



3001 Brighton Blvd.  
Suite 623  
Denver, CO 80216  
[www.FirstDescents.org](http://www.FirstDescents.org)

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## 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. First Descents is able to work with any culinary school to enable credit hours towards education, should you be interested in an internship.

We are looking for Sous Chefs that can increase 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. Reporting to the Director of Programs and the Chef Manager, the Sous Chefs responsibilities will include, but are not limited to:

- 🌀 A passion and dedication to bringing health and nutrition education to cancer fighters, survivors and caregivers
- 🌀 Culinary Intern or Culinary Certificate preferred. Work experience in a professional kitchen required
- 🌀 Proficient culinary skills to include the following; knife skills, cooking techniques, time management and organizational skills
- 🌀 Familiar with the preparation of 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
- 🌀 Ability to work well with others in a close teamwork setting.

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### MISSION

First Descents provides life-changing outdoor adventures for young adults impacted by cancer.



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Lead Chef expectations at programs:

(Sous Chef will assist the Lead Chef with all these items).

- ② Plan (with use of FD nutrition program resources) a healthy, seasonal menu for a weeklong program. Menus consist of breakfast, lunch, after activity snacks, dinner and dessert. Healthy beverages are also to be included.
- ② 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.
- ② Manage kitchen expenses to stay within the budget allocated by First Descents. This will include all food, pantry items, beverages and relevant kitchen supplies.
- ② Assess location kitchen facilities and use this information in planning menus effectively based on available equipment.
- ② Be familiar with the participant dietary restriction information that is provided, and coordinate with your Program Coordinator to get any additional information. Adjust menus accordingly, and be very mindful of food allergies.
- ② Estimate food consumption. Communicate with lead staff about numbers and timing for each meal. You will be feeding participants, staff and sometimes outfitters at some meals. Quantify recipes to accommodate this, and ensure enough food is available at every meal.
- ② Set-up a welcoming family style space for everyone to enjoy their meals together and encourage socializing! We want Chefs to be a part of this experience too!

If you are interested in this position, please send a cover letter and resume to:

Jenna Ortner, Chef Manager

[Jenna.ortner@firstdescents.org](mailto:Jenna.ortner@firstdescents.org)

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