

# CULINARY OPPORTUNITIES



# COMMUNITY COOKING DAYS

How to Find Us:



Our address is 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 forward past their main entrance to reach the back parking lot. Kitchens for Good's front office faces the parking lot. Once you reach KFG's front office, please 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.





# 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

- 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.



# PREP VOLUNTEER

## SIGN UP!

- 1** Register to become a KFG Volunteer on our website
- 2** Email Nina ([nina@kitchensforgood.org](mailto:nina@kitchensforgood.org)) to set up a shift.
- 3** Join our culinary community!

## SUMMARY + PURPOSE

Prep Volunteers help us process produce to make the product more "ready-to-cook". This role is very flexible and task-based, thus, there is no set schedule or time commitment.

## TIME + ACTIVITIES

TIME: Monday-Friday, 8am-6pm (any time); 1-2 hours  
COMMITMENT: "drop-in" / one-time

- Cleaning produce
- Processing produce
- Chopping

## QUALIFICATIONS

- No prior kitchen experience necessary; food safety training will be provided at each shift.
- 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.)
- Pants are required
- Kitchen safety protocol must be followed at all times



# GUEST

# CHEF

# INSTRUCTOR

## SUMMARY + PURPOSE

Guest Chef Instructors facilitate cooking demonstrations for our culinary students.

Project Launch's Guest Chefs support our students' exposure to a diversity of experiences and techniques in the culinary field, helping ensure they are prepared to succeed in San Diego's scene.

## TIME + ACTIVITIES

TIME: 1-3 hours

COMMITMENT: one session only or every 12 weeks

Developing lesson plan  
Facilitating activities with students

## QUALIFICATIONS

- Interest in sharing skill set and expertise with our students
- Status as culinary professional

## GET INVOLVED!

- 1** Register to become a KFG Volunteer on our website
- 2** Email our Career Coach, Katrina Meredith or call (619) 736-1897 to set up a meeting
- 3** Teach our culinary apprentices!



# DEHYDRATE LEAD

## GET INVOLVED:

- 1** Register to become a KFG Volunteer on our website
- 2** After registering as a KFG Volunteer, email Nina at [nina@kitchensforgood.org](mailto:nina@kitchensforgood.org) for a tour and meeting.
- 3** Put your creativity to work!

**KITCHENS  
FOR GOOD  
VOLUNTEER**

404 EUCLID AVENUE,  
SUITE #102,  
SAN DIEGO 92114

## SUMMARY + PURPOSE

The Dehydrate Lead helps us repurpose food waste through produce prep and dehydration. This Volunteer assists in preparing produce for dehydration and brainstorms new recipes to create tasty, healthy snacks.

## TIME + ACTIVITIES

- TIME: 2 hours (flexible - 9am-5pm; M-F)
- COMMITMENT: "drop-in" / one-time
- Chopping & Seasoning
- Recipe Research
- Gleaning
- Cleaning

## QUALIFICATIONS

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

**CONTACT: [NINA@KITCHENSFORGOOD.ORG](mailto:NINA@KITCHENSFORGOOD.ORG)**