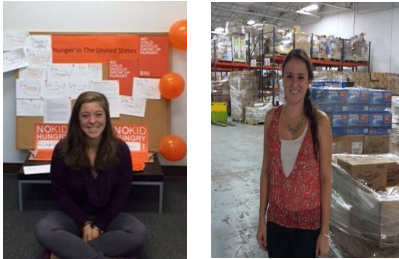


Cooking Matters

Volunteer and help change lives!

Laura Scarpino and Kristina Parise,
Cooking Matters Coordinators



**Second Harvest Food Bank of
the Lehigh Valley & Northeast
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Please note that Cooking Matters volunteers commit to being a part of an entire 6 week course. We strongly encourage interested individuals to observe a Class prior to volunteering for a course. Once signed up to be part of a course volunteer team, each volunteer will take part in a two hour online Cooking Matters Volunteer Training and a one hour in-person volunteer training prior to the first



Cooking Matters is a nutrition education program through Share Our Strength that focuses on teaching kids, teens, adults, parents and families how to cook and instills the skills and knowledge to prepare, cook, and execute healthy and affordable meals. A variety of volunteers are needed to teach and assist with Cooking Matters Classes. Our volunteers are passionate about food and dedicated to teaching and empowering low-income families to prepare healthy meals on a budget. Cooking Matters volunteers play diverse roles in the classroom, including Chef Instructor, Nutrition Instructor, and Class Manager. Thanks to our volunteers, we have the ability to teach participants how to budget, food shop, and prepare healthy meals with hands-on cooking lessons at no cost to the participants. All Cooking Matters volunteers must be at least 18 years old.