

TITLE: SAFE HOUSE COOK

STAFF PARTNER: Safe House Family Advocate

LOCATION: WINGS Domestic Violence Safe House, which is in an undisclosed location in Northwest Suburban Area

TIME: All appointments are scheduled in advance, but the timing is very flexible. Most people come once a week for 2 or 3 hours at a time.

COMMITMENT: Requires a 12-month commitment to volunteer weekly

ADDITIONAL REQUIREMENTS:

- Completion of the Illinois Food Sanitation Class (WINGS will cover the cost.)
- *Completion of the 40 Hour Domestic Violence Training within the first year* (WINGS will provide this training, which is usually offered 2 times a year.)
- Any personal experience with domestic violence should be more than 2 years prior to applying for this volunteer opportunity.
- A commitment to keep the location confidential.

DESCRIPTION:

- WINGS operates a Domestic Violence Safe House that offers short term shelter and services for women and children seeking immediate help. We have a capacity of up to 45 people. There is a large commercial kitchen where only certified food handlers can prepare food as stated in the food sanitization license, or work along side a food handler already certified.
- Currently we have 2 volunteers and 1 employee who share the cooking duties. Each comes in on a regular day to prepare 1-3 meals for approximately 30 people. After preparation, the meal is usually refrigerated or frozen with instructions for later reheating and serving.
- Much of the food comes in from the Greater Chicago Food Depository or from donations. Funds for additional ingredients are available, but limited.
- Currently each cook creates their own recipes. Occasionally there are clients with specific dietary requirements who need adjustments.
- To remain in good communication regarding available ingredients and advance purchase of additional items for menu items, the cook and the family advocate schedule a call or email at the beginning of the week.

THIS MIGHT BE A GOOD FIT FOR YOU IF:

- You enjoy cooking!
- You are creative in menu planning and would be able to think of substitutions when some items are unavailable.
- You are a good communicator and able to plan your schedule in advance.
- You feel good when you are helping others.
- You feel comfortable working with people in a diverse environment in regards to social-economic status, race, ethnicity, sexual orientation and religion.
- You are non-judgmental about why families are in a situation where they need help.