



Volunteering as a Chef

Thank you so much for volunteering at Olivewood Gardens. We hope you have as much fun as the participants!

Background Information on Field Trips:

- **Grade Level of Students:** K-5th grade
- **Number of Students/Participants per Group:** average of 25-33 students, broken down into 3 smaller groups.
- **First Group of Students/Participants:** The first group arrives at 9:15 and begins with opening circle. The class is broken down into 3 smaller groups and the first group will enter the kitchen at 9:30-9:35.
- **Duration:** 3 rotations, each 25 minutes; 3 minutes between rotations to clean and reset.
- **Second Group of Students/Participants:** The second group of students arrives at 11:15, but will begin with enjoying their lunch on the lawn. During this time, there is a brief break for volunteers to relax and enjoy some of the recipe prepared by the students. (Usually, the chef makes a larger batch on the 3rd rotation so everyone can eat.) The students will enter the kitchen around 11:45. This group will depart at 1:30pm and once clean-up is complete, everyone is free to go!

Your Role and Responsibilities:

- Arrival time is 8:30 am for the 9:15 group. Arrival time is 10:45 for the 11:30 group. You are more than welcome to guest chef for both sessions!
- Please prepare a recipe for a **healthy** vegetarian dish that utilizes something currently growing in our garden. A produce list will be provided one week in advance. It needs to be simple, with affordable ingredients that parents can find locally. Please feel free to ask for ideas and suggestions. Serving size should be 2-3oz for approximately 66 students, as well as extras for volunteers, staff, and teachers.
- Please provide recipe at least 4 days prior to your guest chef experience.
- The recipe needs to be as hands on as possible. Some of these kids have NEVER even cracked an egg! The more chopping, peeling, grating, mashing, stirring, etc., the better!! Even the most basic tips, such as knife skills, measuring, and nutrition facts, are useful.
- If you are cooking something that requires more than the allotted time, such as baking Corn Muffins, we suggest you arrive early enough to prepare a batch to serve to the first group. Then, the first rotation will prepare for the second rotation and so forth. However, there are exceptions, such as a Veggie Stir Fry, Garden Salad... just check with your Olivewood Gardens contact to be sure.

Other Details:

- **Ingredients:** Olivewood Gardens will provide all ingredients, including produce, spices, dairy, etc.
- **Equipment:** Olivewood will provide kitchen tools and equipment, including kid-friendly knives, graters, peelers, and other items.
- Feel free to bring a couple of "sous" chefs with you.... Just let us know ahead of time!

Talking Points:

- We want to encourage participants to be adventurous eaters!! Ask students about foods they have tried, what they thought, etc.
- Discuss basic nutrition facts. Feel free to use our produce cards to talk about the nutrition of each vegetable/fruit you are using in the recipe.
- Share your chef experience... why you like to cook, why you wanted to volunteer at Olivewood, etc.

**Help us recruit more volunteers! Tell your friends/colleagues about Olivewood Gardens.
There is a free adult tour every Tuesday at 10 am.**