



Kitchen Assistant and Housekeeper Part-Time

**Campbell River Region
Black Creek**

Wednesday February 4, 2026

Minimum wage - \$ 20/ hour

Company: Fresh Start Health Retreat

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

Industry: Tourism/ Hospitality

Remote/Camp Based Job: No

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=aWQ9OQ%3D%3D>

Expiry Date:

Wednesday, February 18, 2026

Details:

HOURS: 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. 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.

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 • Basic 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, and lift up to 50 lbs. (ex., you can bring from a vehicle to the cooler up the stairs cases with apples/ oranges) • Basic computer skills • High attention to detail and enjoys working in a fast-paced environment • Able to work weekends and plan personal activities around the hours scheduled here
