

# COMMUNITY COOKING DAYS





## GET STARTED:

- 1** register as a KFG Volunteer online and use your Personal Volunteer Site to sign up for shifts
- 2** fill out your **Volunteer Waiver** and watch the **Community Cooking Days Orientation Video**
- 3** attend **Community Cooking Day** shifts and help us combat food waste and hunger in San Diego County!



# COMMUNITY COOKING DAYS

How to Find Us:



Address: 404 Euclid Avenue, San Diego CA 92114

If you enter via the Market Creek Plaza Shopping Center, drive past the Food 4 Less and Asia Wok to reach the Jacobs Center. Once you arrive at the Jacobs Center, drive past their main entrance to reach the back parking lot. KFG's front office faces the parking lot. Once you reach KFG's front office, walk around the corner (to the left) to the classroom entrance.



Keep walking (past the Loading Dock door) until you reach the Project Launch Classroom door. It's a secure facility -- if you get locked out, ring the Loading Dock doorbell (red dot).

# KITCHEN SAFETY REMINDERS:

## KNIFE SAFETY:

If you are walking with a knife, hold it close to your body with the pointed edge facing downwards. Announce yourself -- "Knife Walking". When chopping produce, always grip up on the knife and wrap your thumb and index finger around the blade; this allows for more control. Never try to catch a knife if you drop it.



## HYGIENE:

Upon entering the kitchen, wash your hands with soap under hot water for 30 seconds. Wash all the way up to your elbows and underneath your fingernails. If you use the restroom, remember to take off your apron and wash your hands twice upon re-entering the kitchen.



## GLOVES:

After you wash your hands, immediately put on gloves. If you touch your face, hair, clothing, or cellphone, please throw away your gloves, wash your hands, and put on a new pair. If you need to sneeze, step away from the food, sneeze into your elbow, and switch out your gloves. When you complete a task, it's good practice to switch out your gloves.



# KITCHEN SAFETY REMINDERS:

## ANNOUNCE YOURSELF:

Communication in the kitchen is key to safety. If you are walking behind someone, say "behind!", if you're walking around a blind corner or hallway, say "corner!", and stay out of the way of Chefs who are carrying hot pans.

"BEHIND!"

"CORNER!"

"HOT PAN!"

"HOT COMING OUT!"

## CLEANING:

When you are done for the day, take your cutting board back to the dish-pit. Keep your knife at your station and set it aside. Wipe all extra food product into the trash. Use the cloth from your cutting board to sanitize the station by first wiping down the surface with hot, soapy water and rinse with clean water. Wash again with sanitizing solution. Sweep and mop around the area.

**SANITIZE COUNTERTOP + SWEEP + MOP**

## DRESS CODE:

Our dress code is: closed-toe shoes, head covering (baseball cap), and pants. If you are not wearing closed-toe shoes and pants, we will have to send you home. We have hairnets available on-site if you do not have a head covering.



# KITCHEN SAFETY REMINDERS:

## PERSONAL VOLUNTEER SITE:

After you registered as a KFG Volunteer with us, you received a link to your Personal Volunteer Site. You can retrieve the URL for your Personal Volunteer Site [here](#). Please always sign up for shifts on your Personal Volunteer Site; this is how we track your hours. If you stay later than your shift or leave early, email [volunteer@kitchensforgood.org](mailto:volunteer@kitchensforgood.org) If you are a HandsOn Volunteer, we use their system to track your hours.

## HANDS ON SAN DIEGO:

If you're a Hands On SD Volunteer, please sign into the HOSD sheet when arriving at your shift. Please also complete a KFG Volunteer waiver for us to keep on file. If you're a HandsOn Volunteer and would like to volunteer for more opportunities, please register below and use the "Job Calendar" tool. HOSD's waitlist for Community Cooking Days fills up faster than KFG's.

[CLICK HERE TO CREATE A KFG VOLUNTEER ACCOUNT](#)

## DINNER + POSSESSIONS:

Our cooking shifts cross over into dinner time. Please eat before or bring food with you; we also have some snacks available. Throughout the session, you're always welcome to rest in the Project Launch classroom to eat snacks and drink water. Regarding personal possessions, we do not have a secure space for your belongings. Please leave valuable items in your car or at home.





# COMMUNITY COOKING DAYS VOLUNTEER

## SIGN UP!

- 1 **Register** to become a KFG Volunteer on our website
- 2 Use your Personal Volunteer Site to sign up for shifts
- 3 Join our culinary community!

## SUMMARY + PURPOSE

Volunteers help us transform rescued produce into 100+ hunger relief meals per session. The purpose of Community Cooking Days is to share culinary knowledge, produce hunger relief meals, and cultivate community. Gloves, hairnets, and aprons are provided.

## TIME + ACTIVITIES

SUNDAYS: 1PM-3PM  
MONDAYS-THURSDAYS: 4PM-6PM; 6PM-8PM\*  
(\*subject to change -- see Job Calendar on your Personal Volunteer Site for most accurate times)

- Chopping / Cooking
- Packaging
- Cleaning

## QUALIFICATIONS

- No prior kitchen experience necessary; orientation is provided onsite prior to the session
- Pants are required
- Closed-toe, no-slip shoes are required
- Long hair must be pulled back
- All jewelry must be taken off prior to the session (watches, rings, etc.)

## PRE-SESSION REMINDERS

- **VOLUNTEER RELEASE WAIVER:** All volunteers must sign and submit our Volunteer Waiver prior to participating
- **AGE LIMIT:** We accept youth volunteers ages 12 and up
- **POSSESSIONS:** We have no secure storage available; please store your possessions in your car or at home.