

**TITLE:** SAFE HOUSE COOK

**STAFF PARTNER:** Kitchen Coordinator

**LOCATION:** WINGS Domestic Violence Safe House, close to Midway Airport.

**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 3 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.
- Much of the food comes in from the Greater Chicago Food Depository or from donations. Funds for additional ingredients are available, but limited.
- Volunteer 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.