



## COOKING MATTERS® MINNESOTA Feature Volunteer

### CAROL EGGERSS

Carol has been part of the Cooking Matters® here in Minnesota for the past three years. Carol just signed up to lead her 16th course as the culinary instructor!! Additionally, she has helped with countless outreach events. Carol is dedicated and passionate about food and committed to sharing her talent to end hunger. She is truly a go-to volunteer who is always ready to take on a challenge with resounding success. Carol is a devoted wife, mother and daughter, and enjoys spending time with family and friends. Carol has worked with all ages in the program. Her patience and easy going personality make her a natural. Carol is committed to healthy and real food through her work with Cooking Matters and her personal life. Carol is a true advocate for this work and the goal of creating healthier communities for all. We are truly blessed to have Carol as part of the team! **Thank you for sharing your time and your talents Carol!**



### FUN FACTS & INSIGHTS FROM CAROL:

**How long have you been volunteering for Cooking Matters?**

*3 years*

**Where are you from?**

*Woodbury, MN*

**What is your all-time favorite food?**

*Pie... with or without ice cream ☺*

### **What is your occupation and/or favorite activities?**

*I took early retirement from 3M Human Resources 3 years ago. Besides Cooking Matters, I also volunteer with Store-to-Door and in the summer, at Mill City Farmers' Market. Baking is my cooking passion at home. In addition, I do a little gardening, love to read and enjoy theater. My husband and I travel whenever we can, especially to visit our young adult daughters. Most trips predictably focus on the local food and wine.*

### **Where is your favorite place to eat?**

*Too many to count, but one that I love to revisit is Frontera Grill in Chicago. Fantastic, inventive flavors.*

### **What is your favorite meal to cook?**

*I'm partial to grilled fish with roasted vegetables, followed by dessert and a great cup of coffee, but any meal that is shared with family or friends is fun to cook.*

### **Why do you volunteer?**

*It's probably quite selfish, actually. When I share my passion for food and cooking, or when I take a homebound senior's grocery order or assist a chef at the farmers' market, I'm just doing what I love...working with food and people. Enthusiastic participants energize me and I learn at least as much as I share.*

### **What do you do in your free time?**

*I read cookbooks for inspiration, plan menus, plan travel and all the same things listed in favorite activities above.*

### **What is your favorite memory from a Cooking Matter class?**

*Towards the end of my first year volunteering, I subbed for the last 3 classes of a teen session and experienced my first Extreme Food Makeover and an exciting CM graduation ceremony. As I was handing out certificates and shaking hands, one of the girls gave me a big hug and was so appreciative for what she had learned, saying she was already cooking more at home and would be taking her skills with her to college. It was very touching.*

### **As an experienced volunteer, what is the most important lesson to remember while volunteering in the kitchen or the classroom?**

*It takes the whole team to accomplish the goals of Cooking Matters. I may volunteer as the culinary instructor, but I try to do whatever the team needs.*

### **What are you passionate about?**

*Life*

### **Why do you volunteer for Cooking Matters?**

*At a minimum, everyone should have basic cooking skills. I hope to teach in a way that encourages people to explore cooking healthful foods.*

### **What is your family like? Do they share your love for food too?**

*My husband and two daughters all love to cook and eat a wide variety of foods. One daughter is becoming a winemaker and the other daughter is becoming an event planner, so I think they were both influenced by the exposure to food and cooking when they were growing up.*

### **We know you love to cook, but why do you love to teach how to cook?**

*Cooking school, working in a restaurant kitchen and catering not only enhanced my cooking skills, but my organization, listening, time-management, communication, creative thinking, problem solving, reliability and patience. Good teachers and mentors taught me those skills and many others. I want to pay it forward.*