

Nutrition Education Volunteer Opportunities



We invite New Yorkers with an educational, culinary, or nutrition background, or a strong interest in healthy cooking and eating to be a part of our Nutrition Education volunteer opportunities.

Through these opportunities, you will support City Harvest's goal to increase access to fresh produce and help residents shop for and cook nutritious, budget-conscious meals. Volunteers make our free Nutrition Education classes and cooking demonstrations possible in communities across our city.

Our programs mostly take place Monday – Friday, during regular business hours, with occasional Saturday mornings, in schools, community centers, and supermarkets. We will supply you with recipes and all of the information and materials you'll need. All that's required is your passion and a basic understanding of cooking.

Cooking Demos:

Volunteer chefs and assistants lead cooking demonstrations at supermarkets, community partner sites, and City Harvest Mobile Markets. Volunteers prepare healthy, delicious, and affordable recipes and tasty samples for community members.

Cooking Matters At The Store®*:

Volunteers lead groups of up to 10 participants on tours through the aisles of their local supermarket, giving tips for buying and preparing healthy food on a budget.

Nutrition Education Courses:

Volunteers work as a team to lead free 6-8 week Nutrition Education courses that meet for three hours each week. Volunteers teach people of all ages about the health benefits of fresh fruits and vegetables, and how to purchase, store, and prepare them.

*A Share Our Strength Program

Interested individuals must register for and attend a mandatory orientation and volunteer training at our main office located at 6 East 32nd St, 5th Floor, New York, NY 10016



Volunteer Details and Requirements

Opportunity	Commitment	Hours
Cooking Demos	One-time	3
Shopping Workshops	One-time	2
Nutrition Education Courses	Once a week, 6-8 weeks	3 per class

For more information,
please contact:
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Volunteer Services
Coordinator
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or 646.412.0715

RESCUING
FOOD FOR
NEW YORK'S
HUNGRY
**CITY
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