



## **Zenger Farm Healthy Eating on a Budget Volunteer Position Description**

Volunteers work with Zenger Farm Staff to conduct Healthy Eating on a Budget Workshops in the Powellhurst-Gilbert and Lents Neighborhoods of East Portland. The goal of the workshops is to empower neighborhood residents to eat healthy foods on a tight budget. There are several options for volunteer support including planning, shopping, facilitating, interpretation, doing a cooking demonstration and assisting with class. We are looking for volunteers from various backgrounds and experience levels who are excited about contributing existing expertise and skills, learning the workshop format and content, and developing proficiency in their volunteer role.

### **RESPONSIBILITIES:**

- Plan, lead and/or assist with Healthy Eating on a Budget workshops.
- Communicate with class participants in a helpful and friendly manner.
- Maintain clear and open communication with Zenger Farm staff and workshop volunteers.

### **PREFERRED QUALIFICATIONS:**

- Able to assist with or lead a minimum of 2 workshops per month (about 10 hours) for a period of three months. Workshops generally take place on evenings and weekends.
- Familiarity with and commitment to the goals of Zenger Farm.
- Outgoing personality, enjoys interacting with diverse populations.
- Previous experience with cooking, teaching and or nutrition education is a plus.
- Familiarity with the neighborhoods of Outer SE Portland is helpful.
- Ability to speak Spanish, Russian or Vietnamese is helpful.

### **BENEFITS:**

- Gain experience and skills in food security and nutrition education.
- Help Portlanders increase their food security and empower themselves to get the most for their food dollars.
- Spend time with a great team of staff and volunteers, and get to know the community.

**To apply** download our application from [www.zengerfarm.org/volunteer](http://www.zengerfarm.org/volunteer).  
For more information contact Zenger Farm's Community Involvement Coordinator  
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