

POLICY

Poverello provides the opportunity for program participants to participate in nutrition and cooking classes that help program participants to use the groceries that are available to the clients in the food pantry in healthy cooking. These educational classes are designed to help the clients feel more comfortable in the kitchen while learning the nutritional benefits of the pantry items and how to prepare foods in a healthy manner.

PROCEDURE

- I. All classes are to be conducted by a Safe SERV certified instructor. The instructor will be accountable for demonstrating proper safety and sanitation techniques and for ensuring students practice good sanitation during all classes. This includes but is not limited to wearing hairnets, proper glove usage and hand washing, proper knife handling techniques and proper usage of cooking heating elements that is the provided butane stove.
- II. Classes are held in the packing area of the food pantry.
- III. The class maximum attendance is set at ten (10) students.
- IV. The minimum number of students to hold class is two (2).
- V. Food pantry staff and volunteers will ensure that the packing area is cleaned up at least a half an hour before the class starts so that the instructor can set up for the class.
- VI. Classes are held for two (2) hours every week.
- VII. Class Participants are recruited through intake coordinator, writers, lobby liaison, flyers and social media.
- VIII. Participants must attend the class orientation at the beginning of each class so that each participant can:
 - a. view the safety video
 - b. sign the following papers before the class:
 - i. Liability Waiver
 - ii. Participant's Receipt of Nutrition Counseling/ Services
- IX. Participants are encouraged to fill out the survey at the end of class.
- X. Participants must wear closed toed shoes during the class.
- XI. Ingredients used in the recipes are items from the food pantry.
- XII. Recipes will be simple and easy to follow.
- XIII. Participants that have come to the class before may have to leave should a first-time participant come and there are not enough spaces available.
- XIV. Participants can attend no more than 6 classes per year, unless more funding becomes available.

- XV. Students will be notified when they are on class number 6 so they will know it is their last class.

Approvals:

Signature: _____ Date: _____

Alden Bergeron, RDN, LD/N
Nutrition Program Manager

Signature: _____ Date: 6/10/18

Thomas S. Pietrogallo, MSW/LCSW, MBA
Chief Executive Officer

BOD Approved Date: Pending

Date Established: 03.29.2018

Date Reviewed/Revised: 06.11.2019