

# VOLUNTEER SPOTLIGHT

## Brigette Schupay, Healthy Cooking Instructor

Brigette teaches cooking and nutrition classes at TRIBE Seminole Heights. She first learned of TRIBE after her two children began attending Seminole Elementary School. She noticed children coming and going from the church next door and approached Kiki about offering cooking classes.

Brigette finds that volunteering her time at TRIBE makes her happier. She stated “if I am tired, or having a not so great day, after I teach my class I’m happy and energized again. The kids at TRIBE make my life better”. Brigette’s two daughters also love to be at TRIBE when their mom is teaching classes. Brigette’s favorite part of teaching at TRIBE is when a student tries a new food and they like it!

Brigette also finds that being around the other instructors has been a positive experience and she has made new and amazing friendships. She believes TRIBE provides a fun and supportive environment for everyone involved. Brigette was so impressed with TRIBE, she agreed to be on the Board of Directors to help grow TRIBE’s programs.

We are so thankful that Brigette is a part of TRIBE in so many ways.