



## Ambassador Opportunity Health & Nutrition Projects

**Date:** July 1, 2017

**Schedule:** As needed/flexible

**Proficiency in one or more of the following:**

- ✓ Presentation and communication skills
  - ✓ Sales or fundraising experience
  - ✓ Teaching, coaching, or training background
  - ✓ Nutrition, health, or similar background
  - ✓ Other – home-cooking skills or culinary experience
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**Program:**

Harvesters' Ambassadors strive to create greater awareness and understanding of food insecurity in our community and how Harvesters works to meet that need. One of the key imperatives in that effort is Promoting Healthy Eating. Through special project leadership in this area, Ambassadors can expand Harvesters' capacity to provide nutrition information to our agency network and their clients.

**Project Commitment:**

Ambassadors should be willing to schedule and complete a series of training sessions based on the type of activities they are interested in leading. Ambassadors will make the most impact if they can commit to a consistent schedule of at least one service activity per month with pantries or distribution sites.

**Key Project Activities:**

- Represent Harvesters and nutrition services at community, corporate, or school health fairs by staffing table displays, giving short presentations, brief remarks, etc.
- Interact with clients at food pantries and mobile distributions by handing out recipe cards, nutrition information sheets, etc.
- Conduct cooking and/or sampling demonstrations of healthy and economical recipes at food pantries.
- May collaborate with Nutrition Services Department and food pantry staff to identify and implement strategies aimed at increased client selection of healthier food items at agencies.
- Assist with other Nutrition Services Department programs and project, if interested and available.

**Project Training/Support:**

- Harvesters will provide individualized training tailored to the Ambassador's background and existing knowledge. Depending on the activity, this may include shadowing or co-presenting with nutrition services staff and other experienced volunteers.
- Harvesters will provide current messaging and accurate facts/statistics through regular email communication, printed materials and an interactive digital hub.
- Ambassadors agree to continually improve their knowledge and skills to effectively communicate the issue of food insecurity and engage the community in our mission.
- Ambassadors agree to provide feedback and data as required by nutrition services staff to track and improve the program.