



**Kitchen Assistant
1-Year Contract Position**

JOB DESCRIPTION:

This position must provide clean, orderly and satisfying surroundings in the vegetarian kitchen at the International Art of Living Centre, Canada. It also entails vegetarian food prep and cooking. This is a one-year contract position.

Duties:

- Clean the kitchen and other work areas so that sanitary standards are met.
- Keep kitchen equipment clean
- Sweep, scrub floors, using brooms, mops, and/or powered scrubbing.
- Keep storage areas well-stocked, clean, and tidy.
- Assign duties to other staff and give instructions regarding work methods and routines.
- Purchase or order groceries to keep kitchen stocked, and record expenditures.
- Prepare one vegetarian meal each day
- Follow the menus prepared by the chief cook

Physical Requirements:

- This position demands good physical and mental health. The kitchen assistant will be required to lift, carry, walk, push, pull , be on their feet for long hours and work a flexible schedule.

KEY SKILLS AND COMPETENCIES

- Organizing and setting up on-going meal preparation schedules.
- Assisting with the preparation of Kitchen budgets.
- Ability to multi-task with effective time management skills.
- Communication Proficiency in French and English an asset.
- Leadership Skills.
- Teamwork Orientation
- Ability to work in a fast-paced environment
- Driver's license is an asset
- Garden skills is an asset
- Familiarity with Ayurveda is an asset
- Experience with vegetarian cooking is a bonus
- Interest in well-being and holistic health
- Ability to work in a group or alone
- Willingness to learn
- Ability to follow rules and be guided

Expected Hours of Work: 8 hours per day, 6 days a week

The Art of Living Foundation is a global service organization that has made an extraordinary impact on local communities around the world. Made up almost entirely of volunteers, the Foundation has provided trauma relief and peace initiatives to thousands of people in places of raging conflict, areas devastated by war and natural disaster, inner cities and prisons.

All interns and staff will be provided with room, board and opportunities to participate in complimentary Art of Living programs. We would be pleased to have students use the Service Program for college credit.

A nominal monthly stipend will be provided to cover personal expenses after probationary period.