**WHAT DOES IT TAKE TO BE A VOLUNTEER?**

- **Desire to learn**
  
  All nutrition information we teach is based on MyPyramid, and Oregon State University’s Healthy Recipes. You will learn how to give healthy food demonstrations, and how to pack a demonstration box.

- **Commitment**
  
  Volunteers agree to attend all training sessions and commit to giving back 20 volunteer hours in 6 months.

- **Enthusiasm**
  
  Enjoy helping people in need by giving food demonstrations to the public.
WHAT IS THE TRAIN THE TRAINER FOOD PANTRY PROJECT?

We are training volunteers to help teach people how to use the food in their emergency food pantry boxes.

Here’s how:

1. Once trained you can demonstrate low-cost, easy-to-prepare, healthy recipes in food pantries.

2. You can assist people to stretch their food dollar; show them how to prepare nutritious, low-cost foods and food safety.

3. Help people to improve their food security by teaching them life skills.

WHAT ELSE SHOULD I KNOW?

If you enjoy working with people, you don’t need any special knowledge. We will teach you everything you need to do a healthy food demonstration. You will learn about poverty, hunger, and food pantry culture. You will learn about food shopping, budgeting, and food safety. Everything you need to learn will be presented in 6 short classes, each approximately 90 minutes.

WHAT DO I LEARN IN THE TRAINING SESSIONS?

Session #1: Introduction to the Food Pantry Project and Civil Rights Training

Session #2: Basic nutrition based on MyPyramid

Session #3: Food Safety and Food Shopping

Session #4: Food Shopping Independent Study, $10 food challenge and Supermarket Scavenger Hunt

Session #5: Understanding Poverty, Hunger, and Food Pantry Culture

Session #6: How to do a Food Demonstration and pack a demonstration box.

IS THERE A COST?

No, the classes are free. You are asked to commit to 20 hours of volunteer service within 6 months of completion of the training course.

DO YOU ENJOY HELPING PEOPLE?

• Do you like to cook healthy food?

• Do you want to help end hunger in Oregon?

Call or email to learn more about how you can help.

Please join us.

Interested in learning more?

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