

Are you passionate about creating nutritious and delicious meals that bring comfort and joy to others? We're looking for a skilled and caring **Cook (Casual)** to craft dishes that not only nourish but also brighten the day of our residents. Here, your culinary expertise will make a meaningful impact in a warm, supportive environment. Be part of a team dedicated to making every meal memorable!

**Title:** Cook (Casual)

**Reports to:** Clinical Dietitian/Manager of Operations

**Status:** Unionized; UNIFOR local 4620

**Wage:** \$24.15 – \$24.56/hour with shift premiums of \$2.35/hour for shifts between 7 p.m. to 7 a.m. and weekends, plus time and a half for shifts worked on holidays.

**Schedule:** Provide your availability a month in advance and enjoy a flexible schedule of 8–12-hour shifts – days, nights, and/or weekends. Keep in mind that you may often be called in with short notice.

**Job Summary:** As a Cook, you will play a vital role in preparing high-quality, nutritious meals for our residents. Your culinary expertise and commitment to excellence will ensure meals are crafted to meet dietary needs while delivering flavor and comfort. Working in a collaborative and caring environment, you'll uphold the highest standards of food safety and quality, making a meaningful difference in the lives of those in our care. Join us to bring your passion for cooking into a purpose-driven role!

**Functions and Responsibilities:**

- Prepare and serve meals in large quantities that are palatable and appetizing in appearance with planned menus in a timely manner.
- Prepare food in accordance with sanitary regulations as well as established policies and procedures.
- Prepare and inspect food for special diets.
- Follow standardized recipes and ensure portion control.
- Assure that safety regulations are always followed and report any hazardous conditions/equipment to the Clinical Dietitian immediately.
- Ensure proper storage, rotation dates, refrigeration of cooked foods and proper handling and use of leftover foods.
- Assure food and supplies for next meal are readily available and make substitutions only when necessary.
- Process diet changes and new diets as received from the Clinical Dietitian.
- Assist in inventory control and storage.

- Cater to special functions.
- Assist in daily or scheduled cleaning duties.
- Participate in in-services or training sessions or meetings when offered.

The duties described above are representative and are not to be construed as all inclusive. The Cook may be required to perform related or subordinate duties as described from time to time by the Clinical Dietitian or Manager of Operations.

**Requirements:**

- Diploma or Certificate from a recognized culinary institution or training program.
- Red Seal papers or in the process of completing.
- 2 years experience as a Cook, preferably within a health care or bulk food preparation environment.
- Strong knowledge of food safety practices and regulations.
- Knowledge of texture modified diets and specific diets in general.
- Excellent meal preparation skills with a focus on quality and presentation.
- Familiarity with various cooking methods, ingredients, equipment and procedures within the kitchen.
- Ability to work efficiently in a fast-paced kitchen setting while maintaining cleanliness and attention to detail.
- Strong English communication skills to effectively collaborate with team members.
- Ability to handle multiple tasks simultaneously while maintaining a positive attitude under pressure.
- Ability to adapt to new methods and principles with a willingness to incorporate them into existing practices.
- Ability to maintain good personal hygiene.
- Ability to follow oral and written instructions.
- Ability to smell and taste food to determine quality and palatability.
- Ability to problem solve and make decisions when appropriate.
- Availability to work a schedule of flexible hours and all shifts inclusive of days, nights, weekends, and holidays.
- Demonstrated ability to attend work on a regular and consistent basis.

**Working Conditions:**

- Continuous walking and standing throughout shift.
- Ability to lift and carry up to 50 lbs.
- Occasional kneeling, pushing and pulling.



**Job Post:**  
**Cook (Casual)**

- Exposure to heat and noise in kitchen.

**Benefits:**

- Priority placement at a brand new on-site childcare facility operated by the YMCA of Cape Breton.
- Participate in our Gas/Heating Oil Program with SYDCO Fuels and save 5 cents off a litre of gas.
- Access to our Employee and Family Assistance Program (EFAP), offering confidential support for mental health, stress management, and personal challenges that's available 24/7 at zero cost.
- Eligible for Pension Program after probationary period is complete.

**To Apply:**

This position is open until filled. Please submit your application by email to [jessica@coveguesthome.com](mailto:jessica@coveguesthome.com). Include a cover letter and resume that explains your interest in the role, why you believe you are a strong candidate, and highlights your relevant experience and skills. We also require a completed [Application for Employment Form](#). Applications will only be accepted by email. Although we thank all applicants for their interest, we will only contact those we wish to interview.