



Kitchen Assistant

Reports To: Maggie Joos, Owner

Compensation: \$11.00 per hour (non-exempt)

Days and Hours of Work: Tuesdays – 9:00 a.m. to 3:00 p.m.
Wednesdays – 9:00 a.m. to 1:00 p.m.

Purpose: The Kitchen Assistant will be the backbone of kitchen efficiency, splitting time between cooking, meal prep, and cleanliness.

Essential Duties, Responsibilities, and Expectations:

Regularly, effectively, and efficiently cooking menu items in cooperation with the rest of the kitchen staff, such as (60% of time spent):

- Preparing food for service (e.g. chopping vegetables, prepping meat, or preparing sauces);
- Answering, reporting, and following executive chef's and other cooks' instructions; and
- Cleaning up station and take care of leftover food

Regularly, effectively, and efficiently keeping the facilities clean and efficient, including but not limited to (40% of time spent):

- Assisting with loading and unloading deliveries of supplies and food;
- Cleaning equipment and dishes during service; and
- Wiping down surfaces and sweep floors at end of service

Required Skills, Qualifications, Experience, and Technology:

- Accuracy and speed in executing assigned tasks;
- Ability to consistently and regularly lift up to 50 pounds;
- Ability to consistently and regularly stand for long durations of time (8 or more hours);
- Familiarity with industry's best practices; and
- Access to a personal cellphone

To Apply:

Please fill out the application at therealgoodlife.com/jobs.