



Volunteer Role Profile



Eating Together Kitchen Assistant (Wednesday and/or Saturday)

The Food Chain provides nutrition services including essential groceries, communal eating sessions, cookery classes and nutrition advice to people living with HIV. We aim to ensure that no one living with the virus has their ability to get well and stay well adversely affected by lack of access to appropriate food. All our services are provided with the help and support of around 150 volunteers.

Eating Together is a communal lunch held every Wednesday and Saturday at our kitchen in Kings Cross. The service aims to combat isolation amongst people living with HIV in London by bringing groups together for a hot, nutritionally-tailored meal and some good conversation. It is also designed to improve participants' mental wellbeing, energy levels, confidence and independence by offering the opportunity to meet new people, share experiences and learn more about healthy eating and other relevant topics. At every sessions there is a guest speaker, past speakers have included Love Food Hate Waste, YMCA and CAB. Service Users can attend as many Wednesday and Saturday sessions of Eating Together as they like over a three month period.

What does the role involve?

Kitchen Assistants assist the volunteer Lead Cook with all elements of the food preparation for the lunch making sure it is ready to serve at 1pm. Each week 2 meat/fish options, a vegetarian option, pudding and fruit salad are prepared. Tasks include: prepping, cooking, dishing up and serving, washing up and cleaning up the kitchen at the end of the meal. You'll need to adhere to our clean-as-you-go-policy and all other regulations described to you at Kitchen Skills and Health and Safety training. After a morning of slicing and dicing you can enjoy the fruits of your labour and sit down to eat with our Service Users. After lunch you'll contribute to the team effort to wash up and clean up the kitchen. You don't need to be a Master Chef but you do need to be able to have a basic level of cooking knowledge and able to read and understand written recipes and instructions

This role would suit someone who enjoys cooking and is good at working as part of a team. You'll also need a flexible attitude and an open mind. This role may be subject to adjustments as the service evolves.

How often do I need to volunteer?

We hope for a commitment of one shift per month. Shift times are Wednesday and/or Saturday 10.00 – 3.00pm. This allows time for a briefing and set up before guests arrive and clear up time after the meal. You can volunteer on either day or both, provided there are shifts available.

What training and support will I get?

Volunteer Induction including HIV Awareness
Food Hygiene Quiz (online)
Kitchen Skills and Health & Safety session
Service User Support training session
Support from the Lead Cook or Kitchen Manager whilst on shift and the Volunteer & Services Manager in the office.

Expenses: Travel expenses can be reimbursed in line with the Finance Policy, up to a maximum of the value of an off peak Oyster zone1-6 travel card

What skills do I need to be a really good Kitchen Assistant?

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An interest in food and cooking!
Punctual
A team player
Ability to read and follow written and verbal instructions
A willingness to muck in and do whatever needs doing