



Prep Cook / Kitchen Helper Part-Time

Campbell River Region
Campbell River

Tuesday July 21, 2026

Minimum wage - \$ 20/ hour

Company: Quay West Kitchen & Catering Ltd.

Website: <http://www.quaywest.ca>

Industry: Tourism/ Hospitality

How to apply:

Please send resume to : quaywest@telus.net or apply in person with resume

Expiry Date:

Tuesday, August 04, 2026

Details:

*Assist in food preparation and meal assembly to ensure timely service. *Maintain cleanliness and organization of the kitchen workspace. *Follow food safety and handling procedures diligently. *Ensure all ingredients are prepared according to recipes and standards. *Help with stocking and inventory management of kitchen supplies. *Contribute to a positive team environment focused on excellent customer service.

Qualifications & Experience:

* Proven experience in food preparation or kitchen support roles. *ability to work efficiently in a fast-paced environment. *Strong teamwork and communication skills. *Flexibility to assist with various kitchen tasks as needed. *Prior restaurant or culinary experience is preferred. *Basic understanding of food industry operations. *Flexibility to work various shifts, including weekends and holidays.
