



Walk the Line Nutrition Education Volunteer

Support the Food Bank's efforts to expand nutrition services at our Mobile Food Pantries by engaging Food Bank guests in nutrition education conversations.

The Blue Ridge Area Food Bank is an Equal Opportunity Employer and **strongly encourages people with lived experiences of hunger** and members of traditionally underrepresented communities to apply, including people of color, LGBTQ identified people, gender-nonconforming people, individuals with disabilities, veterans, and people who speak a language in addition to English.

As a **Walk the Line Nutrition Education Volunteer** you will help by:

- Sharing nutrition information with guests at food distribution sites.
- Distributing flyers/tools to guests, occasionally (i.e., Food Finder information, kitchen tools, etc.)
- Providing feedback to Food Bank staff about the overall volunteer experience, guest responses to the nutrition content, and opportunities for improvement.
- Self-reporting hours volunteered in Volunteerhub.

Desired Skills and Talents:

- Reliable self-transportation to distribution sites (mileage is not reimbursed).
- Strong communication and customer service skills.
- Access to a phone and email.
- Good judgment and safety awareness.
- Ability to stand for 2–3 hours without breaks.
- Ability to work independently and collaboratively as part of a team.
- Good mobility, including bending and reaching.
- Comfort engaging directly and respectfully with Food Bank guests.
- Experience in nutrition, culinary medicine, health, or wellness is a plus and makes ideal Walk the Line Nutrition Educators.

Location and Schedule:

- This position will be working at outdoor, offsite distributions, not at a Food Bank warehouse.
- Distribution dates vary month to month, but each site has its own cadence.
- If an event is cancelled due to weather, you will be contacted in advance by the managing Food Bank staff.

Training:

- An initial training of about 2.5 hours is required and provided by BRAFB staff. This includes:
 - An in person walk through with Food Bank staff.
 - A 1 to 2-hour self-guided training module.

Dress Code

- Due to safety concerns, all volunteers must wear close-toed shoes (no sandals or flip flops) and comfortable, appropriate clothes suitable for the weather of the day. The distribution takes place outside in the elements, rain or shine.

Time/Age Restrictions:

- Volunteers must be 18 years or older.
- 2-3 hours per distribution to finalize nutrition education content and day-of logistics with Food Bank staff, not including travel time.
- This position requires a minimum commitment of 3 months, although it is highly encouraged to continue for longer as consistency is important for guest interactions.
- Volunteers are expected to conduct 3-4 Walk the Line sessions between March and October, based on their availability.

This role is managed by:

Allie Henning, Health Initiatives Coordinator

Blue Ridge Area Food Bank

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