Teaching Kitchen Volunteer  
Student Health and Wellness, Office of Health Promotion

Position Description:  
Teaching Kitchen Volunteers are needed to support Hoo’s Cooking programming at the Student Health and Wellness Teaching Kitchen (TK). Our hands-on cooking classes are led by students, dietetic interns, registered dietitians, and/or professional chefs. Regularly scheduled classes are offered via individual sign-up. Classes may also be arranged for student organizations, teams, or academic classes. Additionally, virtual cooking demos are filmed and posted online.

TK Volunteers assist in keeping cooking classes running smoothly, from prep to wrap up. Student Health and Wellness provides training. Volunteer shifts last 3 hours and include a FREE meal.

Specific Responsibilities:  
TK Volunteers assist instructor(s) in conducting cooking classes:  
• Pre-class:  
  o Set up food and equipment at student stations  
  o Wash produce, open packages  
  o Measure/prep ingredients for instructor  
  o Manage print materials  
• During class:  
  o Help supervise participants  
  o Clear and clean  
• Post-class:  
  o Wash dishes, wipe tables, general clean up  
  o Pack and label leftovers  
  o Update inventory checklists

Qualifications and Expectations:  
• Professionalism – punctuality, responsibility to schedule  
• Prioritize safety – hygiene, equipment handling  
• Attitude – positivity, supportive manner

In addition to the responsibilities outlined above, the Teaching Kitchen Assistant will be expected to:  
• Sign the UVA Volunteer agreement. (See also UVA volunteer policy)  
• Demonstrate strong organizational, communication, facilitation, and time management skills  
• Volunteer some evenings and occasional weekends  
• Maintain office standards and protocol with respect to processes, confidentiality, and other issues as may arise  
• Demonstrate professional standards and ethics, and foster a culture of professionalism among peers  
• Be flexible, open-minded, proactive, and maintain a positive attitude  
• Support the Weight Neutral Approach of Student Health and Wellness Nutrition Services

Compensation:  
This is an unpaid, volunteer position for students interested in gaining nutrition and life skills through the Student Health and Wellness Teaching Kitchen. TK Volunteers benefit by gaining understanding of culinary skills alongside class participants as they observe demonstration of cooking techniques and recipe production, start to finish. And, volunteers get to sample every delicious dish we create!

TO VOLUNTEER: Please contact Melanie Brede at 434-924-1513 or melanieb@virginia.edu

Supervisor Contact Information: Melanie Brede, RD, Senior Nutrition Educator, 434-924-1513, melanieb@virginia.edu