



Chef

Part-Time

Campbell River Region
Black Creek

Monday August 31, 2026

\$26 - \$30/ hour (Starts at \$25)

Company: Fresh Start Health Retreat

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

Industry: Tourism/ Hospitality

Remote/Camp Based Job: No

How to apply:

Please apply with a resume and fill out a brief questionnaire on our job board:

<https://freshstart.bamboohr.com/careers/75?source=aWQ9Nw%3D%3D>

Expiry Date:

Monday, September 07, 2026

Details:

MAIN RESPONSIBILITIES: Prepare yummy and aesthetically appealing plated 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 tasks may be assigned (e.g., new staff training, updating the recipe book, updating the kitchen prep sheets, leading a kitchen staff safety training session, etc.). Note: the duties are shared with other cooks and will be updated as needed. The list is not exhaustive. LOCATION AND FACILITIES PICTURES:

<https://healthretreat.box.com/s/myrmx5aju2sy4qlp95npuix0a1mhp760> DRINKS

AND MEALS PICS:

<https://healthretreat.box.com/s/i6fa3y0z6djizwl0hwcbuunhhe0xws5b> 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/> IMPORTANT TERMS: Our ideal

candidate is 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. The candidate must be local or willing to relocate at their own cost. We can provide temporary accommodation in the owner's house. PERKS: free super-healthy organic vegan meals; 1 infrared sauna session per program (value \$400 per year); spa services and health supplements at a cost (up to 40-50% savings); free onsite gym access during program dates. Occasional tips from guests (not guaranteed). ADVANTAGES OF WORKING WITH US: Seeing the health transformation of the guests and making a difference! Healthy environment, work with top-quality food ingredients, immaculately clean kitchen and a variety of tasks. Small guest groups, positive vibe, an incredible team with a great sense of humour, and a beautiful oceanfront facility with stunning views. APPROXIMATE HOURS: 20-35 hrs., three to five 6-8-hr. long shifts per week - during the 3 weeks you work. Note: If large groups or understaffed, may be slightly more; with small groups, slightly fewer hours and shifts. 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 a 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:

MUST-HAVES: You live locally (within 30-45 min drive), have personal transportation and current driver's license, a reliable second source of income, are happy with the intermittent nature of the job (3-weeks 20-35 hrs weekly, alternating with 3 weeks completely off; 6 weeks off in winter), you are happy with the pay offered (starts at \$25 per hour), can work all shifts and days during our programs, and are flexible with the number of hours and shifts. You enjoy both cooking and cleaning, like a fast-paced environment, can work on your feet all day and handle stairs easily. You have emotional resilience. CERTIFICATION/ SKILLS

REQUIRED: Ability to prepare independently plated vegetarian meals for a group of 15-25 people, with up to 50% of meals customized to individual dietary needs (ex., gluten-free, diabetic, allergies, etc.) #1 Requirements: ability to create a balanced flavour, close attention to detail and exceptional cleanliness BC Food Safe and First Aid Level I (if absent, will need to be acquired asap) Clean Driver's Abstract and Criminal Record Check, if hired ADDITIONAL REQUIREMENTS: Ability to work in a fast-paced environment and to carry boxes (ex., from the car upstairs to the kitchen). Basic computer skills (you'll be working with kitchen shopping and inventory software, and other simple documentation) Team Spirit - you love helping your team During the program dates, you can build your schedule around our needs (you can work weekends, evenings and various days as needed) Willingness to do a variety of tasks/ shifts: be a cook, be an assistant to another chef, train a new staff member, do inventory and shop, customize meals to allergies, teach food demos to the guests, do dishes, prepare/serve juices and supplements with high precision, contribute to the housekeeping of the building (including washrooms, group rooms, spa area, spa laundry, etc.). Being a small team, not all shifts will be cook shifts. FRESH START COMPANY CULTURE: Our team enjoys and aims to grow in natural health and a healthy lifestyle Due to the clients' coming to quit smoking, our staff is non-smoking
