

# Retreat Center

## Seeks Experienced Cooks

Do you love to cook? Do you think of food as medicine for both body and soul? Do you enjoy nourishing others in a communal environment?

Serenity Ridge Retreat Center is seeking experienced cooks to join our kitchen team. Located on a hundred acres in the hills of Nelson County, the center hosts retreats throughout the year from the Bön spiritual tradition of Tibet as well as for other contemplative groups. Our kitchen provides simple, healthy, vegetarian, buffet-style meals for groups, sizing 20-70. We have a well-equipped, well-maintained, well-stocked, and spacious kitchen. Job perks include delicious meals during shifts, possibility to stay on site during retreats if desired (saving you on gas and commute), and access to wooded walking trails and the Rockfish River for swimming!

### **PRIMARY RESPONSIBILITIES:**

- Work both independently as well as part of a team to serve high quality meals – wash, peel, chop, mix, roast, bake, blanche, stir fry, etc.
- Participate in proper setup and break down of all stations
- Maintain a clean, orderly and efficient workplace
- Properly operate and maintain kitchen equipment
- Special food prep, cleaning and organizing projects as needed
- Orient and support new staff and volunteers
- Communicate with and accommodate guests
- Support a positive retreat environment

### **DESIRED QUALIFICATIONS:**

- Reliable and punctual
- Strong work ethic, solution-oriented, and capacity to self-direct
- Good organizational skills: ability to plan, prioritize and manage multiple tasks with flexibility, efficiency, accuracy, and in a calm and focused manner
- Interest in nutritionally-balanced vegetarian, vegan, and gluten-free cooking
- Skill and familiarity with essential cooking and baking techniques. Food handlers permit a plus!
- Experience cooking for large groups or in a high-volume restaurant setting
- Willingness and ability to work flexible hours, including some early mornings, evenings, weekends, and holidays

- Good communication and interpersonal skills, able to maintain positive working relationships, and commitment to co-creating a healthy environment for all
- Ability to stand comfortably for an 8 hour shift (break mid-shift) in a sometimes hot and noisy kitchen, as well as safely bend, reach, push, pull, and occasionally lift up to 50 lbs
- Valid driver's license and reliable transportation
- Ability to speak, read and write clearly in English
- Interest in contemplative practice and commitment to integrating mindfulness into daily life a plus

### **SCHEDULING:**

Hours are variable and intermittent, depending on our event schedule, but generally scheduled well in advance. Current retreat dates are:

12/27-1/4	9/19-9/28
3/11-3/16	10/1-10/5
4/9-4/13	10/7-10/12
4/14-4/17	10/16-10/19
4/24-4/30	10/23-10/28
6/2-6/8	12/1-12/6
7/12-7/26	12/27-1/1

### **PAY RATE:**

\$16-\$18/hr

### **TO APPLY:**

Send us a resume, brief cover letter, and three professional references. Applicants need not be available for all dates. However, preference will be given to folks who can commit to a broader range of dates as well as work multiple shifts/week. We look forward to hearing from you!