

Nutrition-related volunteer opportunities / The Food Chain.

Contributors

Food Chain (Organization)

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the food chain

feeding the fight against HIV

Nutrition-related Volunteer Opportunities

The Food Chain changes and saves lives by ensuring people living with HIV have access to tailored nutritional services, provided free through a network of skilled volunteers.

Our vision is to ensure that people living with HIV have access to essential food and nutritional information, enabling them to make informed decisions to stay well and lead healthy, independent lives.

How You Can Help...

Develop Information:

We are developing a dedicated nutrition centre on our website. We need nutritionists and dietitians to provide well-researched relevant factsheets and articles for people living with HIV, and their families and carers.

Analyse Menus:

Our volunteers plan the menus for our popular Sunday Meal Delivery Service. You can help us keep our nutritional standards high by providing detailed nutritional analysis of menus submitted for approval.

Contribute to training:

All our services require input from nutritionists and dietitians, such as training volunteers to deliver advice on nutrition, shopping and cooking to people living with HIV and providing support at our nutrition workshops.

Nutritional advice is delivered across our organisation through various service committees and a Nutrition Working Group.



Eating Positively Classes

Other volunteer opportunities:

We have many opportunities to learn new skills, make new friends and give something back to the community at The Food Chain, so we thought we'd feature just a few here:

Lead Cooks organise the preparation of Sunday meals - this includes designing the menu, shopping for the ingredients and leading a team of Kitchen Assistants on the day.

Sunday Kitchen Assistants help lead cooks prepare and cook meals for delivery on a Sunday. And of course there's the washing up! In order to get the meals prepared for lunch, volunteers need to be in the kitchen by 8am.



Sunday Drivers and Navigators deliver meals to our service users in a timely manner on pre-planned routes across London. This role involves meeting some of our service users.

Sunday Supervisors make sure that all the meals leave the kitchen on time and that the correct meals are delivered to the correct service users

We provide full training and support for all our volunteers. We require a minimum commitment of one volunteer shift a month, for 12 months for most roles.

For more information about anything you've read here please contact us:

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