



HEALTHY FOODS LOCAL FARMERS

## Mill City Cooks Kitchen Assistant Volunteer Position

### Project Background

Mill City Farmers Market (MCFM) is a non-profit organization based in Minneapolis, founded in 2006. MCFM brings together farmers, food artisans, cooking demos, kids' activities and many other activities to educate consumers about sustainable agriculture and healthy cooking. MCFM builds connections and fosters relationships between farmers, entrepreneurs and customers in a fun and lively environment. It is much more than a market. It is an experience enjoyed by over 6,000 guests each market day. Furthermore, MCFM is actively involved in the community doing outreach to build a stronger, more sustainable regional food system.

As part of our dedication to healthy and local food education, the MCFM offers 30-minute professional cooking classes every Saturday at 10:30AM. These classes, located in the train shed patio area, feature seasonal ingredients prepared by our market chefs, recipes to take home and a delicious sample for everyone in the audience! In addition to cooking classes, Mill City Cooks often features book signings, celebrity guest chefs and cooking or baking contests. Join the fun every Saturday May through October—rain or shine!

### Mill City Cooks Volunteer Description

- Support chefs with the weekly cooking classes from 9:30 – 12:30 every Saturday May through October
- Duties include: chopping and preparing vegetables, plating dishes, sampling recipes, answering questions from market goers and kitchen clean up
- Novices and expert cooks welcome!
- Other community engagement opportunities depending on time and interest

### Volunteer Requirements

- Interest in learning about local, sustainable and healthy food
- Excellent communication skills
- Ability to be on your feet for 3 hours in all kinds of MN weather

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View available volunteer shifts and sign up to be a Mill City Cooks Kitchen Assistant by following the link below! For any questions please contact Jenny Heck at [jenny@millcityfarmersmarket.org](mailto:jenny@millcityfarmersmarket.org) or 612-341-7580.

**Sign up to volunteer:** <http://www.signupgenius.com/go/805054fa8ab2da57-mill2>

[Click here](#) to read more about Mill City Cooks and view past recipes on our website.