

# Motivate Volunteers

by acknowledging their contributions, managing your program effectively and celebrating often.

## Motivated volunteers know what to expect.

**Outline the benefits** of volunteering in your nutrition program and make sure that your program is a positive place.

**Provide training** to enable a sense of pride in a job well done. Consider offering special training that goes above and beyond the basics (see side-bar).

**Create a schedule** that is precise and that respects personal time. Provide instructions on whom to call should something unexpected come up.

## Motivated volunteers know their contributions matter.

**Maintain close contact** with all volunteers, encourage new ideas and incorporate these ideas wherever possible.

**Hold regular gatherings** to thank volunteers for their efforts and keep them up-to-date on how the program is going. Include games to facilitate visiting and sharing.

**Create a comfortable space** during program hours by offering meals, snacks, coffee or tea to volunteers.

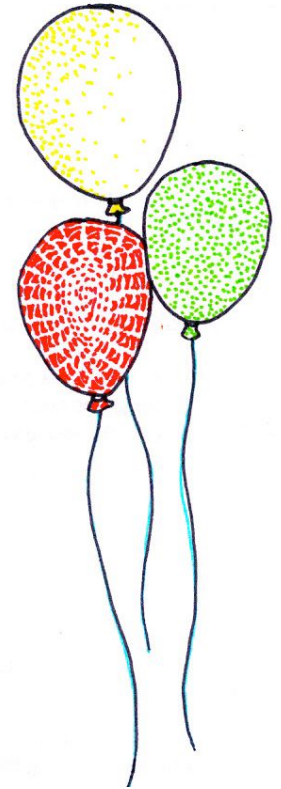
**Have students make cards** for volunteers on special occasions such as Valentine's Day, Volunteer Day (December 5) and birthdays.

**Create a 'Generous People' board** that displays volunteer pictures, names and something interesting about each person.

**Name menu items** after volunteers - like 'Susan's Spinach Salad'.

**Give appreciation awards** to volunteers during a school assembly.

**Play music** in the kitchen during program preparation.



### Special Opportunities

Volunteers will value access to learning and training through your program. These opportunities could include learning to compost and garden, gaining Food Handler Certification, learning new cooking skills or becoming familiar with local foods.