



KITCHEN ASSISTANT

PAY: \$19 per hour, after probation (after three 3-week programs) \$20 + tips. Top pay \$21.

JOB TYPE: 28-35 hrs per week for 3 weeks, alternating with 3 weeks off

STARTING DATE: January 2023

FACILITIES PICTURES <https://healthretreat.box.com/s/myrmx5aju2sy4qlp95npuix0a1mhp760>

DRINKS & MEALS PICS <https://healthretreat.box.com/s/i6fa3y0z6djizwl0hwcbuunhhe0xws5b>

MAIN DUTIES:

- kitchen help (dishes, plating, cook evening soup)
- prepare some meals independently and purchase produce (occasionally, will teach the recipes)
- health drinks preparation (teas, juices, custom drinks)
- housekeeping (maintaining the cleanness of the Spa building and kitchen)

SHIFT HOURS:

Morning Shift: 7:00 a.m.-2:30 p.m., minus a 30-min break.

Afternoon Shift: 1:00-7:00 p.m., minus 30-min break.

The length of shifts may slightly fluctuate.

NUMBER OF SHIFTS: Four to five 7-hr. days per week for 3 weeks, alternating with 3 weeks off.

DATES: We operate 50% of the year and run 3-week programs, all alternating with 3 weeks off. You'll be working F/T for 3 weeks and then will be 3 weeks off. See [dates](#) on the site.

MUST-HAVES:

- Min 2-3 yrs. experience in independent cooking and produce shopping
- Housekeeping/ cleaning experience would be an asset
- Good communication and customer service skills
- Valid driver's license and reliable transportation

CERTIFICATION/ DOCUMENTATION REQUIRED:

- Food Safe and First Aid Level I (if absent, must provide within 3 months of employment)
- Clean driver's abstract and criminal record check, if hired



Other Requirements

You are/have/enjoy:

- Pleasant personality and are a great team player
- High cleanliness standards
- Able to go up and down the stairs multiple times per day, can lift up to 50 lbs. (ex. a case of apples/oranges)
- You are interested in a healthy lifestyle
- Basic computer skills

FRESH START COMPANY CULTURE:

- Our team enjoys and aims to grow in natural health and a healthy lifestyle
- Due to the clients coming for quitting smoking, our staff is non-smoking

Team Spirit: We help each other, and all team members are cross-trained in all duties of the kitchen/housekeeping department, and some duties of the Spa Coordinators (spa laundry, setting up the infrared sauna, turning on salt cocoon, assisting with packaging guest supplements bags, cleaning of spa rooms and lobby etc.). We are looking for a person who is happy to fulfill a variety of tasks, from cleaning washrooms to independent meal preparation.

ADVANTAGES OF WORKING WITH US:

Seeing the health transformation of the guests and making a difference! Healthy environment, work with top-quality food ingredients, and a variety of tasks. Small guest groups, positive vibe, awesome team, beautiful ocean-front facility, spa services at a reduced rate, and free gym access.

APPLY ONLINE NOW:

If you love working with your hands and food preparation, as well as are a reliable, punctual and happy positive individual, we'd love to hear from you ASAP!