



Volunteer Role Profile



Eating Positively Lead Cook

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 Positively is the name of our cookery and nutrition classes and as Lead Cook you will demonstrate, teach and pass on your skills and experiences in line with one of our four lessons plans. The classes we deliver are:

- Introduction to Nutrition and HIV
- Managing symptoms through food and lifestyle
- Keeping your heart healthy
- Reducing your risk of diabetes

What does the role involve?

Three or four times every year, The Food Chain holds a 4 week long cookery course for our Service Users so they can learn to cook nutritious meals in their own homes. This role would suit someone who is a confident and competent cook, ideally with teaching or training experience. You'll be teaching a class of up to 10 people by demonstrating how to cook a particular dish. The dish will relate to the topic being taught in the nutrition part of the class and you'll be told what the recipe is in good time prior to the class. You will have a team of volunteer kitchen assistants to support you by helping to prep and cook along with supporting the Service Users. You get to eat whatever you prepare with the whole group.

Classes are held at our kitchen on Gray's Inn Road and your shift will be from 11am – 3.30pm which includes preparation and clean up time. The class is from 11.30am – 3pm.

How often do I need to volunteer?

We hope for a commitment of one class per month.

What training and support will I get?

Volunteer Induction

Food Hygiene Quiz (online)

Kitchen Health & Safety training session

Service User Support training session

2 shifts as an Eating Positively kitchen assistant

2 shifts shadowing an existing Eating Positively Lead Cook or our Kitchen Manager,

2 shifts being assessed by an existing Eating Positively Lead Cook or our Kitchen Manager

Food Safety Level 2 training (online)

Support from the Kitchen Manager and 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 a zone1-6 travel card

What skills do I need to be a really good Eating Positively Lead Cook/Cooking teacher?

BE AGED 18 OR OVER

An open mind – you'll be teaching a variety of people from different backgrounds

Teaching/training experience

Patient and empathetic nature

Ability to pitch your teaching style to the ability of the group

Strong interest in cooking and nutrition including the ability to follow recipes successfully

A good leader who is able to delegate tasks to others