

**Position Title:** Healthy Food Sample Volunteer

**Description:** Hands On Hartford is seeking enthusiastic volunteers to provide healthy food samples and recipes to food pantry clients. We strongly believe that leading a healthy lifestyle is affordable and accessible to all. Volunteer will prep, cook, and hand out food samples along with recipes to food pantry clients.

**Purpose:** To introduce pantry clients to healthy and easy to prepare recipes utilizing food found in the food pantry.

**Location:** 55 Bartholomew Avenue, Hartford, CT

**Key Responsibilities:**

- Uphold food safety regulations and requirements
- Choose, cook, and prepare a recipe
- Portion out prepared food for sampling
- Prepare copies of recipe for clients
- Hand out samples and recipes to food pantry clients
- Clean-up of kitchen and food pantry areas following meal prep and food sampling

**Reports to:** During volunteer shift: Café staff while cooking and pantry staff while handing out samples; For volunteer scheduling, letters, evaluations, etc.: Community Engagement Program Manager.

**Time Commitment:** Once a month, on a Monday from 11:00am to 3pm. Ideally, seeking long-term volunteers (for 4 months+).

If at any time you are not able to cover your scheduled shift call: 860-706-1530

**Support:** Orientation, onsite training and instructions.

**Dress Code:** Casual but appropriate in a professional setting. This position requires volunteers to be on their feet so comfortable, closed toed shoes are required.

**Desired Attributes:**

- Enjoys cooking, cleaning and spending time in a kitchen setting
- Interest in food service and nutrition with ability to follow a recipe.
- Ability to follow ServSafe food handling protocols and instructions provided by staff
- Friendly and enjoys meeting new people
- Independent and able to self direct
- “Roll up your sleeves mentality”
- Consistent and dependable

**For more information, please contact the Volunteer Coordinator at 860-706-1522 or [volunteering@handsonhartford.org](mailto:volunteering@handsonhartford.org)**