

First Descents Sous Chef Intern

We are so thankful that you have expressed an interest to help First Descents increase the quality and nutritional value of the meals that we serve at our programs. Below outlines what you can expect while at a First Descents program and what we expect from you in the role of Sous Chef.

Introduction/FD Mission:

During the First Descents experience, young adult survivors and fighters are empowered through conquering legitimate outdoor challenges to push their limits and face their fears, and by doing so, they are able to regain the confidence and self-efficacy lost to cancer.

Our Mission: First Descents offers young adult cancer fighters and survivors a free outdoor adventure experience designed to empower them to climb, paddle and surf beyond their diagnosis, defy their cancer, reclaim their lives and connect with others doing the same.

Food is a big part of the FD experience! First Descents partners with health-focused chefs and sous chefs at each program to prepare all meals during camp. Our hope is that everyone who attends FD programs will be well-nourished, energized and be able to make the most out of their First Descents experience!

Roles at a Program

In addition to committing to using your culinary skills to nourish our participants, you are part of a staff team (2 camp directors, medical volunteer, volunteer photographer, 2 camp mom/dad volunteers, chef and sous chef) that is charged with delivering the FD mission. The entire team needs to be invested in the success of each program, and while everyone has a specific role, every member of the team must be committed to going the extra mile to make the participant experience a positive, healthy and supportive one.

Qualifications:

- A passion and dedication to bringing health and nutrition education to cancer fighters/survivors and caregivers
- Culinary degree/certificate or experience working in the field
- Trained/knowledge in cooking health-supportive meals using whole, organic, in-season, locally grown ingredients
- Adept at using healthy substitutes when preparing traditional recipes
- Ability to prepare foods for special needs groups (vegan, allergies, dietary restrictions, etc)
- Knowledge of health and safety standards of food preparation, serving, kitchen and sanitation procedures
- Experienced at counseling people about food and lifestyle changes. How to make gradual, but lasting changes in order to achieve an overall well-being
- Ability to work well with others in a close team work setting

Responsibilities/Expectations of Sous Chefs

- Serve as Sous Chef during the week long programs (Sous Chef to assist Chef in the following responsibilities)
 - Design a health supportive, seasonal menu
 - Prepare daily meals for participants and staff (breakfast, lunch, dinner and snacks)

- Lead volunteers and program staff in safe food handling, cooking techniques, kitchen operation, and recipe execution
- Estimate food consumption and purchase of food
- Comply with all health requirements
- Adjust menus accordingly to accommodate any participant dietary restrictions
 - Create menu plans that are simple, healthy, and nourishing. Offer meals that will accommodate a variety of dietary preferences and restrictions (vegetarian, vegan, gluten-free, etc., as well as those who choose to include animal proteins).
 - The goal is for everyone to enjoy the food and feel nourished for the highly physical activities they will be doing during the program. We want to introduce healthy options to our participants, and encourage healthy eating as an important part of overall wellness - but in a way that is encouraging, rather than intimidating or prohibitive.
 - Take note of how the meals are being received by participants, and work with your team to make any needed adjustments.
- Manage kitchen expenses (food, beverages, spices, supplies, equipment) to stay within the \$2,500 budget for week-long programs
- 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.

What Sous Chefs Can Expect at an FD Program

- Unfortunately not commercial kitchens!
 - Most of the lodging accommodations we use have fairly typical residential style kitchens. Some are more challenged than others with regard to appliances, cooking utensils, distance to grocery shopping, etc.
 - FD is all about challenge! Your main challenge will be to make best use of the kitchen environment and grocery options.
 - If you choose to bring personal knives, tools or kitchen utensils to the program, it will be your financial and logistical responsibility to get them to your location.

Terms of internship

- We are able to work with any culinary school to enable credit hours towards your education.
- First Descents will cover travel to and from a program, along with any expenses occurred at the program location.
- In return, you will get a life-changing experience! Whether or not you've been touched by cancer in your life, what occurs during an FD program is applicable to everyone. Our tagline is Out Living It—and the FD experience is all about living life to the fullest.

TO APPLY;

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