



## Sierra Harvest Volunteer Opportunity Tasting Days Chef – Sept. 30 – Nov. 1, 2019

### Position Overview and Impact

Sierra Harvest seeks local chefs to cook with students and provide tastings in western Nevada County elementary and high schools Sept. 30 – Nov. 1, 2019. This educational program is part of our Farm to School Program and will be offered to almost 3,000 students at 24 elementary schools and 4 high schools. The chefs will demonstrate preparation and cooking techniques using healthy recipes and involve students in preparation of a dish using seasonal fruits and vegetables from local farms at schools containing at least 50% seasonal crops by weight. The recipes highlight a seasonal crop ideally grown by a Nevada County farm participating in Sierra Harvest's Farm to School Program.

### Time Commitment

Generally, 4 classes are scheduled with short breaks at one school serving approximately 120 students. There may be an exception of teaching at 2 schools nearby one another or fewer than 4 classes. You can teach on more than one day at several schools.

### Qualifications and Skills Required

Enthusiasm for preparing and cooking healthy food and inspiring children to eat healthy! All Tasting Day Chefs will be required to have a current Food Handler's License or a Food Manager License. Sierra Harvest will reimburse a chef up to \$10 for a Food Handler Certificate.

### Additional Information

Chefs will be partnered with the school liaison to manage all the details of the presentation. Suggestions and tips for a successful presentation will be available. The contracted Chef provides all ingredients (at least 50% crops by weight), supplies and equipment and is given the stipend based on the number of classes taught. Please do not submit receipts other than the receipt for a Food Handler certificate. Chefs will be given a \$50 stipend for each half-hour lesson to purchase ingredients from the local farms for their tasting and demonstration. Paper supplies for serving the meal will be provided by Sierra Harvest.

### Benefits of Volunteering

Share your enthusiasm and skills with Nevada County youth inspiring them to eat local, healthy and organic produce!

**Staff Contact:** Email Miriam Limov at [miriam@sierraharvest.org](mailto:miriam@sierraharvest.org) if you are interested in inspiring our young population to get excited about eating healthy!

***Sierra Harvest's mission is to educate, inspire, and connect  
Nevada County families to fresh, local, seasonal food.***

[www.SierraHarvest.org](http://www.SierraHarvest.org) | 313 Railroad Ave., Suite 201 | Nevada City | CA | 95959 | 530-265-2343

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