­ Do you like to cook?

# Unique Volunteer Opportunity

[**You’re the Chef**](PCDOCS://YORK/8819972/R) is a hands-on practical cooking program that teaches basic cooking skills, kitchen and food safety and healthy eating fundamentals to our youth. We need interested parents, grandparents, and/or secondary or post-secondary students as volunteers to help with this program during the month of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

## Volunteer Leader Training

Public Health staff will review basic nutrition, kitchen safety and safe food handling in an informative 4 hour training session on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. At this time, you will have the opportunity to prepare and sample the tasty healthy recipes that you will teach the students to prepare. You will also receive access to a ‘how to run a cooking program’ resources and copies of the recipes And not to worry if you have questions after the training, public health staff will be available by phone or email as needed.

## The Sessions

The cooking sessions will run once per week in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for a minimum of four (1.5 – 2 hour) sessions. A maximum of 16 students can participate. Some preparation is required including shopping for the ingredients each week and arranging for kitchen equipment (e.g., mixing bowls) need for each session.

## Interested?

The success of You’re the Chef depends on awesome volunteers like YOU! A small investment of time can help our youth make the healthy choice the easy choice.

If you are interested in volunteering or have any questions about this opportunity, please contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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