



Hamilton

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City of Hamilton
Public Health Services Department
Healthy Living Division
Chronic Disease Prevention Program

Volunteer Position Description



Title: Community Food Advisor

Purpose:

Community Food Advisors are trained volunteers who work with groups across the City of Hamilton to share information on healthy eating, food preparation, and food safety.

Accountability:

Community Food Advisors are accountable to the Community Food Advisor Coordinator. Information communicated as part of the Community Food Advisor role must be consistent with program messages for the promotion of good health. The Community Food Advisors are not trained to provide information on specific health conditions, specific diets, or nutrition practices.

Time Commitment:

- Attend and participate in monthly evening meetings and other activities
- Attend a minimum of two educational update sessions each year
- Complete at least five community placements per year

Job Duration: Ongoing; a minimum of two years commitment is expected

Location: Various locations across the City of Hamilton depending on the placement

Responsibilities:

- Provide reliable, unbiased and current information to individuals and groups of all ages. Topics may include safe food handling practices, Canada's Food Guide, grocery shopping and budgeting, food preparation, preserving and storing foods, meal planning.
- Involvement in the following community activities:
 - conducting small cooking classes or workshops
 - organizing and staffing displays
 - providing presentations or demonstrations and answering questions from the public
 - providing input to the development of educational resources
 - participating in CFA program development



Qualifications

There are no prescribed education requirements. Volunteers should have:

- Interest and ability to learn and share information and skills
- Basic knowledge and experience in food selection, preparation and storage
- Ability to help individuals and groups to learn
- Time to participate
- Must read and speak English
- Experience in community work, leadership or as a volunteer is an asset

Volunteer Benefits

- Meet new people
- Fulfilling volunteer experience
- Develop and practice communications and leadership skills
- Learn more about safe food handling and healthy food preparation
- Share knowledge and skills to help others in our community

Orientation/Training:

Prospective candidates must complete the following training prior to certification:

- 10 core sessions
- 1 session and test for the Food Handler Certificate Course
- 3-4 optional sessions
- Provide 2 community placements

Total hours of training: 45 hours; Time of day for training: 6:00-9:00PM

Screening

- Prospective candidates are required to provide 2 references

If you have questions about the position or the program, please contact:
Chwen Johnson, CFA Program Coordinator at 905-546-2424 ext. 5020.
Application can be found on <http://www.hamilton.ca/HealthandSocialServices/PublicHealth/Nutrition>