



YWCA NIAGARA REGION
Hope for Homeless Women and their Families since 1927

POSITION: KITCHEN ASSISTANT

WHY: YWCA is passionate about empowering women and families by providing safe, supportive housing and programs which create opportunity for all women to reach their full potential.

HOW: To fuel our clients' success, YWCA is committed to providing nutritious and delicious meals to its residents. Staff and volunteers work together to serve regular, balanced meals for the St. Catharines, Niagara Falls and Men's shelters. Residents receive three meals and a snack daily. In 2015, we provided 59,835 meals.

WHAT: Kitchen Assistants help prepare meals, i.e. peeling, cutting, cooking; maintain health regulations/standards while working in kitchen; clean up kitchen and dining room before and after meals; assist in cleaning up dishes after each meal; assist in tidying and mopping floors; assist in helping move donations when required and garbage removal.

WHO: You are a compassionate and self-motivated individual who enjoys working on a team and with staff supervisor present. You want to spend your spare time on your feet and not sitting behind a desk. You appreciate direction and on the job training.

You may be interested in developing teamwork, communication & cooking skills. You are detail oriented, regularly take initiative and would like to make a meaningful positive impact at YWCA.

WHERE: This opportunity is available at YW's **Niagara Falls** location at 6135 Culp St. and the **St. Catharines** location at 183 King St.

WHEN: Schedule a regular weekly or bi-weekly shift, call to come in when free, or help with special occasion and holiday meals. Volunteer from 3 hours/week to 3hours/every few months.

The kitchen is open from 9 a.m. to 5:30 p.m., Sunday to Saturday.

COMTMNT: We recommend this position for those who are interested in a 4 month to long term volunteer tenure.