



**Cooking Matters Volunteer Application**

**Thank you for your interest in volunteering with Cooking Matters.** Please fill out the application below and we will contact you regarding the next steps. Please send to:

**Foodlink**  
1999 Mt. Read Blvd., Rochester, NY 14615  
ATTN: Cooking Matters  
Email: [hriegel@foodlinkny.org](mailto:hriegel@foodlinkny.org)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Permanent Mailing Address:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Employer: \_\_\_\_\_

\_\_\_\_\_



**Our Mission**  
Our mission is to end hunger and to leverage the power of food to build a healthier community.

**Our Vision**  
Our vision is a healthy, hunger-free community.

Generally preferred to be contacted via (check all that applies):

Email       Phone       Other (list here: \_\_\_\_\_)

How did you hear about Cooking Matters?

If you have any questions regarding this application or the Cooking Matters program, please call (585) 413-4094 or email [hriegel@foodlinkny.org](mailto:hriegel@foodlinkny.org)

Which role are you interested in? (You may select more than one)

For more information, visit: [CookingMatters.org/volunteer](http://CookingMatters.org/volunteer)

- Culinary Instructor    Nutrition Instructor    Classroom Assistant  
 Cooking Matters at the Store Facilitator

When volunteering for a 6-week course, are you able to commit 3 hours for each class?

- Yes    No

Briefly describe any applicable training, experience or certifications (*i.e. Registered Dietitian, Culinary Arts Degree, Nutrition/Culinary Student etc.*) that are applicable to Cooking Matters:

What inspired you to volunteer with Cooking Matters?

List foreign languages that you speak fluently, if any: \_\_\_\_\_

**Please be advised that certain sites require a background check on all personnel. Foodlink staff will notify you at the time that you are asked to volunteer at a particular site if that site requires a background check.**

Have you ever been arrested or convicted of a crime?  Yes    No

If yes, please explain below (*an affirmative response will not automatically disqualify you from being considered*):

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## Cooking Matters Volunteer Gold Standards

To assure orderly operations and to provide the best possible volunteer experience, we ask and expect our volunteer educators to follow the Cooking Matters' gold standards that will protect the comfort and safety of volunteers, employees, clients and Cooking Matters participants. As well as ensuring the success of the Cooking Matters program.

As a Cooking Matters volunteer, I agree to:

- Interact with participants by building a welcoming environment, demonstrating respect and cultural sensitivity
- Demonstrate subject expertise and classroom leadership by being prepared and organized, keeping class on schedule and having knowledge of the subject
- Deliver course content by presenting, practicing and encouraging use of information and skills regarding:
  - Healthy eating
  - Food resource management
  - Cooking and meal preparation
  - Kitchen and food safety

Discuss Cooking Matters' course materials with participants and distribute appropriate materials to participants

Use appropriate delivery methods by having participants cook and eat together, asking participants open-ended questions to encourage discussion, "team-teach" and work collaboratively with your co-instructors to guide discussion and build on content from the previous weeks

Agree to a commitment of 3 hours per class; arriving 30 minutes prior to help prep supplies and staying 30 minutes after to help as a team with cleanup and lesson planning. In the event of an extenuating circumstance such as an illness, emergency or prior commitment, please contact your Foodlink Course Coordinator in as much advance as possible.

**I agree to uphold these standards as well as certify that all statements made in this application are true, complete and accurate to the best of my knowledge. I understand that any falsification or misrepresentation of facts or information contained herein will result in my disqualification and/or dismissal as a volunteer. By agreeing to type in my name and submit this application electronically, I understand that doing so constitutes a legally binding signature confirming my acknowledgement and agreement to the accuracy of the statements and representations made in connection with my submission of this Cooking Matters Volunteer Application.**

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**Signature of Applicant**

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**Date**

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