



3001 Brighton Blvd.

Suite 623

Denver, CO 80216

www.FirstDescents.org

FIRST DESCENTS
-SOUS CHEF JOB DESCRIPTION -

First Descents is recruiting Sous Chefs for their weeklong programs; this is a seasonal, contract position and program locations are across the nation.

We are looking for Sous Chefs that can uphold the quality and nutritional value of the meals that we serve at programs. Eating well and focusing on healthy lifestyles is one of our program goals. Sous Chefs are required to attend one hour of training prior to programs. Reporting to the Director of Programs and the Chef Manager, the Sous Chef's qualifications and responsibilities will include, but are not limited to:

- A passion and dedication to bringing health and nutrition education to cancer survivors and caregivers
- Enrollment in a Culinary Degree/ Certificate program preferred: work experience in a professional kitchen required
- Proficient culinary skills to include the following; knife skills, cooking techniques, organizational skills and time management
- Experience in cooking health supportive meals with a focus on using local, organic and seasonal ingredients
- Experience in preparing food for specialized diets to include vegetarian, vegan, allergies and dietary restrictions, as well as being open to preparing animal protein
- Knowledge of health and safety standards of food preparation, serving, kitchen and sanitation procedures
- Willingness to help educate about diet and lifestyle changes: ability to do this in an inviting, inspiring and nonjudgmental way
- Ability to work well with others in a close teamwork setting and flexibility to shift performance to put participants' experience first



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Sous Chef will assist Lead Chef with the following responsibilities at programs:

- Plan and prepare a health supportive, seasonal menu using FD menu and recipe resources and nutrition goals, as well as your own creative talents, for a weeklong program. Menus consist of breakfast, lunch, after activity snacks, dinner and dessert for up to 24 participants and staff (some locations to include outfitters).
- Research (with help of FD feedback resources), program location to determine the best sources for quality ingredients with a focus on local and organic goods.
- Manage kitchen expenses to stay within the budget allocated by First Descents. This will include all food, pantry items, beverages and relevant kitchen supplies.
- Assess location kitchen facilities and use this information in planning menus effectively based on available equipment.
- Be familiar with the participant dietary restriction information that is provided, and communicate with your Program Coordinator to get any additional information. Adjust menus accordingly, and be very mindful of food allergies.
- Estimate food consumption and appropriate amounts for food purchase. Quantify recipes to accommodate this, and ensure enough food is available at every meal.
- Communicate with lead staff about amount of people and timing for each meal.
- Set-up a welcoming family style space for everyone to enjoy their meals together and encourage socializing! We want Chef's to be a part of this experience too! All staff and volunteers will attend the nightly campfires, where we all reflect on the day.
- Be prepared and available to speak to participants about the food and recipes you're preparing, as well as answer any questions about nutrition and recreating these meals at home.
- Complete expense report and post program surveys and submit within the deadline of one week from the last day of your program.

