

COOK - 3-week periods 25-35 hrs. per week, alternate with 3 weeks off - Local Part-Time

Campbell River Region
Black Creek

Friday December 12, 2025

\$21 - \$25/ hour (\$25 per hour)

Company: Fresh Start Health Retreat Centers Ltd.

Website: <https://www.healthretreat.ca/>

Industry: Tourism/ Hospitality

Remote/Camp Based Job: No

How to apply:

Please read the detailed description and apply on our online job board
<https://freshstart.bamboohr.com/careers/75?source=aWQ9OQ%3D%3D>

Expiry Date:

Friday, December 26, 2025

Details:

COMPANY: Fresh Start Health Retreat, operating from 4384 South Island Hwy, V9H 1E8 POSITION TYPE: 3 weeks of work (approx. 25-35 hrs. per week), alternating with 3 weeks off. Vegetarian meals prep. PAY: \$25 per hour. Further raises are gradual and based on acquired skills and hours worked. MAIN RESPONSIBILITIES: • Prepare vegan meals for a group of up to 25 guests, following the existing recipes • Custom meal planning and preparation • Food inventory and purchasing • Food preparation demos (will train) • Do dishes and keep the personal station clean • Kitchen deep clean/ set-up/ organizing for the next group ADDITIONAL RESPONSIBILITIES: Team spirit: We are a small team that supports and helps each other. Everyone in our kitchen does both cooking and cleaning/dishes. You'll be cross-trained in all kitchen/ housekeeping department shifts. We are looking for a hard-working person who enjoys a variety of tasks, has no job/ task below them, and will happily help with whatever is needed, including cleaning the washrooms. INTERMITTENT HOURS: The work is available during Fresh Start Retreats, and you are off in between. So you'll work about 3 weeks in a row, alternating with 3 weeks off. We run eight 3-week programs per year, scheduled far in advance. There is a longer break/layoff from the end of November until approximately January 10th, as we are off during that time. Please see the Program Dates: <https://www.healthretreat.ca/health-retreat-dates/> APPROXIMATE HOURS: 25-35 hrs., four to five 6-8-hr. long shifts per week - during the 3 weeks you work. Then you are off for 3 weeks. SHIFT HOURS: Morning Shift 7:00 a.m. to 2:30 p.m. (with large groups, may extend by 1-2 hours). Evening Shift 1:00-7:30 p.m.(with large groups, may extend by 1 hour). Minus 30-minute break. Shopping shifts and some other shifts are shorter. Most shifts are morning ones, but you need to be able to work evening shifts When needed. The length of shifts may vary depending on the group size and other needs. Shifts may be shortened or extended as needed.

Qualifications & Experience:

OUR IDEAL CANDIDATE: someone who loves hands-on food preparation, is interested in a healthy lifestyle/ vegetarian nutrition and enjoys learning/sharing about it (you do not need to be an expert, we will train). Since the position is intermittent, you must have a solid 2nd source of income or a spouse's support. WARNING! This

position is not a good fit if you are a sole breadwinner. It will not be enough to cover the bills, as it isn't full-time. LODGING IS NOT PROVIDED. We are renting the retreat space and do not own it.
