

Nutrition Student Volunteer Position

East Wellington Family Health Team

We are currently looking for nutrition student volunteers to help us with upcoming cooking classes. Our cooking classes are designed to help increase confidence and motivation with cooking healthy meals and we focus on elements of the Mediterranean Diet.

Classes are typically held on Tuesdays or Fridays, at either Rockwood, Erin or Hillsburgh community locations (churches, library etc). We run classes approximately six times per year.

We are looking for one or two volunteers to help us with our two upcoming classes (exact locations to be determined):

- Friday November 1st: 1-3 pm
- Friday November 15th: 1-3 pm

While classes run for two hours, total set up and clean up time at the community location is usually closer to four hours. Volunteers may be asked to help with prep at the Erin or Rockwood clinics as well.

The volunteer responsibilities include:

- Helping to pick recipes for the class and creation of grocery lists, in advance of the class
- Helping to prepare resources like handouts, in advance of the class
- Helping with room set up, food prep and clean up, on the day of the class

The volunteers will need their own transportation to get to and from the clinic or off-site community location.

For more information please contact: Anna Maria Fruscione, RD at annamaria.fruscione@ewfht.ca