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Nutrition Education Intern, Fall 2014
The Idaho Foodbank - Cooking Matters
Supervisor: Carly Kristofik

ABOUT THE IDAHO FOODBANK
The Idaho Foodbank is an independent, donor-supported, nonprofit organization founded in 1984, and is the largest distributor of free food assistance in Idaho. From warehouses in Boise, Lewiston and Pocatello, the Foodbank has distributed more than 135 million pounds of food to Idaho families through a network of more than 230 community-based partners. These include rescue missions, church pantries, emergency shelters and community kitchens. The Foodbank also operates direct-service programs that promote healthy families and communities through good nutrition.

ABOUT COOKING MATTERS
Cooking Matters is a cooking-based nutrition education program of Share Our Strength, which empowers individuals and families with the skills, knowledge, and confidence to prepare healthy and affordable meals. The Idaho Foodbank partners with volunteer culinary and nutrition experts to teach classes throughout Idaho. Through these courses, Cooking Matters participants learn how to select nutritious and low-cost ingredients and prepare them in ways that provide the best nourishment possible for themselves and their families.

Cooking Matters courses provide practical nutrition and budgeting information, tasty recipes and hands-on cooking lessons. The courses are offered at no cost to the participants, thanks to the donors and volunteers who support the program.

SUMMARY
I started this internship as an AmeriCorps VISTA in the summer, but I continued to work with Cooking Matters this fall because I felt it was such an incredible program. I developed necessary skills to further my career goals including, but not limited to volunteer management & mentorship, curriculum creation & planning, and program reporting & evaluation. I am looking forward to applying the skills I have learned to my next internship or career.

7 AREAS OF RESPONSIBILITY

- **Plan:** I planned curriculum for six Cooking Matters classes, including planning meals, activities, and discussions.
- **Implement:** The agendas I made for class were sent to volunteers who implemented the curriculum and I served as class coordinator, as well as class assistant when needed.
- **Reporting & Evaluation:** I conducted the end of course reporting and evaluation, including gift card reconciliation, pounds reporting, survey reporting, and national database entry.
- **Administer:** I collaborated with the partner agency and volunteers to facilitate lasting relationships.
- **Serve as a Resource:** I served as a leader and mentor for volunteers, including the chef, nutritionist, class assistant, and class shopper, as well as a resource for the students in the class.
- **Communicate & Advocate:** I selected effective methods for communicating the curriculum to the specific population of students.

WORDS OF ADVICE
For future interns, I would advise them to try a few different internships, in order to find out what they are interested in before searching for a career. Sticking with one internship might be comfortable, but you are going to develop more skills by stepping outside of your comfort zone. My supervisor literally threw me into coordinating classes, after I had only really assisted, and said “I believe you can do this and I trust you to make the right decisions.” You don’t learn if you’re never given an opportunity to do it yourself. Believe that you can do it and you will succeed. And don’t be afraid to do something you’ve never done because it seems “scary.”