

OSU Extension seeks nutrition volunteers

Concerned about the food and shopping choices people are making that affects their health?

If you would enjoy sharing research-based information about healthy eating on a budget then you might enjoy becoming an Oregon State University Nutrition Education Volunteer. Volunteers demonstrate cooking healthy recipes at local food pantries or lead small groups with fun, interactive nutrition

activities.

To become a Nutrition Education Volunteer applicants take a five-hour class on November 8, 9 a.m. to 2 p.m. at the OSU/Deschutes County Extension office in Redmond. Once participants are trained and certified, volunteers commit to demonstrating healthy recipes six times over six months.

See the Nutrition Education Volunteer Application link to

read more about the program and see the application on the OSU/Deschutes County website, <http://extension.oregonstate.edu/deschutes/nutrition-education>. To apply, send your application to Katie Ahern, Family & Community Health Instructor by November 4, to katherine.ahern@oregonstate.edu or OSU Extension, 1900 N.E. Division St., Suite 107, Bend, OR 97701. For more information call 541-306-6067.



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Bend Memorial Clinic

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The BMC Sisters clinic team treats the whole patient, not just a collection of symptoms, and they tailor a healthcare plan that is unique and right for you.

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Sisters Clinic | 231 East Cascade Avenue | Call 541.382.4900 to make an appointment.

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