



Position: Support Cook

Reports To: Kitchen Manager

Start Date: March 15th, 2025

Hours & Location: Seasonal Part-Time | Salt Spring Island, British Columbia, Canada

ABOUT US

The Salt Spring Centre of Yoga (SSCY) is a non-profit educational and spiritual retreat centre dedicated to teaching and promoting the core principles of yoga, which embody peace, resilience, and belonging.

Purchased in 1981, The Centre remains the keystone project of the *Dharma Sara Satsang Society* – founded in 1974 by a devoted and enthusiastic group of students of Baba Hari Dass (Babaji). In harmony with yogic philosophy, the Society has the central aim of fostering the search by each person to find the deep inner peace of spiritual fulfillment. By means of Sadhana (spiritual practice), Karma Yoga (selfless service), and Satsang (supportive community), we aspire to create an environment for the attainment of peace.

We value living in harmony with ourselves, our community, and the land we inhabit, and see the daily practice of yogic principles as the means for achieving that.

Set on 69 acres of protected land with a network of nature trails through towering cedar, alder and maple trees, the SSCY boasts rustic accommodations, garden to table meals, a woodfire sauna, and a variety of spiritual development classes, workshops, and programs based on traditional yogic teachings and practices.

SSCY staff receive a discount on guest accommodations, retreat tuition, and merchandise, as well as complimentary access to many of our classes, events, and offerings.

ABOUT THE ROLE

The SSCY kitchen team is charged with a passion for creating delicious lacto-vegetarian cuisine in alignment with the principles of a sattvic diet.

Our Support Cooks have a positive and friendly attitude, share a strong work ethic, and are committed to fostering a healthy, safe, and sattvic kitchen environment. They are willing and able to learn, and are open to following directions, receiving feedback, and offering their highest abilities and efforts to all jobs at hand. This position requires cooks who are inspired to feature the garden's daily harvest within all meals and integrate our garden's organic vegetables, herbs, edible flowers, and fruits. It is integral that meals are offered on time, the food is beautiful, fresh, healthy, and prepared to the highest standards with positive energy. Working in the SSCY kitchen is a team-centered environment.

This position is exposed to continuous deadlines, long hours working on your feet, and operating kitchen equipment where safety is of utmost importance. You may be asked to work outside of regular working hours or split shifts as needed, which may include evenings, weekends, holidays, and extended hours as our program schedule dictates.

You truly love cooking and preparing wholesome and delicious meals, snacks, and food products. You offer consistent high quality in your food preparation skills. You conduct yourself professionally and are committed to clear and mature communications. You enjoy people and are friendly, yet always maintain that your foremost focus is on your kitchen responsibilities, tasks, and duties. You have a high level of personal hygiene, are reliable, respectful, and responsible. You enjoy working with others within a team environment and are able to receive directions and feedback, listening in a receptive manner. You are at ease with the high-pressure daily deadlines and manage your time wisely. You are organized, dedicated, energetic, and willing to self-initiate your tasks once routines are learned.

WORKING CONDITIONS

Our Support Cooks are expected to exercise exceptional interpersonal skills, show up on time, and dress in a clean presentable uniform. This position is exposed to continuous deadlines and the need for effective and precise time management is essential. This position is responsible for operating equipment and preparing food in accordance with WorkSafe BC's health and safety standards and Support Cooks must be able to follow company policy in cases of injury or incident. They must be able to lift and carry up to 40 lbs, walk, kneel or stand for long periods of time, and navigate stairs multiple times daily.

Work schedule is seasonal in nature. This position is for approximately 40 hours per month, depending on our program schedule. Additional hours may be requested during peak program times. You may be asked to work outside of regular working hours or split shifts as needed, which may include evenings, weekends, holidays, or extended hours as necessary.

KEY RESPONSIBILITIES

- Receive directions from the Lead Cook or Kitchen Manager and carry out assigned tasks.
- Be prepared, on time, and well-rested for each shift, with a positive, professional attitude.
- Dress in a safe, clean, and professional manner at all times. Must wear closed toed non-skid shoes, keep fingernails short and clean, and hair must be tied up and covered.
- Always maintain clean and sanitary working conditions.
- Clean the kitchen after every shift, restock all kitchen areas.
- Restock and clean the toast bar and fruit bowl regularly.
- Share recycling, garbage, and laundry duties with other Cooks.
- Record, note, and inform the Lead Cook when ingredients need restocking.
- Maintain a highly sanitary, organized kitchen and work area. Cleanliness of fridge, freezer, floors, counters and all food production areas should be a source of pride and action.
- Apply the safe operation of kitchen equipment and report to Lead Cook and/or Kitchen Manager any potential safety hazards in a timely manner.
- Assist whenever needed, until all tasks are completed; foster a positive team environment.

Centre Care & Stewardship

- All staff may share responsibility for dishwashing and cleaning during high season times.
- All staff participate in work parties that provide overall care for the Centre seasonally.
- All staff are expected to invest in the Centre's general care – we prioritize providing a positive guest and community experience in the spirit of yoga.

QUALIFICATIONS

- 2 + years in the food service industry.
- Food Safe Certification is required.
- Genuine interest in yoga and the principals of a sattvic lifestyle.
- Knowledge of contemporary vegetarian cooking.
- Ability to read and follow recipes.
- Strong knife skills.
- Excellent verbal and written communication skills.
- Can work well under pressure while maintaining a calm and positive attitude.
- Enjoys working collaboratively within a team.
- Comfortable within the dynamics of community living.
- Flexible in terms of scheduling, adaptable, able to work weekends and holidays.
- Able to lift and carry up to 18 kg (40 pounds) and navigate stairs multiple times daily.
- Must be legally able to work in Canada and enjoy living in a remote / rural setting.
- Occupational First Aid certification is an asset.
- Familiarity with the principles of Ayurveda and Ayurvedic cuisine is an asset.
- Previous experience cooking at a retreat centre, ashram, or yogic community is an asset.

COMPENSATION

- Salary: \$22 per hour.
- Seasonal contract: March to November 2025, with an opportunity for winter extension.
- Access to weekly classes and special events hosted by the Centre.
- In accordance with Section 34 (f) of the Employment Standards Regulation (BC), this position is exempt from overtime compensation required under Section 40 of the Employment Standards Act. The base salary for this position includes compensation for all hours worked.

RESIDENTIAL POSITION AVAILABLE

We are proud to have a multi-generational residential community at The Salt Spring Centre of Yoga. As part of our commitment to fostering a harmonious environment, we offer the possibility for team members to join our community as residents for the duration of their contract. While we have limited spaces available for those looking to live here, this unique opportunity allows individuals to immerse fully in the community and activities of The Centre.

Residents in our community are asked to make a commitment to engage with others in a positive and respectful manner, to maintain a clean and sober environment with no alcohol or drugs on the property, and to adhere to the lacto-vegetarian dietary guidelines while on the premises. We believe that this shared living experience enriches both personal and collective growth, further deepening our connection with the Earth and each other, and supporting our common commitment to engaging in the daily practice of yogic principles of right-living.

If you are interested in residential opportunities, please indicate this in your application. More information will be made available during the interview process for those interested.

APPLY

Please apply online at: saltspringcentre.com/about-us/employment-opportunities/

You will have an opportunity to upload your resume and cover letter.

This position is open until it is filled. Please get your application in as soon as possible.

Only short-listed candidates will be contacted.