



# Volunteer Role Profile



## Eating Together Nutrition Assistant (Saturdays)

The Food Chain provides nutrition services including essential groceries, communal eating sessions, cookery classes and nutrition advice to people living with HIV. We aim to ensure that no one living with the virus has their ability to get well and stay well adversely affected by lack of access to appropriate food. All our services are provided with the help and support of around 600 volunteers.

### What is Eating Together?

Eating Together is a communal lunch held every Wednesday and Saturday at our kitchen in Kings Cross. The service aims to combat isolation amongst people living with HIV in London by bringing groups together for a hot, nutritionally-tailored meal and some good conversation. It is also designed to improve participants' mental wellbeing, energy levels, confidence and independence by offering the opportunity to meet new people, share experiences and learn more about healthy eating and other relevant topics. At every sessions there is a guest speaker, past speakers have included Love Food Hate Waste, YMCA and CAB. Service Users can attend as many Wednesday and Saturday sessions of Eating Together as they like over a three month period.

### What does the role involve?

You'll start your shift by helping with the set up of the room and bagging up ingredients for the weekly raffle where five lucky attendees will win the ingredients for a two person portion of the recipe you'll talk through. At 11am our service users will start arriving and you'll be on hand to answer any nutrition based questions they may have. At 12.00 noon you'll deliver a talk on a specific nutritional topic e.g. lowering salt or plant based protein and talk through a recipe (you don't need to demonstrate, just talk through the recipe) related to that theme. The talk will have been written by our in house Dietitian who will prep you prior to the Saturday you volunteer either over the phone, via email or you can come into the office to prep face to face. Your Dietetic knowledge needs to be broad enough to field questions about that week's topic plus any other questions that you may get asked. If you are unable to answer a question you can log it in the communications book for the Dietitian to pick up on Monday. The talk and recipe run through will last about half an hour leaving half an hour for questions before lunch is served at 1pm. Over lunch (which you get to eat too!) you'll answer any other questions people may have about nutrition. After lunch you'll join the kitchen volunteers to help make sure everything is washed up and the kitchen is left clean and tidy.

You *must* be a qualified Dietician or Nutritionist to volunteer in this role and HCPC or AfN registered as appropriate. You also *must* have your own Public Indemnity insurance. **If you are a qualified Nutritionist you need to be aware of your own limitations if asked specific dietary questions.**

This role is subject to an interview.

### How often do I need to volunteer?

We hope for a commitment of one Saturday per month. Shift times are 10.00am – 3.00pm

### What training and support will I get?

Volunteer Induction including basic HIV awareness

Food Hygiene Quiz ( online)

Kitchen Skills and Health & Safety session

Service User Support training session

Support from the Lead Host whilst on shift and Volunteer Eating Together Rota Coordinator and Training & Volunteer Coordinator in the office

**Expenses:** Travel expenses can be reimbursed in line with the Finance Policy, up to a maximum of the value of a zone1-6 travel card

### What skills do I need to be a really good Eating Positively Nutrition Assistant?

Qualified Nutritionist or Dietician and AfN or HCPC registered– **essential**

Have your own Public Indemnity insurance - **essential, we will ask for a copy of the certificate**

Confident public speaker

Sound nutritional knowledge