

Part-time Demonstrator Cooks

York Fresh Food Farms

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York Fresh Food Farms is a 501(c)(3), nonprofit organization that operates a sustainable urban vegetable farm in South Central Pennsylvania. Our mission is to cultivate community health through agriculture, access and affordability by growing, selling and donating safe, nutritious, affordable vegetables for the underserved, food desert neighborhoods of York, PA.

York Fresh Food Farms is currently looking to hire York area home cooks and enthusiastic local food lovers as part-time Demonstrator Cooks (Demo Cooks) to conduct cooking/recipe demonstrations (recipe demos) at York Fresh Food Farms' Mobile Produce Markets and special events that run from June to November. As part of our *Taste!* program, the Demo Cooks will demonstrate healthy recipes and offer samples of recipes and vegetables to customers at mobile market stops using fresh produce grown and harvested at York Fresh Food Farms. The purpose of the recipe demos is to help Mobile Produce Market customers get to know produce they may not be familiar with and encourage Mobile Produce Market customers to cook meals from scratch at home using fresh produce to increase nutrition and save money.

We are especially interested in candidates who are bilingual and/or able to incorporate Hispanic or Haitian-Creole food traditions into the cooking demos.

Candidates should be familiar with and comfortable demonstrating and talking about:

- Knife safety and efficiency: know how to safely dice, chop, slice, peel and pare with the correct knife.
- Measuring ingredients: know the differences between dry and liquid measurements and how to read the abbreviations in a recipe.
- Cooking techniques: know how to sauté, boil, blanch, steam, roast, bake and mix and how to apply each to ingredients at the right time in a recipe.

Demo Cooks will receive training and a written program manual with talking points for every recipe so they will feel comfortable discussing:

Following the recipe-of-the-week

Information about vegetables or fruits available at the Mobile Produce Market

Nutrition and budget benefits of cooking from scratch at home

Substituting ingredients/improvising

Menu planning

Saving time in the kitchen

MyPlate and the food groups

Kids in the kitchen

Picky eating