

Dietitians in Action

October Volunteer Newsletter

Volunteering as a CAND member is a great way to give back to your community, highlight the importance of nutrition professionals, and even meet potential clients. These opportunities are open to Registered Dietitian Nutritionists, Dietetic Technicians, Registered (DTR), Dietetic Students or Interns, and individuals with nutrition interest. If you are interested in volunteering, please consider participating in one of these events!





9 Health Fair

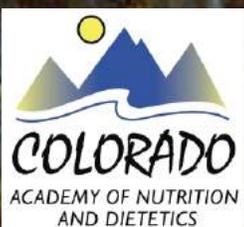


EVENT	LOCATION	DATE	POSITION	CONTACT
Health Fairs	Statewide	Ongoing	<p>9Health Fair depends on the 15,000 volunteers that lend us their time and expertise each year. We are always looking for committed volunteers with a desire to promote health awareness. The site leaders will then contact you with more details.</p>	<p>Anyone interested in volunteer opportunities can visit our website to find the fair (or fairs!) you'd like to volunteer at and simply sign-up online</p>

Cooking Matters Colorado



EVENT	LOCATION	DATE	POSITION	CONTACT
Cooking Matters at the Store	Statewide	Ongoing	<p>Individuals needed to teach skills to community members on ways to stretch their food budgets and cook healthy meals.</p>	<p>Learn more at Cooking Matters</p>



If you would like your volunteer event included in next month's newsletter, please contact our Volunteer Coordinators; Katie Kage, katie.kage@unco.edu and Aryn Doll, arynkdoll@gmail.com.

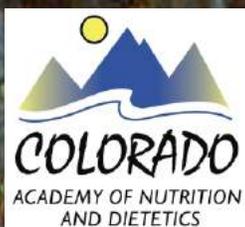
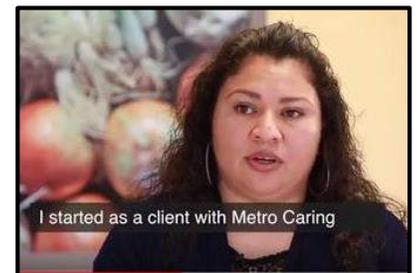
Metro Caring



EVENT	LOCATION	DATE	POSITION	CONTACT
Metro Caring	Denver Area	Ongoing	<p><u>Nutrition Educator</u></p> <p>This position is perfect for you if you like being in the kitchen and sharing your enthusiasm for nutrition food with other. Following an established curriculum, there educators prepare healthy tastings, offer ten minute nutrition demonstrations and assist with in-depth cooking classes.</p>	<p>To volunteer, contact Megan Maes at MMAes@metrocaring.org</p>

Metro Caring, Colorado’s leading hunger relief organization directly serving people, believes nutritious food is a right not a privilege. Using a multifaceted approach, Metro Caring works to fight hunger at its root-poverty-by offering comprehensive programming. Additionally, we meet people’s most basic needs on a daily basis through our free, fresh foods market. To join this dynamic team and help create a community free of hunger, fill out an application online at metrocaring.org.

Have you heard Eva's story about how she went from shopping in Metro Caring's Fresh-Foods Market to overseeing a cooking class translated into Spanish? Check it out in this [video](#) made by the [City and County of Denver Government](#) for [Metro Caring](#), as part of its Healthy Communities contest!



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