



Older Adults Eating Well Together Volunteer Application Form

Nanaimo Foodshare has started a new peer-to-peer support program for older adults focusing on food security and isolation *Older Adults Eating Well Together*. We are currently recruiting volunteers for this program. Volunteering for this program means you will join other like-minded older adults in our community who are passionate about food, nutrition and helping others in our community. You will have the opportunity to learn about new skills and existing initiatives in our community and share your ideas and experiences.

Volunteers will attend 12 hours of training on various topics such as healthy eating, cooking, local resources and supporting others. Ongoing support will be available through monthly meetings and further training. Once trained, volunteers can provide peer support through a variety of ways in the community including one-on-one support to a peer, facilitation of cooking/food programs, or advocating for healthy eating. After training, a two hour per week commitment for six months is required.

An Older Adults Eating Well Together Volunteer is someone who:

- Is and active older adult, 55+ years of age
- Has a passion for food, nutrition and community
- Has interest in sharing their skills with others
- Is empathetic and has a motivation to help others
- Has the ability to listen and communicate effectively
- Has ability to be non-judgmental and limit personal views and opinions when supporting others
- Is able to set boundaries and understands the importance of maintaining confidentiality
- Clean criminal record check
- Interest in learning about and sharing evidenced based nutrition guidelines
- Does not have a financial conflict of interest (eg. sells supplements)
- Flexible and willing to provide feedback*

*this is a pilot project, and we are seeking feedback from participant on how to adapt the program to best meet the needs of older adults in our community

We encourage applications from all individuals including traditionally underrepresented groups, visible minorities, Indigenous Peoples, LGBTQ2+ and persons with disabilities. It is a value of our program to foster a culture that embraces and promotes diversity.

Applicant Information	
Name	
Address	
Phone number	
Email	

1. Tell us about yourself, what draws you to become a peer food mentor?

2. What kind of work do you do now, or have you done in the past?

3. What knowledge and skills would you like to share? This could come from previous work and/or volunteer experience, hobbies or life experience.

4. Are you able to commit to attending 6 two hour training sessions and providing 6 months of mentorship? Yes / No

5. There are many opportunities to provide food mentorship in Nanaimo, please indicate which you feel most comfortable with:

- Supporting a peer one-to-one
- Hosting a workshop related to food (cooking, nutrition, gardening etc.)
- Speaking publicly in the community on a nutrition topic
- Advocating to improve nutrition and food security to local organizations
- Bringing people other to enjoy food
- Teach training class to other program volunteers
- Program administration (assist coordinator with program related tasks)
- Other _____
- Other _____

6. What new skills or training would you like to learn in this program?

7. Please check items you would like to do with your peer mentee

- Discussing food, cooking, favorite recipes, gardening etc.
- Going for coffee or tea
- Computer - where to find nutrition information
- Learning about gardening
- Gardening together
- Sharing food together
- Preparing meals, cooking, baking together
- Learning new cooking techniques
- Support with shopping and making shopping lists
- Sharing recipes/getting new recipe ideas
- Goal setting related to healthy eating/nutrition
- Attending community events related to food
- Reading and discussing books about food together
- Watching movies about food and discussing together
- Discussing current events related to food
- Sharing your cultural foods
- Learning about others cultural foods
- Other _____
- Other _____
- Other _____

8. What time of day would be best for you to meet with your peer mentee?

- Morning
- Afternoon
- Evening
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9. In what ways would you feel comfortable to meet your peer mentor?

- In person at home, socially distanced following COVID 19 protocols
- In person in the community (coffee shop, community garden, grocery store), socially distanced following COVID 19 protocols
- Over phone
- Online over zoom, skype etc.
- Over Facetime

10. Is there anything we haven't asked you that you'd like us to know to help match you appropriately?

11. Is there anything needed to support your participation in this program (e.g., help with transit, wheelchair accessible or visually impaired friendly facilities, etc.)?

5. Do you have any food allergies? If so please indicate

6. Please include the name and contact details of 3 references. These references could be from work, volunteer or personal contacts.

1. Reference Name _____

Telephone _____

Relationship _____

2. Reference Name _____

Telephone _____

Relationship _____

3. Reference Name _____

Telephone _____

Relationship _____

7. Emergency contact person

Name _____

Relationship _____

Home Phone/Work phone _____

**Thank-you for your application, we look forward to connecting with you.
Please contact Program Coordinator Alice Wyche if you have any further questions at
alice.wyche@nanaimofoodshare.ca or 778 744 3245**

*****Please drop off form or send to*****

**Attention: Alice
Nanaimo Foodshare
271 Pine Street
Nanaimo, BC
V9R 2B7**

