

Healthy Eating on a Budget (HEB) Programme Support - Volunteer

Job Title: HEB Programme Support Volunteer

Reporting to: HEB Programme Coordinator

Hours: up to 15 per week, hybrid

Commitment: 3 months, starting middle of September 2024.

Although this is a short-term role, there is the option to extend and support future projects with FEAST and our HEB Programme Coordinator.

Deadline for application: 22nd of July 2024.

This is a voluntary post. We value our volunteers, and as such, volunteers will be offered supervision, learning opportunities, ongoing support, and cover of traveling expenses.

Only applicants with higher education in Nutrition, Health or a similar subject(s) will be considered for this role.

FEAST With Us - Feeding and Empowering All Sustainably Together (FEAST)

FEAST's mission is to improve the nutrition, wellbeing, and health of people at risk of food insecurity. We work across several London boroughs, partnering with community groups and organisations to deliver impactful food security programmes.

We work with charity and community partners to provide services and programmes in homeless hostels, mental health day centres, community centres and faith centres in Camden, Islington, Barnet, Westminster and Redbridge.

FEAST tackles food insecurity by providing nutritious meals and nurturing community connections. Our primary service includes community meals, known as "FEASTs," using donated surplus food. These are more than just meal services; they are welcoming, inclusive, social spaces that bring people together and reduce social isolation.

We also prepare and deliver nutritious meals to hostels and community centres for individuals experiencing food insecurity to collect.

Our Healthy Eating on a Budget Programme further empowers individuals by helping build nutrition knowledge, developing practical cooking and budgeting skills. These programmes build confidence and empower people to make healthier choices to achieve nutritional independence.

FEAST is committed to broader systemic change through ongoing research and strategic local food partnerships. We work closely with networks in Camden and Redbridge to ensure residents have access to nutritious, affordable and sustainable food.

Our values:

- Collaborative: We work together as one team with our stakeholders openly and respectfully – bringing diverse skills and experiences to design and deliver our services and achieve our vision and mission
- Inclusive: We value equity, fairness and dignity, and create a positive and inclusive environment for our team, volunteers and service users
- Empowering: We provide inspiration, opportunities and support to enable our team, volunteers and service users to develop capabilities, confidence and independence
- Innovative: We are curious and creative - proactively seeking new ideas to improve ourselves, the organisation and our services to make a bigger and longer lasting positive impact for our stakeholders
- Empathetic: We are sensitive and understanding – we actively listen and learn from our team, volunteers and service users to better appreciate and adapt to their situations, challenges and perspectives

Role

description:

Are you passionate about nutrition and supporting the community through your work?

Our Programme Support will assist our HEB Programme Coordinator in facilitating day workshops and full-length (4-6 weeks) HEB courses at various community spaces across North London. You will be supporting tasks that ensure the smooth running of the course, including:

- Delivering content in a simple and accessible way
- Supporting participants to complete basic activities, such as using the Eatwell Plate
- Supporting data collection
- Helping to cook nutritious meals with the participants
- Answering questions about the content
- Reporting the session and programme (written and graphic report).
- An opportunity to leading the delivery of some sessions in place of the Healthy Eating on a Budget Programme Coordinator (when training has been completed).

In addition to supporting the programme on-site, you will also have the opportunity to help us create engaging resources and marketing material to promote the course and its impact. No marketing experience is needed as we will provide all of the tools you need, though some creativity is ideal.

Through your volunteering, you will be contributing to the work of FEAST and our nutrition education mission. You will be sharing your knowledge of good nutrition, sustainability and budgeting, therefore boosting nutrition independence for vulnerable adults.

Project aims and structure

The HEB Programme is a course provided by FEAST With Us to communities experiencing food insecurity. This education and nutrition project centres on nutrition, which is much needed

and often overlooked in services provided for these population groups. Additionally, it incorporates practical cooking skills which will develop participant's skills and knowledge to promote long-term nutritional independence and sustainable relief.

Each participant takes part in small group sessions, covering healthy eating principles and how to achieve a healthy diet on a low budget. Each of the sessions will incorporate an informative component and will emphasise the practical cooking and budgeting elements. Some of the topics covered include:

- 1. Food Groups and Food Labels
- 2. Carbohydrates, Sugar, and Diabetes
- 3. Proteins, Fats, and Dairy
- 4. Fruits, Vegetables, and Fermented Food

Cooking without a kitchen and FEAST cooking practical session will also be included in Level 1 and Level 2. Level 3 provides Food Safety and Hygiene training for the participants.

Content has been developed by trained nutritionists and dietitians and based on participant feedback. Nutritional experts will deliver sessions, alongside FEAST's chefs. Sessions are provided free of charge for service users, and all food and equipment will be provided. We collaborate with community leads and site staff to recruit and retain participants to promote them having the best experience and outcomes.

What do we need?

We are looking for experienced, driven, self-motivated volunteers to support the HEB programme. We encourage individuals with the relevant skills to apply.

Essential:

- Educated in Nutrition, Health or a similar subject to at least Bachelor's level. This may include students currently undertaking their studies.
- Good and confident understanding of healthy eating on a budget.
- Experience in delivering educational content with an engaging and positive approach.
- Patience when explaining, at times, more complex content.
- Availability to commit to the required hours, including those when you're needed on-site.

Desirable:

- Ability to speak other languages.
- Experience with basic marketing and design tools, such as Canva.
- Valid DBS.

By getting involved, you will gain:

- Space to develop your skills and experience and contribute to projects that positively impact our community.
- An opportunity to add to your CV, gain references and develop your own projects alongside the team.
- Experience in the non-profit sector and collaborating with various Voluntary and Community Sector (VCS) services.
- Promotion of your work on our website/social media and showcase your skills.
- The chance to try out some new skills and get feedback on your work.
- Become part of a friendly, enthusiastic and varied team.

Location: Hybrid. On-site locations will be within the boroughs of Camden, Islington, Westminster, Hackney, and Barnet.

Commitment:

The estimate of time needed is up to 15 hours a week, but we can be flexible and work with you to find hours that fit your schedule - all help is much appreciated.

We anticipate a commitment of at least 3 months, but with the option to extend the opportunity to support future projects.

How to apply:

Please send your CV and cover letter to the email below, demonstrating your experience and why you would like to get involved with our projects.

eleanor@feastwithus.org.uk – Volunteer and Community Partnership Coordinator.

Interviews will be scheduled as the applications come in.

If we find some great candidates, we may close the vacancy before the application deadline mentioned. So don't delay - apply today!