



LOOKING TO VOLUNTEER?

- Have fun while serving those in your community
- Expand your basic nutrition knowledge and culinary skills
- Build your resume
- Improve your presentation skills

Share our Strength's Cooking Matters Colorado is a groundbreaking nutrition education program that helps families by teaching them how to buy, prepare, and eat healthy meals on a limited budget.

SHARE YOUR STRENGTH

WANT TO LEARN MORE ABOUT VOLUNTEERING?

Email ogonzalez@weldgov.com

Or (970) 3046470 x 2382
to see how you can get involved today!





LOVE COOKING AND WANT TO HELP OTHERS?

- Have fun while serving those in your community
- Expand your basic nutrition knowledge
- Practice your culinary skills by teaching
- Build your resume
- Improve your presentation skills

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¿HABLA USTED ESPAÑOL?

- Improve your translation skills
- Make a difference in your community
- Gain a substantial addition to your resume
- Expand your basic nutrition knowledge and culinary skills

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STUDYING NUTRITION? SHARE YOUR KNOWLEDGE TO HELP OTHERS!

- Gain public speaking and presentation skills
- Improve your nutrition knowledge and culinary skills
- Make a difference in your community
- Build your resume

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WANT TO GIVE BACK TO YOUR COMMUNITY?

- Have fun while serving those in your community
- Improve your basic nutrition knowledge and culinary skills
- Use your skills to help others

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LOOKING FOR A COMPANY VOLUNTEER OPPORTUNITY?

- Have fun while serving those in your community
- Improve morale through team building
- Use your skills and time to help others
- Gain social media exposure

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