

Volunteer Opportunity for Cooks – Women’s Rural Resource Centre

Do you have a passion for cooking? Enjoy teaching others how to prepare healthy meals? Whether you’re a professional chef, a home cook, or simply someone who loves to experiment in the kitchen, we have an opportunity for you to share your talent, make a difference, and have fun while doing it!

The kitchen is the heart of any community. As a volunteer cook, you’ll have the chance to not only feed women and children who reside in our shelter, but also share your culture, learn about others, and even teach culinary skills to those eager to learn. You will also get the opportunity to explore different cuisines and local ingredients, broadening your culinary horizons.

At WRRRC, we understand the power of a good meal. We believe that everyone deserves access to healthy, nourishing food, and we are on a mission to make that a reality. But we need your help to make it happen.

By volunteering with us, you can teach others how to cook wholesome, delicious, and budget-friendly meals. Imagine the joy on a young child's face as they discover the wonders of cooking for the first time. Picture the laughter and camaraderie as a group of women bond over a shared love for culinary creations.

Remember, food is a universal language that brings people together. So, tie up your apron, roll up your sleeves, and prepare to embark on a volunteering journey that will satisfy more than just appetites. Let’s cook up some change, together!

“We’re looking for cooks to rotate throughout the week (or support on multiple days) – either on your own or with a friend.”

The Volunteer Cooks Team will:

- Prepare dinner for all residents in shelter (schedule is flexible).
- Prepare menus that consider and respect the varying health and cultural needs of shelter residents.
- Mentor shelter residents that are interested, in obtaining skills and experience related to healthy meal planning and preparation.
- Understanding and promoting the role of meals and food as an integral part a therapeutic environment is an asset.
- An opportunity to prepare menus and clear written instructions for preparation and serving of meals on days when we don’t have a volunteer that evening/weekend.
- Support with maintaining a clean and orderly shelter kitchen and pantry area, including any required cleaning of appliances or dishes used.
- Clear vulnerable sector check required.

- Safe Food Handling training required – WRRRC will support with cost if needed.

If you would like to learn more about this volunteer opportunity, please fill out an application, located on our website at <https://wrrcsa.org/get-involved/> and forward your application to volunteerapplications@wrrcsa.org

We look forward to meeting you!