

Volunteer Job Description

The Parent Education Program at the Children, Youth & Family Division of DHS is a vital resource for client families who need support and training to reduce safety risks and to improve parenting skills. This position is a support to our Parent Education Coordinator

Nutrition Night Teacher

Key Responsibilities:

Teach a 30 to 45-minute class, one evening from 6 to 6:45 PM, every nine weeks; to a small group of parents in Larimer County. Show them how and why to shop for healthy food and to prepare healthy meals for their family on a tight budget.

Qualifications:

Have good knowledge of subject, including familiarity with the government recommendations for healthy eating, (www.ChooseMyPlate.gov.) Hold a degree or certification in human nutrition or a similar concentration. (Could also be a student of human nutrition education at a university.) Experience a plus and feeling comfortable working with diverse clients is a necessity. Friendly attitude and public speaking experience desired. Familiar with office technology and able to run a PPT Slide Show. Must have a current driver's license, automobile insurance and a reliable vehicle. Volunteers are background screened for safety.

Training and Support:

Initial agency orientation is provided by the Volunteer Coordinator. Program training and ongoing support provided by the Parent Education Coordinator. Teaching is in conjunction with staff present.

Time Commitment:

Preparation time is flexible, depending on how much the volunteer wants to contribute. Approximately 3 hours per 9 weeks including driving time.

Initial Impact:

Parents will understand how nutrition affects the health of their baby and/or child. Parents will learn some easy and practical things to apply at home when making nutrition decisions.

Sustainable Outcome:

The Parent Education Program will have enhanced information to share with clients by bringing in others from the community. They will also see value in the support of volunteers. The community will see how important it is that volunteers bring information and help support child welfare clients who are part of their community.