



Kitchen Mentor Role

A Kitchen Mentor plays a critical role in the Food for Health Teen Chef Program. While the Mentor is often doing a task alongside the teens, their primary job is to teach the teens how to do the task well and engage the teens so they fully understand the what, why, and how of what they are doing.

Our Kitchen Mentor shift takes place from 3:00-5:30 p.m. (occasionally extending 15-30 minutes later) on either Mondays, Tuesdays, or Wednesdays.

Volunteer Commitments, Skills, & Responsibilities

- Commitment to FFH Mission and Operating Principles
- Comprehensive background in culinary arts, whole-foods preparation, and teaching or mentoring
- Ability to take a large-scale recipe (up to 100 servings) and execute and teach all tasks to a small group of teens
- Knowledge of basic kitchen measurements and how to calculate conversions (e.g., how many cups are in one quart)
- Knowledge of basic cooking skills such as sautéing, roasting, and blanching and ability to teach the differences to teens
- Proficient in preparing basic raw ingredients, such as how to cook different grains and proteins
- Proficient in knife skills and able to demonstrate different knife cuts such as large dice, medium dice, and mince
- Knowledge of food-service safety and sanitation, preferably holds a food service sanitation certificate
- Ability to lift heavy pots and pans and work in a sometimes warm, crowded kitchen
- Willingness to work with all types of ingredients and taste all components of the prepared dish

Checklist to become a Kitchen Mentor

- Submit a Food for Health Adult Volunteer Application
- Watch the FVFFH “Kitchen Knife Skills & Safety Video”
- Watch the FVFFH “Sanitation Presentation” and complete “Sanitation Quiz”
- Shadow an existing Kitchen Mentor for 2-4 weeks and evaluate with our Executive Chef and Volunteer Coordinator if you are ready to work independently as a Kitchen Mentor
- Complete a background check