

## **DAY COOK**

*Market Organics is seeking a full-time motivated and inspiring Day Cook to join their Food Prep team.*

Given that we have a highly motivated team and extremely high standards, we require our Day Cook to maintain impeccable work standards for their own work.

*In addition to a respectful and cooperative working environment, we offer a competitive compensation package, including a comprehensive health and dental benefits plan after one year full time, a generous employee discount, and regular access to industry-related training .*

### **Responsibilities:**

- Prepare nutritious and wholesome food
- Support kitchen team and Supervisor to ensure adherence to Market Organics policies
- Support with preparation and maintenance of standardized recipes, prep-lists and checklists
- Cleaning duties including sweeping, mopping and overall kitchen equipment maintenance
- Support the smooth functioning of the department
- Maintain knowledge of all kitchen products
- Reinforce food handling etiquette and department cleanliness
- Reinforce store policies and Code of Conduct (with Supervisor support and guidance)
- Maintain job-related confidentiality at all times
- Help to maintain a safe work environment
- Help with ordering, receiving and maintaining quality assurance with all products
- Support Supervisor to ensure write-offs are disposed of properly
- Support Supervisor to order supplies when needed
- Work cooperatively with all locations
- Willingness to work weekends, mornings, and evenings when needed
- Other duties as required.

### **Qualifications:**

- Minimum 1-2 years in a Cook role in a similar café /restaurant kitchen
- Minimum 1 Year College Certificate in related program
- Safe Food Handling Certificate
- Strong knife and cooking skills, baking skills are an asset
- Positive attitude
- Work independently and with minimal supervision
- Ability to develop new menu items
- Experience with developing menu items with alternative options – vegan, gluten free
- Proficient in Microsoft Excel and Word
- Valid CPR and first aid certification required

### **Other important attributes:**

- Physical strength (ability to lift up to 50 lbs)
- Attention to detail

- Passion for organic food and healthy lifestyle an asset
- Ordering and receiving experience an asset
- Enjoy working at a fast pace

**Essential Job Tasks:**

- Must be able to stand and walk for extended periods of time.
- Must be able to bend and stoop to grasp objects.
- Must be able to squat, bend and twist neck and waist, and reach above and below shoulders.
- Must be able to lift objects and bend.
- Repetitive use of hands for grasping, pushing, pulling, and fine manipulation needed.
- Environmental exposure to extreme temperatures (ovens, coolers, freezer, outdoors, etc.)

*Market Organics is an equal opportunity employer. Accommodation is available for applicants selected for an interview. For more on our company's vision, please refer to our website at [www.marketorganics.ca](http://www.marketorganics.ca).*