

WEDNESDAY, FEBRUARY 27TH | 9:00 A.M. - 2:00 P.M.

FISH FOOD BANK KITCHEN & CLASSROOM | 1130 TUCKER ROAD | HOOD RIVER, OREGON

OSU EXTENSION SERVICE PRESENTS

FOOD HERO VOLUNTEER TRAINING

**Volunteer with OSU Extension's Food Hero Program!
Learn about healthy eating on a budget, food safety,
basic nutrition, food resources, and how to give
community demonstrations and presentations.**

Food Hero volunteers will model healthful eating and cooking, share ideas for stretching food dollars through food demos and cooking workshops at schools, food pantries, farmers markets, grocery stores, and health clinics.

Join Food Hero and our community in eating well for good health!

Trained volunteers will receive:

- Food Hero t-shirt and apron
- Resource notebook and recipes
- Volunteer opportunities to contribute to our community
- Lunch featuring Food Hero recipes

Pre-registration is required by February 15th :

For more information, contact Lauren Kraemer
(541) 386-3343 x38258 or
Lauren.Kraemer@oregonstate.edu



**Oregon State
University**



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Food Hero Volunteer Position Description

Position Title: Food Hero Volunteer

Time Commitment: Attend 5+ hour training session
At least 1 year of service, minimum of 20 hours of volunteer time
Attend at least 1 planning/review meeting, offered twice per year

Roles of the Food Hero Volunteer Position:

Food Hero volunteers will model healthful eating and cooking, share ideas for stretching food dollars through food demos and cooking workshops at schools, food pantries, farmers markets, grocery stores, and health clinics. The volunteer will help extend the outreach and education capacity of Oregon State University Extension Service's Nutrition Education Program to SNAP Benefit-eligible youth and adults. Volunteers will also assist with education and outreach on behalf of a variety of community partners including food pantries, medical clinics, farmers markets, grocery stores, low-income housing sites, and other venues.

The training program will facilitate Volunteers gaining knowledge in basic nutrition, physical activity, and food safety by exploring the 2015 USDA Dietary Guidelines, MyPlate, food labels, and food resource management through learner-centered discussion and activity. This will prepare them to teach their own short lessons and conduct demonstrations with limited-income adults and youth, as well as assist OSU professional staff with curricula Dietary Guidelines, Nutrients & Food Labels, and Food Safety. In addition, this curriculum encourages participants to confront and work through their own biases and judgements regarding the food system and our work's target audience in order to foster a culture of compassionate, nonjudgmental nutrition outreach and education.

Food Hero Volunteer Responsibilities Include:

- Attend the SNAP-Education Volunteer training
- Prepare quick and healthy Food Hero recipes (www.foodhero.org) and share samples at sites throughout the Columbia River Gorge
- Wear your Food Hero T-shirt and/or apron to all demos, classes, and events
- Assist OSU Extension faculty and staff deliver information on food and nutrition as well as related subject matter to adults and youth
- Maintain paperwork and evaluation materials provided for volunteer service
- Use research-based information provided or approved by the OSU Extension Service
- Obey all laws of the locality, state, and nation, including those related to use of illegal substances to use of firearms

Skills and Abilities Needed:

- Interest and/or desire to work with a variety of people.
- Experience in food shopping and nutritious meal planning.
- Empathy for individuals and families with limited food resources.
- Willingness to follow recommendations of Oregon State University Extension Service and the U.S. Department of Agriculture.
- Ability to communicate effectively with individuals and the desire to improve skills for communicating with small groups.
- Ability to ask questions and seek appropriate information from an approved research.
- Availability for the training session and consistent involvement with a partner site or educational events with OSU Extension staff.
- Ability to provide own transportation.

Benefits of becoming a SNAP-Education Volunteer:

- Increase knowledge and understanding of the USDA Dietary Guidelines, meal planning and preparation, and food safety.
- Learn how to adapt teaching methods to audience and use a variety of teaching materials.
- Receive research-based information and resources.
- Gain work experience.
- Become a member of a working team, make new friends, and provide a valuable service to people in your community.
- Gain leadership skills.
- Receive community recognition as a volunteer.

How do you become a Food Hero Volunteer?

Turn your application into Lauren Kraemer at the Hood River County OSU Extension Office: Lauren.Kraemer@oregonstate.edu or 2990 Experiment Station Drive, Hood River, OR, 97031

Your application will be reviewed and you will be contacted to have a conversation with the program coordinator. If selected, applicants complete a 5+ hour training course in how to be an effective Food Hero Volunteer. Upon completion of the training course, volunteers will shadow staff and other volunteers at at least one pantry or other demonstration site before working on their own food demonstrations.



This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. **SNAP puts healthy food within reach** - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. USDA is an equal opportunity provider and employer. 2018 Oregon State University. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer.

How often are you interested in volunteering?

Weekly Bi-weekly Monthly Quarterly Seasonally (*i.e. summer only*) _____

Please check all the days and times you are currently available for volunteering:

Day of Week	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Are there any limitations that might prevent you from accepting some volunteer assignments?

Why are you interested in volunteering with our program?

Have you had previous training or education in food, nutrition, food safety and/or food preparation skills? If yes, where and when?

What experiences have you had working with limited income audiences?



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