

## **Kitchen Assistant/ Housekeeper - 3-week periods of work (20-35 hrs. per week), alternate with 3 weeks off - Local Part-Time**

Campbell River Region  
Black Creek

Friday December 12, 2025

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Minimum wage - \$ 20/ hour (\$19 per hour)

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**Company:** Fresh Start Health Retreat Ltd.

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

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**Industry:** Tourism/ Hospitality

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**Remote/Camp Based Job:** No

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**How to apply:**

HOW TO APPLY: Please read the detailed description and apply on our online job board: <https://freshstart.bamboohr.com/careers/74?source=aWQ9Nw%3D%3D>

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**Expiry Date:**

Friday, December 26, 2025

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**Details:**

JOB TYPE: Part-time position: 20-35 hours per week for three weeks, alternating with three weeks off. WARNING! This position is not a good fit if you are a sole breadwinner. It will not be enough to cover your bills, as it is not a full-time job.

START DATE: See detailed job post on our site:

<https://freshstart.bamboohr.com/careers/74?source=aWQ9OQ%3D%3D> MAIN

DUTIES: • health drinks preparation (herbal teas, fresh juices, other drinks and supplements) • housekeeping (maintaining the cleanliness of the building, including the dining room, kitchen, washrooms, two group rooms, fitness room, hallway, stairs and entrance. Occasional cleaning and other assistance in the spa, as needed. •

cook soups for supper • do dishes The list of duties is not exhaustive. INTERMITTENT

WORK: We run eight 21-day programs per year. You'll be working for three weeks and then will be off for three weeks. Please see program dates on our website at <https://www.healthretreat.ca/health-retreat-dates/> . There is a more extended

break/layoff from the end of November to approximately January 10th, as it is our lowest season. NUMBER OF SHIFTS: Four to five 6-7 hr. shifts per week (when

program is on). The number and length of shifts may vary from this depending on the number of guests registered for the retreat program and other factors. SHIFT

HOURS: Morning Shift: 7:00 am-2:30 pm, minus a 30-minute unpaid break.

Afternoon Shift: 1:00 pm-7:30 pm, minus a 30-minute unpaid break. Some shifts may be shorter and have custom hours. The start times and lengths of shifts may vary depending on the group size

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**Qualifications & Experience:**

CERTIFICATION/ DOCUMENTATION REQUIRED: Food Safe and First Aid Level I (if absent, must provide within three months of employment) Clean driver's abstract and criminal record if hired OTHER REQUIREMENTS You are/have/enjoy: • Pleasant personality and a great team player • High cleanliness standards and attention to detail • Some cooking/ food preparation experience • Able to go up and down the stairs multiple times per day, kneel, bend, and be on your feet all day day and lift up

to 50 lbs. (ex., you can bring from a vehicle to the cooler up the stairs cases with apples/ oranges) • You are interested in a healthy lifestyle • Basic computer skills • Able to work weekends and plan personal activities around the hours scheduled here

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