

Cook

Part-Time

Campbell River Region
Black Creek

Sunday October 25, 2026

\$26 - \$30/ hour (\$25 to start, gradual raises after)

Company: Fresh Start Health Retreat

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

Industry: Health

Remote/Camp Based Job: No

How to apply:

Please carefully read the detailed job description and apply on our company job board using this link: <https://freshstart.bamboohr.com/careers/75> You will need a resume and to fill out a short questionnaire.

Expiry Date:

Sunday, November 08, 2026

Details:

MAIN RESPONSIBILITIES: Prepare food for a group of 15-25 people (with large groups, the 2nd chef assists), run occasional food demos, customize meals for people with sensitivities and dislikes, do dishes, and manage food inventory and shopping. OTHER RESPONSIBILITIES Team spirit: We are a small team that supports and helps each other. You'll be cross-trained in all kitchen/housekeeping department duties (health drink preparation, cleaning, etc.). We are looking for someone with no job/task below them who will happily help with whatever is needed. SHIFT HOURS: Morning Shift 7:00 a.m. to 2:30. Evening Shift 1:00-7:30 p.m. Minus a 30-min break. Most shifts are morning shifts and may extend until 4:30. Shopping shifts and some other shifts are shorter. HOURS: Three to five 7 hr. days per week for 3 weeks, alternating with 3 weeks off The work is available during Fresh Start Retreats only, and you are off in between. So you'll work about 3 weeks in a row close to full time, alternating with 3 weeks off. There is an extended, approximately 7-week break in later fall/ early winter. We run eight 3-week programs per year, scheduled far in advance. Please see the Program Dates: <https://www.healthretreat.ca/health-retreat-dates/> PERKS: Some super healthy and delicious 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 (not guaranteed). ADVANTAGES OF WORKING WITH US: See guests' health transformation and make a difference! Work with healthy, top-quality ingredients and a variety of dishes. Small guest groups and predictable meal numbers, a great positive vibe, an

awesome team, and opportunities to interact with guests. Beautiful facility in an oceanfront location. Learn more about a healthy lifestyle and work in a healthy environment.

Qualifications & Experience:

- Some experience in independent vegetarian food preparation - a high level of efficiency is a must
- Ability to independently prepare plated vegan meals for a group of up to 15 people (up to 25 with the 2nd chef), with up to 50% of meals customized to individual dietary needs (ex., gluten-free, diabetic, allergies, etc.).
- Ingredient substitution/ meal customization experience.
- BC Food Safe and First Aid Level I (if absent, will need to be acquired upon hiring)
- Clean Driver's Abstract and Criminal Record Check, if hired
- Ability to work weekends/ evening shifts and schedule personal events around the scheduled hours
- Fluctuating hours and intermittent nature of the position (3 weeks on/ 3 weeks off) work for you
- Happy to do housekeeping/ dishes duties, as needed
- Beautiful meal presentation, excellent food flavour and impeccable workstation/ hygiene habits
- You enjoy a fast-paced environment and are physically in good shape: you can easily be on your feet all day, to go up and down the stairs multiple times a day and carry food boxes
