

Role Description:

## *Veg Places Oxfordshire*

# Volunteer Cooking Course Tutors



**Reports to:** Training Lead Facilitator, supported by Good Food Oxford Co-ordinator

**Terms:** Tutors are expected to attend free training sessions (total 16 hours) and subsequently prepare and deliver at least 3 sets of community cooking sessions.

**Time frame:** Training dates tbc between June and September 2021, session delivery to be commenced before 30<sup>th</sup> September 2021.

**Application deadline:** 30<sup>th</sup> April 2021 (see below for details on how to apply)

## Background

One of the strategic priorities of Good Food Oxford is “Changing Our Ways: behaviour change for a better food future”. This includes the ways that people choose what to eat, how they source it, how they eat it, and how they dispose of any waste.

90% of the population knows about “5 a day” (Oxfordshire County Council, 2016) and yet doorstep surveys in one area of Oxford found people were eating 2.5 portions a day (Oxford City Council, 2016). This is against the backdrop of an urgent need to increase vegetable consumption and decrease meat consumption for both health and environmental reasons.

As part of our behaviour change work, Good Food Oxford supports a public campaign called Veg Places Oxfordshire with the aim to get everyone in Oxfordshire eating one more portion of veg a day. The national campaign, Veg Cities, is run by Sustainable Food Places, led by food and farming charity Sustain in partnership with the wider Peas Please project led by the Food Foundation, Nourish Scotland, Food Cardiff and WWF. The aim of Veg Cities is to increase availability and consumption of vegetables.



From March till May 2019, we ran two 6-week pilot cooking courses for older men and parents/carers of school-age children. Both courses were well-attended by residents of the surrounding areas. Read more on our blog [here](#) and [here](#). To continue this important work, we are now recruiting lead facilitators from all Oxfordshire Districts to start teaching a cohort of volunteer cooking course tutors in their local area, enabling people with a passion for cooking and vegetables to run free Veg Places Oxfordshire community cooking classes themselves. We work with Replenish Oxfordshire to recruit volunteers who can support these classes.

This programme is supported by Oxfordshire County Council, the national Veg Cities campaign by Sustainable Food Places, Midcounties Co-operative, Oxford Food Surplus Café and Replenish Oxfordshire.

## **Aims of the role**

We are looking for enthusiastic cooks from across Oxford and Oxfordshire who are keen to get trained as cooking course tutors, enabling them to run cooking sessions that

- raise awareness of “good food” choices, especially eating more vegetables;
- are based on cooking skills rather than recipes;
- use surplus food ingredients creatively and raise awareness of food waste;
- and enable participants to gain confidence to cook healthy plant-based meals from scratch.

Our team of skilled lead facilitators will recruit and train a cohort of up to six volunteer cooking course tutors in their local District over a total of 16 hours (four to six sessions). One cohort will be trained online so tutors from across Oxfordshire can participate. All training sessions will be offered to participants free of charge with the expectation that they go on to teach free community cooking sessions in their local area.

The online sessions are designed for tutors who want to lead their own courses online. Because the video-chat format is different from in-person cooking activities, the emphasis of the training will be on building community rather than teaching technical skills. This approach has both benefits and disadvantages, both of which must be understood by tutors who plan to work online. Tutors who intend to work in person should attend live training sessions at one of the below sites.

Applicants can indicate their preference from one of the following locations for their training:

1. Cutteslowe Community Centre, North Oxford
2. Cherwell Larder, Kidlington
3. Tom’s Diner, Banbury
4. FarmED, West Oxfordshire
5. Maymessy Cookery School, Wantage
6. Online, Oxfordshire-wide

## **What we expect of volunteer tutors**

The volunteer tutors will be expected to:

- Attend all training sessions (16 hours across 4-6 sessions between June and September 2021, dates and times to be agreed by all participants). Training sessions will be delivered in person subject to current COVID-19 guidelines with the option of moving them online if required.
- Be keen on learning how to conduct cooking course sessions independently, including drawing up session plans, arranging a venue and ingredients, advertising and recruiting participants, recruiting and managing assistant volunteers and running sessions ensuring things are safe, presentable, tidy and interesting throughout each session.
- After the training, to plan and deliver at least 3 sets of cooking sessions for a minimum of 6 participants each at a venue in Oxfordshire or online with participants from Oxfordshire. An existing relationship with a suitable venue such as a community centre or school with a teaching kitchen is desirable but not essential. Volunteer tutors will be expected to independently plan their sessions and confirm a venue to use free of charge, or to raise the funds for it. Experience in organising events is desirable but not essential.
- Join a peer mentoring group or mailing list which we will set up.
- Agree with and follow the vision set out in the Oxford Good Food Charter.
- Use the Good Food Cooking Toolkit and GFO logo on all promotional materials, in sessions, and on social media posts.

- Document sessions (photo, video, feedback), share content on social media and write a short blog post for GFO at the end of the first course they deliver.
- Credit GFO with logo on all course materials, and provide all course materials to GFO.
- Be confident delivering classes online for instance on Zoom if needed. This can be practiced during the training period, but a willingness to learn is essential.

## Person specifications

- Confident and capable cook with a passion for sustainable food, cooking with vegetables, using surplus ingredients creatively and reducing food waste.
- Have excellent hygiene habits, and either have a food safety training certificate level 2, or be willing to self-fund a certificate training at the start of the training programme.
- Friendly, personable and positive and enjoy teaching people.
- Hands-on and flexible in your approach.
- Responsive to feedback from GFO and from trainees, and work collaboratively with others.
- Able to work independently and manage support volunteers.
- Committed to equality and diversity.

## What we provide

- Free training from a qualified Lead Facilitator (16 hours) and mentoring support for delivering the first session.
- Access to GFO teaching resources, including the [Good Food Cooking Toolkit](#), the Good Food Cooking Course Framework, session plan templates, feedback forms, recipes and other resources.
- Support with recruiting participants for sessions through the GFO and Replenish Oxfordshire network.
- Free hard copies of the Good Food Cooking Toolkit to hand out to course participants.
- Advertising sessions through the GFO social media channels, website and network of partner organisations.
- Loan of a cooking course kit which includes spices, seasonings, knives and other utensils.
- A list of community food services that can help source free surplus ingredients.
- Opportunity to make a difference to Oxford's food system and for a veg-based future.
- Opportunity to expand your network in the good food sector, your experience and skills in teaching cookery.

The dates and times of training sessions will be agreed once candidates are selected to accommodate their schedules. Sessions will be delivered either online or in person, depending on circumstances of the venue and COVID-19 restrictions at the time. We expect the lead facilitators to be flexible in this regard.

## How to apply

To apply, please complete this online application form by 30<sup>th</sup> April 2021:

<https://forms.office.com/r/ddhJR9fwL8>

Shortlisted candidates will be interviewed in the second week of May.

If you have questions, please contact Nina on [mail@goodfoodoxford.org](mailto:mail@goodfoodoxford.org).