

CULINARY CONSULTANT VOLUNTEER POSITION

The “Rookie Cooks” Project is a community kitchen program geared towards at-risk individuals with complex needs. This program will help individuals build their culinary skills, nutrition knowledge and household budgeting skills so that they can learn to plan, purchase, and prepare healthy meals with others. The role of the Culinary Consultant will be to facilitate teaching sessions in food preparation by demonstrating cooking techniques, and working alongside learners to produce tasty and healthy meals.

Training sessions will be offered weekly or bi-weekly (pending schedule), and will be run out of the community kitchen space at the Legacy on 5th Building downtown. Minimum time commitment is approximately 2 to 4 hours weekly.

KEY RESPONSIBILITIES

- Developing healthy meal plans for each teaching session
- Supporting participants to develop guidelines for safe food handling
- Ordering needed cooking supplies (cooking ware, etc.)
- Teaching and demonstrating food and meal preparation
- Teaching safe food handling and storage practices
- Additional tasks as required by the project and/or supervisor

QUALIFICATIONS

- Diploma in Culinary Arts and/or two years of experience working in food services
- Strong interpersonal skills
- Ability to anticipate and adapt to individual needs and cultural values
- High level of empathy

This position is a volunteer position to which an honorarium will be paid.

VOLUNTEERING AT VECOVA

Volunteering isn't just about giving your time and talent; you get so much back in return. Here are some of the benefits:

- Give back to your community
- Gain valuable experience
- Meet people who share your interests
- Enhance your leadership skills
- Share your knowledge and life lessons with members of your community

Vecova is a leading edge, registered and accredited charitable organization that has been meeting the lifelong and changing needs of persons of all abilities and the community since 1969 through our programs and services, social research and innovation and enterprises. We provide a wide range of supports and services in Calgary and the Bow Valley Corridor for persons of all abilities so they may reach their fullest potential and benefit from the highest possible quality of life.

All Volunteers are required to provide a completed Police Information Check.

If you are interested in this exciting volunteer opportunity, please submit cover letter and resume to:

Keith Geddes
Acting Director, Housing Services
kgeddes@vecova.ca