



Vetri Cooking Lab Volunteer Opportunity

Volunteer Role

Vetri Cooking Lab (VCL) is an out-of-school time cooking program that inspires students to develop the knowledge and confidence to make nutritious choices and build life skills for a healthier future. We're looking for enthusiastic volunteers with a passion for nutrition education to assist our Educators as they guide students through recipes and teach important nutrition lessons.

Volunteers do not need to be chefs or nutritionists. We are teaching basic, home cooking techniques that inspire participants to have the awareness, curiosity, and motivation to add more fruits and vegetables to their plate.

Volunteers are responsible for:

- Assisting with classroom management
 - Providing direction to students on assigned tasks
 - Answering questions
 - Cooking alongside student participants
- Engaging with students in an enthusiastic and positive manner
- Encouraging food exploration
- Taking direction from their VCL Educator on where an extra pair of hands is needed
- Committing to be at each lab session and, if any conflicts arise, agree to communicate with your point-of-contact in advance

Schedule

Specific schedules (days and times) vary site to site, but all of our labs:

- Run once a week between Monday - Friday, between the hours of 3 - 6 pm for a 10-week semester.
- Are built for 12-15 students, 2nd grade and up.
- Take place in a 2-hour block of time, but volunteers may contribute 3-4 hours when assisting with set up, assistance, and clean up.
- Semesters run for 10 weeks, with our fall semester beginning in October and our spring semester beginning in February.

Volunteers must be able to commit to the full 10-week program, meeting on the same day each week. Volunteers will be placed at school sites throughout Philadelphia and/or Camden as we hear back from our partners with confirmed schedules at the beginning of each semester. Our team works hard to conveniently place volunteers at sites that are accommodating to their geographical location – preferred placement is not always guaranteed.

Visit our [Vetri Cooking Lab webpage](#) to learn more about this opportunity and the program.