



Part-time and On-Call Vegetarian Cooks

Land of Medicine Buddha is an environmentally conscious meditation and retreat center. Our campus is located on 108 acres of coastal foothills, tucked away in the redwoods. We offer Buddhist programming as well as outside retreats that focus on practices that heal the heart and body.

Job Summary:

Cooks are responsible for preparing vegetarian meals for retreat groups of 12 to 50 people at the Land of Medicine Buddha. They work closely with the head chef and other kitchen staff to ensure that meals are prepared in a timely and efficient manner while maintaining high standards of quality and hygiene. Cooks are also expected to maintain a clean and organized kitchen and to assist with other kitchen duties as needed.

Salary and Shifts

- \$20 / hour
- 10-25 hours per week
- Day shift is generally 7 am to 3 pm
- Evening shift is generally 3-8 pm
- Shifts vary on a weekly basis

Responsibilities:

- Prepare vegetarian meals for retreat groups that generally consist of a main entree, salad, bread, and dessert while also honoring and adhering to specific requests, dietary restrictions, and allergies.
- Ensure meals are prepared in a timely and efficient manner while maintaining high standards of quality and hygiene.
- Maintain a clean and organized kitchen, following established cleaning procedures and guidelines.
- Assist with other kitchen duties as needed, such as washing dishes, stocking supplies, cleaning the dining room area, and organizing storage areas.
- Attend meetings with the head chef and kitchen staff to discuss menu planning, food ordering, and other kitchen-related matters.
- Adhere to all safety and health regulations, including food safety and sanitation standards.

Requirements:

- At least one year of experience in a professional kitchen is preferred, although training may be provided for the right candidate.

- ServeSafe Certification in Food Handling is required
- Strong culinary skills, including knowledge of vegetarian cooking techniques and ingredients.
- Ability to work independently and as part of a team, with excellent communication and interpersonal skills.
- Strong organizational skills and attention to detail, with the ability to multitask and prioritize effectively.
- Willingness to work flexible hours, including evenings, weekends, and holidays as needed.
- Understanding and appreciation of Buddhist principles and practices is preferred.

Physical Demands:

Cooks must be able to stand for extended periods of time and to lift up to 50 pounds. They must also be able to work in a fast-paced environment and to handle a variety of kitchen tools and equipment.

Other Benefits:

- Flexible schedule
- Paid sick time
- Paid time off
- Free attendance of classes at Land of Medicine Buddha
- Access to pool and sauna
- Discount at LMB Bookstore

HOW TO APPLY

To apply, please fill out this form with the relevant details:

<https://form.asana.com/?k=zWl6tdclYWoUwD2Lky7S6Q&d=597447037570324>

If you have questions, please direct those to Kai Johnson at

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