Volunteer Opportunities at Brainfood

Brainfood uses the power of food to engage, empower, and employ DC teens and young adults. A non-profit youth development organization in Washington, D.C., Brainfood builds programs around the inherent strengths, capabilities, and unique developmental needs of teens and young adults, offering a pathway for young people to learn skills that benefit them in the kitchen and throughout their lives.

How can I get involved?

With your help, we are providing young people with the space, tools, mentorship, and connections they need to become the next generation of leaders and food entrepreneurs. There are several ways to support our work!

**Weekly Classroom Assistants (WCAs)** volunteer directly with high school participants in our after school cooking programs, offering support to our instructors. WCAs play an essential role in fostering participant growth, mentoring teens in the program, and creating a friendly community environment in our teaching kitchens. No cooking experience required!

- WCAs commit to volunteering one day per week (Monday - Thursday) from 4:00 - 6:30pm for the duration of the program (October - May).
- Classes are held at both our Columbia Heights kitchen and Chinatown kitchen.

**Special Event Volunteers** assist on an as-needed basis as their schedules allow.

- Events vary; examples include program special events, fundraisers, and workshops.
- Special events are publicized through our email list. Sign up for our newsletter to stay updated!

**Garden Volunteers** assist in our garden on an as-needed basis as their schedules allow.

- Opportunities vary; examples include garden-to-kitchen workshops and garden maintenance.
- Garden opportunities are publicized through our email list. Sign up for our newsletter to stay updated!

Are you a photographer, chef, or ____ ? We’re always looking to connect with people who have talents to share outside our standard volunteer opportunities. Please get in touch with us!

Contact [Amanda Kirsch | amanda@brain-food.org](mailto:amanda@brain-food.org) for information about volunteering and to be notified about volunteer opportunities through our email newsletter.

Other Ways to Support Brainfood

- Shop Brainfood Homegrown, our local youth-led food business.
- Make a donation of any amount. See our website for details.

@BrainfoodDC