



What Skills are Necessary to be a Prep Volunteer?

The following skills/abilities are needed to be a successful Prep Volunteer

- Knowledge of basic knife skills & safety or if unsure willing to ask for assistance/demo from chef
- Attention to detail and willingness to take the extra time to make each item meet our high quality standards
- Skilled in culinary arts and whole foods preparation (as a home cook or other area)
- Knowledge of basic kitchen measurements and how to calculate/convert them (example – how many cups are in one quart)
- Willingness to adhere to all FVFFH food service safety and sanitation guidelines
- Ability to lift heavy pots/pans
- Willingness to work with all types of ingredients
- Willingness to do any job that is necessary for successful completion of meals (could entail washing produce, chopping vegetables, packaging meals, washing dishes, and general clean up)
- Ability to stand for long periods (2-3 hour shifts)
- Punctual and reliable (if you can't commit to regular attendance please consider one of our substitute roles)

Additional Information on Each Shift

Monday 10-12 (Soup/Prep)

Entails a lot of washing and chopping of produce. Need volunteers with attention to detail and who have good knife skills (or are willing to learn) and can chop large quantities of vegetables precisely according to FVFFH recipes or directions from chef. These volunteers also make from scratch one of our soups. This entails following a FVFFH recipe and asking questions as needed.

Monday 12:15-2:30 (Prep)

Our Monday mid-day prep shift is one of our busiest times for washing and chopping our produce for the week. We chop a lot of vegetables on this shift and look for volunteers with some good general knife skills and those who have prior experience chopping (either as a home cook, volunteer, or professional)

Tuesday 10:00-12:00 (Packaging/Soup/Some Prep)

We rely on our Tuesday morning volunteers to help make our meals look appetizing and delicious for our clients. This shift involves a lot of packaging into snapware of our meal items created on Monday. We are looking for volunteers who are great at presentation and are willing to take the extra time to make each container look just right. There are also 1-2 volunteers in this group that follow one of our recipes to prepare a soup. All ingredients are typically already chopped and this group follows the recipe. This shift may also do a smaller amount of washing and chopping of produce.

Tuesday 12:15-2:30 (Prep/Packaging)

Our Tuesday prep shift washes and chops vegetables and other ingredients for our Tuesday afternoon kitchen mentors and teen chefs. It is typically a little less chopping than on Mondays but still requires good knife skills. There is also usually packaging of a soup or possibly other items on this shift.

Wednesday 10:00 - 12:00 (Broth)

Our mineral broth is a key ingredient in many of our recipes and this shift makes a large batch of broth each week. Entails washing and chopping of all produce to go into our broth. Precise knife cuts are not as important (but knife work is required) since the vegetables are strained to create the broth.

Wednesday 12:15-2:30 (Prep)

Our Wednesday prep shift washes and chops vegetables and other ingredients for a soup that our kitchen mentors and teen chefs will make that day. In the fall, we will also be processing a lot of the harvest that comes in from our garden.

Checklist to become a Prep Volunteer

1. Submit a Food for Health Volunteer Application
2. Review the Necessary Skills to be a Prep Volunteer
3. Provide documentation of food safety certificate, do the online ServSafe Course, or attend a Food for Health Sanitation Class
4. Complete a background check
5. Shadow an existing prep volunteer for 1-2 weeks and evaluate with Executive Chef and Volunteer Coordinator on if you are ready/willing to work independently