



Volunteer Role Profile



Eating Positively Kitchen Assistant

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.

What is Eating Positively?

Eating Positively is our four week long nutrition and cookery course. The classes provide our Service Users with a greater understanding of nutrition and how to eat a balanced and varied diet as well as practical demonstrations in preparing meals. Each class consists of a cooking demonstration and an interactive nutrition session. 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?

You'll volunteer under the supervision of the Eating Positively Lead Cook and the Kitchen Manager. You'll start your shift by prepping ingredients and setting up utensils and equipment at work stations for the Service Users who are going to be at the class. During the cooking demonstration you'll provide any support required by the Lead Cook and when the class participants start cooking you will help and guide individuals if they need support. You'll get to sit down and enjoy the meal at the end of class with everyone before contributing to the team effort to wash up and clean up the kitchen.

Classes are held at our kitchen on Gray's Inn Road and the shift time is 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 that volunteers will complete one shift every month.

What training and support will I get?

Volunteer Induction including HIV awareness
Food Hygiene Quiz (online)
Kitchen Health & Safety session
Service User Support training session
Support from the Volunteer & Services Manager and Kitchen Manager

Expenses: Travel expenses can be reimbursed in line with the Finance Policy, currently up to a maximum of a daily Oyster price cap 1-6 travel card.

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

BE AGED 18 OR OVER

Ability to work as a team
Ability to follow written and verbal instructions
A willingness to muck in and do whatever needs doing
Patient and empathetic nature
An interest in food and cooking!