



VOLUNTEER

VETRI COOKING LAB

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.

RESPONSIBILITIES

- Providing direction on assigned recipe tasks
- Answering questions
- Providing guidance and coaching on cooking skills
- 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

TIMING

- Once a week between Monday - Friday, between the hours of 3 - 6 pm for a 10-week semester.
- Two-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 place volunteers at sites that are accommodating to their geographical location - preferred placement is not always guaranteed.

Visit vetricommunity.org to learn more.