



More than a Food Bank!

Cambridge Self-Help Food Bank

54 Ainslie St. S., Cambridge, Ont., N1R 3K3

P: 519-622-6550 F: 519-622-9076

cambridgefoodbank.on.ca

JOB POSTING: FOOD AND NUTRITION PROGRAMS ASSISTANT (P/T)

About the Role:

The Cambridge Self-Help Food Bank offers food and support to people and community groups in need within Cambridge and North Dumfries. We encourage self-reliance through programs and services. In addition to our food security programs, we provide a number of broader social supports.

This position has been created as a component of the "Children's Mental Wellness Hub," a new project funded over 2 years by the Lyle S Hallman Foundation. In partnership with Family Counselling Cambridge and North Dumfries (FCCCND), we (CSHFB) are working to establish a hub for children's mental wellness in Cambridge and North Dumfries.

Building on each organization's strengths – clinical counselling from FCCCND and food security and grassroots social supports from CSHFB – we will coordinate our supports to create opportunities for positive experiences for children and families (prevention) and grow access for counselling and related mental health supports (early intervention).

We know that food security plays an important role in mental wellness. For children, living in a food insecure household is associated with childhood mental health problems. The experience of food security in childhood continues to impact people throughout life. Experiences of hunger during childhood have serious and lasting impacts on mental health, manifesting in greater risks of life long challenges.

We want to move the needle on food security not only by connecting people with food, but equipping people with improved nutritional knowledge and a love for food. And we want you to help us accomplish this.

About You:

Your greatest passion? It's a coin flip between *food* and *community*. People are wonderful, food is wonderful – so you figure, why not put them together? You know that food is a vehicle not only for physical health and emotional health, but also for community and relationship building. As such, you've found ways through your work, education, and community life to integrate the two.

You are charismatic, engaging, and are energized by working with people of all ages. While you equip people with accurate, helpful tips and tricks, people would be excused for thinking that "Fun" is your middle name. Speaking of groups, not only are you organized in helping to plan for group workshops, you are also prepared for any contingency. *The carrots didn't come in for the School Snacks group?* No problem, we'll work on creating radish roses! *Five extra people show up for a workshop on Canning and Preserving?* The more the merrier!

While you have experience and education/background in food and nutrition, what really sticks out to people is just how passionate you are about food. While the people



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closest to you are probably tired about hearing about the benefits of kale, it's just too good to keep it to yourself! You also understand that food is not distributed and available equitably. As such you work through this reality with grace, compassion, and kindness. You also base your work around equipping people to eat nutritiously on a limited budget which increases both health and equity because you are on both a social and health mission. Not only do people learn more about food, its benefits, uses, and preparation methods, but people also leave their interactions with you more excited about food and healthy eating. Your passion is contagious!

You know how to create an inclusive and welcoming space as you serve both individuals and groups, and you know how to build relationships with people and support them as they build confidence. You understand that wellbeing isn't just about physical or mental health. Through your wholistic viewpoint and patient approach, food is your vehicle to make a broader impact on the lives of children, families, and individuals.

Under the supervision of our Program Manager, your role will be to support our Community Nutrition Coordinator and everyone at the Food Bank delivering our range of Food and Nutrition programs, such as Global Kitchen, Lunch and Learn, Kids in the Kitchen, and more! Sometimes doing preparation, sometimes hauling boxes and garbage, sometimes delivering workshops, but always with a collaborative attitude, you put the can in "can do!"

Did we mention that you're passionate about food? And community? You are!

Does the profile above sound like you, or mostly like you? Does the thought of working with community members to move towards food security – and towards overall wellness – get you excited? Then we want you to get in touch with us.

Required Skills and Qualifications

- A commitment to the values and mission of the Cambridge Self-Help Food Bank, with a desire to treat everyone with kindness, respect, and compassion
- Experience in program delivery; experience working with children and families in a community setting; experience working in partnership with multiple organizations an asset
- An educational or experiential background that will support you in this work
- Exceptional communication, organization, and teamwork skills; demonstrated experience and skill in group facilitation and workshop delivery
- Strong computer skills including Microsoft Office tools (Outlook, Word)
- Demonstrated knowledge of health and safety in a commercial kitchen; Safe Food Handling certified (or willing to obtain); First Aid/CPR certified (or willing to obtain)
- Ability to organize and prioritize work, set and meet deadlines, manage resources, and work independently



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- Possess cultural awareness and sensitivity as well as sensitivity to issues related to living in poverty
- Access to reliable transportation

Additional Details

Hours: 20 hours per week. The CSHFB's regular office hours are Monday, Tuesday, Wednesday, Friday 9-4:30pm and Thursday 9-6:30pm. It is understood that all team members are often required to work irregular hours to ensure that the objectives of the organization are being met. This includes working evenings and weekends, especially during peak times of the year. You will typically work full-time, daytime hours, however, occasional evening and weekend work may be necessary. Your schedule will be negotiated based on your availability and our program needs.

Wage: \$18.27/hour with annual increases as per organizational wage grid

Terms: While it is our hope to sustain funding for this project and role, this will be a contract position initially funded over a period of 15 months.

To apply for this position, please send your application in one file to Dianne McLeod, Program Manager (dmcleod@cambridgefoodbank.on.ca) by December 29th, 2019. Please include a cover letter outlining how your values align with those of the Cambridge Self Help Food Bank and how you would incorporate these into your work. We thank all applicants for their interest in this position however we will only be contacting those selected for interviews.

Candidates from diverse backgrounds are encouraged to apply. Please let us know about any accommodations required in the application or interview process.