



VOLUNTEER OPPORTUNITIES

Cooking Matters – Cooking Assistant

Volunteers attend all six, weekly sessions of a chef taught Cooking Matters program, where participants assist in meal preparation, and learn basic cooking and food safety skills. The assistant helps with meal prep prior to the session, chef needs during the session, and clean-up after the session – including measuring and packing groceries that participants take home with them. This is usually a 2 ½ hour commitment per class, and days/times vary throughout the year.

Uptown Green Park and Raised Garden Maintenance

Assist in the light maintenance of this pretty urban park, including raised, vegetable garden beds during the growing season. Based on the season, different needs arise, and days and times for volunteering are flexible. A great opportunity for family volunteering.

Tutoring

Assist students of all ages to reach their academic goals, including individuals working on their GED (understanding of 9th grade math required) or individuals learning to read. This volunteer opportunity usually occurs at a time and day convenient to both parties, and is completed either at the end of the school year, or when GED or goal completion occurs.

Class or Event Assistant

Assist an instructor or speaker on preparing or conducting classes on various topics, including cooking, finance and other health related subjects. Usual time commitment is 1-2 hours.

*Additional volunteer opportunities may be scheduled at various times and days throughout the year, depending on the specific volunteer need.