

# Prep Cook / Kitchen Helper Part-Time

Campbell River Region  
Campbell River

Tuesday August 4, 2026

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Minimum wage - \$ 20/ hour

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**Company:** Quay West Kitchen & Catering Ltd.

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

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**Industry:** Tourism/ Hospitality

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**How to apply:**

Please send resume to : [quaywest@telus.net](mailto:quaywest@telus.net) or apply in person with resume

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**Expiry Date:**

Tuesday, August 18, 2026

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**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.

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**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.

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