

KITCHEN HELPER

Reporting to the Food Services and Inventory Coordinator and working under the immediate supervision of the Cook, the Kitchen Helper supports the kitchen team by preparing ingredients and making basic dishes. He or she prepares food, participates in cooking, cleans the workplace and helps manage stocks, all in compliance with hygiene and food safety standards.

GENERAL RESPONSIBILITIES

1. Prepare food (wash, peel, cut, and chop fruits, vegetables, meat, and fish). Help with setting up the work environment.
2. Prepare simple dishes, attend to some of the cooking and help with the assembly/presentation of plates.
3. Clean and disinfect utensils, equipment and work surfaces (including the floor). Help with rotation of cleaning cloths and rags between the kitchen and laundry room.
4. Ensure the safe and sanitary management of leftover food and manage garbage disposal.
5. Receive, unpack and store food supplies in the kitchen.
6. Comply with and follow all health and safety policies and procedures of the organization; participate in mandatory health and safety training.
7. Perform all other related tasks.

EXPERIENCES, SKILLS AND ABILITIES

- Education: training in professional cooking (DVS) or experience in the food service industry an asset,
- Knowledge of hygiene and food safety rules,
- Speed of execution and versatility,
- Experience with community organizations working with vulnerable populations,
- Ability to work standing up,
- Ability to thrive in a fast-paced, multicultural team environment,
- Good communication skills in French and English (spoken)
- Adherence to the organization's mission and its values of continuity, trust, collaboration and benevolence

WHAT WE OFFER

- A one-year temporary position with a flexible schedule of 14 to 21 hours per week

- A salary of \$17/hour
- A complimentary meal from our kitchen available every work day
- Easy access to public transportation

WHO WE ARE

St. Michael's Mission is an independent charitable organization that has been working directly with people experiencing homelessness and food insecurity in downtown Montreal since 1927. The Mission serves as an important link in the chain of services for the city's disadvantaged and marginalized population. We offer hot breakfasts and meals, showers, personal hygiene products, emergency clothing and food to a multilingual and multicultural clientele. Other core services include crisis intervention as the first step in rehabilitation, as well as information, referrals and support for help with mental health and addiction issues. In addition, we help our visitors navigate government systems and services such as social assistance, unemployment insurance, and immigration.

Join our team!

Send your CV to info@stmichaelsmission.ca by **September 4th 2026**.

St. Michael's Mission adheres to the principles of employment equity and diversity and is committed to building a workplace that reflects the rich diversity of the Montreal community.

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toitrouge.org

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