

# Prep Cook FT

The Kootenay Co-op is looking for an experienced Prep Cook to join our awesome crew! We are looking for one full-time, 32 hour per week position, day shifts, with flexible availability to work weekends. Our kitchen is perfect for you if you like a cooperative, friendly environment and want to work with fresh, organic ingredients. As a Prep Cook you will be producing large volumes of product for our grab-and-go food, including the salads, sandwiches, soups and full meals.

## SKILLS + QUALIFICATIONS

- Experienced knife skills
- Works in a highly organized manner and able to multitask
- Able to execute recipes with precision and consistency
- Excellent communication skills
- Performs well under production deadlines
- Must have minimum 1-year commercial kitchen experience or equivalent
- Must be Food Safe Level 1 certified

## DUTIES + RESPONSIBILITIES

- Must be able to follow prepared prep list and perform duties in an efficient manner
- Follow instructions from all Food Services Management staff
- Ensure sanitary practices for food handling, general cleanliness, and maintenance of kitchen and service areas
- Ensure compliance with operational standards, co-op policies and provincial health regulations
- Able to use a variety of commercial equipment safely
- Maintain professional conduct, including kitchen cleanliness, proper uniforms, and appearance standards.
- Minimize waste
- Exemplary execution of standard and specific kitchen protocols

## WHY WORK AT THE KOOTENAY CO-OP?

Employees of the Co-op are truly unique. Our friendly, talented staff have created a culture of inclusiveness + teamwork, along with a passion for bringing organic, sustainable food to the Nelson area. Employees receive a store discount, health + dental benefits when working full time, RRSP contributions, and competitive wages. We value work-life balance, continuous improvement, and maintaining a friendly work environment where each staff member can get involved in making the Co-op a great place to shop & work.

**Rate:** \$17.00 / hour

This position is a minimum of **32 hours per week**.