

The SEED – Upcycle Kitchen Assistant

PROGRAM:	The SEED Community Food Project
Commitment:	4 hours per session for a minimum of 13 weeks (we require notice for time off)
Date/Time:	Tuesdays; 2:00pm-6:00pm
Support Person:	Angela Picot, FoodFit Coordinator Madeline Barber, Community Resources Coordinator
Location:	Guelph CHC, 176 Wyndham Street N & central community locations
Client Group:	NEET (not in education, employment or training) youth
Impact of Position:	Increased food skills and food literacy for participants
Goal of Position:	Support participants to learn new kitchen and food literacy skills

Duties:

- Be on time
- Set up the kitchen/program space using ingredients and equipment provided
- Work with participants to:
 - Create a welcoming environment for a diverse array of people
 - Assist with reading recipes and converting measurements
 - Supervise food safety and hygiene
 - Supervise kitchen safety practices
 - Encourage all participants to get involved; lead by example
- Ensure the kitchen is fully cleaned up after the session

Skills Required:

- High level of comfort leading and teaching people of diverse backgrounds
- Comfort working in a busy kitchen
- Reliability and punctuality
- Commitment to equity and anti-oppressive practices (respect people's privacy and lived experience, judgement-free attitude towards people of different socio-



economic backgrounds or cultures)

- 18 years or older
- Enthusiastic about food and The SEED

Training:

- SEED volunteer intake session and GCHC orientation
- Personal safety plan on first day
- Training and support from onsite staff as needed

Benefits:

- Meet people in your community
- Contribute to food literacy in Guelph Wellington
- Gain experience working in a program setting
- Expand your knowledge of various cultures and backgrounds
- Be appreciated for all of your hard work and patience
- Build your network and gain future references
- Have Fun!

Risk: MEDIUM

- Contact with vulnerable participants and youth
- Spaces with limited public visibility
- Unsupervised. Support Staff on site and check-ins during program
- Personal relationships that extend over time

About The SEED:

The SEED is a community food project of the Guelph Community Health Centre. About 16% of households in Guelph Wellington are food insecure (Guelph Wellbeing, 2014). Our goal is to change that by offering programs and services that tackle the root causes of poverty.

Mission: The SEED delivers community programs and advocates to address the causes and effects of food insecurity.

Vision: A community with no barriers to healthy food.

We believe in:

- Food Justice. Access to healthy food, food skills, and food policies are human rights.
- Community food programs. They empower us to be agents of change.
- Diversity. Solutions come from diverse voices, experiences and input.



- Grassroots community leadership. There are potential food leaders in every corner of Guelph.

About the Upcycle Kitchen:

The Upcycle Kitchen is The SEED's latest social enterprise. This program is looking to address the issues of food waste and food insecurity by:

- (1) Diverting food waste and processing it into healthy, value added products (jams, sauces, pickles, etc.)
- (2) Training youth to gain kitchen & employment skills – youth from The SEED's training and employment program will participate in up to 10 different kitchen-based learning sessions that will cover everything from knife skills to canning, and more!
- (3) Processing the food into healthy, value added products (e.g. jams, sauces, etc.) that can be sold at sliding scale rates, creating greater access to high quality food in a dignified way!