Nutrition Volunteers

- Food Safety Training (required for all nutrition volunteers)
- Attend quarterly in person skill development gatherings

#### Education Team Volunteers

- Engaging the Learner course
- Balanced Nutrition: A Deep Dive course
- Observe a class and/or event- work with Nutrition Coordinator to schedule
- [Cooking Matters Facilitator Training](#) (created by Share Our Strength)
- Background check (as needed per partner site requirements)