



Cooking Volunteer

About the role

FoodCycle volunteers are welcoming and committed people who want to create delicious meals and lasting relationships within their community. As a Cooking Volunteer, you'll support the team in creating recipe ideas, help with the preparation of food and the cooking of the meal. You'll be supported by a FoodCycle Project Leader, who will help make sure the session goes smoothly and is there for any questions you might have, so you don't have to be a chef to get involved!

About FoodCycle

FoodCycle combines surplus food, volunteers and free kitchen space to create nutritious, three-course meals for the community.

We have 4 main aims:

- To strengthen communities
- To encourage friendships
- To improve nutrition and reduce hunger
- To change attitudes towards food and to reduce food waste

A FoodCycle project is where the magic happens. Each project is run on the ground by a team of 8 or more lead volunteers called Project Leaders, with each leader taking on a specific role to ensure the smooth running of their FoodCycle Project. As a FoodCycle volunteer you will be coming in to support the project and ensure we can continue to make an impact.

Skills you'll learn

- ✓ **Teamwork:** you'll work as part of a team to prepare a delicious meal and serve it to our guests.
- ✓ **Cooking:** you'll learn how to cater for large numbers of guests and how to make your meals nutritionally balanced.
- ✓ **Food hygiene:** you'll complete a FoodCycle level one quiz before signing up to your first session.
- ✓ **Problem solving:** you won't always know what your ingredients will be so you will need to get creative to produce delicious three-course meals
- ✓ **Relationship building:** you'll be building lasting relationships with your guests and volunteers, ensuring they come back each week.
- ✓ **Fundraising:** you have the opportunity to participate in fundraising activities, like pop ups and sponsored challenges, to help raise vital funds to support your project.

What to expect from FoodCycle

- ✓ Ongoing support and advice from a FoodCycle Project Leader during every session.
- ✓ Expenses covered in line with our volunteer policy.
- ✓ Impressive skills to add to your CV and a reference if/when you need it.
- ✓ The opportunity to meet a large network of like-minded people.
- ✓ A fun, creative volunteer experience contributing to a community lead project.

What's expected from me

- ✓ Have bags of enthusiasm
- ✓ Follow all FoodCycle policies and procedures – including the volunteer agreement
- ✓ Follow all training you receive when registering with us
- ✓ Support FoodCycle to fulfil its aim of nourishing communities using surplus food!
- ✓ Follow all guidance in relations to COVID-19 safety

Time commitment

Give as much as you feel! It is easy to volunteer with FoodCycle and we don't look for minimum commitments, but love it if you keep coming back! An average cooking volunteer slot is 4 hours.

Do any of the following apply to you or someone in your household?

- **have a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **have a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **have loss or change to my sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

- **I am aged over 70**
- **I am an adult with an underlying health condition**
 - Respiratory diseases – such as asthma or chronic obstructive pulmonary disease
 - Heart disease – such as heart failure
 - Kidney disease
 - Liver disease – such as hepatitis
 - Neurological conditions – such as Parkinson's disease, motor neurone disease, multiple sclerosis, a learning disability, or cerebral palsy
 - Diabetes
 - Problems with your spleen – such as sickle cell disease, or your spleen has been removed
 - Weakened immune system – resulting from conditions such as HIV, or medicines such as steroid tablets or chemotherapy
 - Seriously overweight (body mass index of 40+)
 - Clinical conditions that put you at higher risk of severe illness¹
- **I am pregnant**

¹ These clinical conditions include: having received an organ transplant & on immunosuppression medication; have cancer and on active chemotherapy or radiotherapy; being treated for a cancer of the blood or bone marrow; have severe chest conditions such as cystic fibrosis or severe asthma; severe diseases of body systems, such as severe kidney disease needing dialysis

If Yes to any of the above, please do not volunteer and follow the guidance on NHS website
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

REMEMBER DURING ALL VOLUNTEERING WITH FOODCYCLE TO

- **wash your hands more often** - with soap and water for at least 20 seconds, or use a hand sanitiser when you: get home or start volunteering; blow your nose, sneeze or cough; eat or handle food
- **avoid touching your eyes, nose, and mouth** with unwashed hands
- **avoid close contact** with people who have symptoms
- **cover your cough or sneeze with a tissue**, then throw the tissue in a bin and wash your hands
- **clean and disinfect** frequently touched objects and e.g. steering wheels and food crates
- **wash your hands fully** before and after each interaction, or use a hand sanitiser if this is not possible
- **if possible, wear face coverings in enclosed public spaces** where social distancing is not possible or where you are more likely to meet people you do not normally meet. For example, on public transport or in some shops. Face coverings can help us protect each other and reduce the spread of the disease if you are suffering from coronavirus, but not showing symptoms.

To apply

Register to volunteer on <http://volunteer.foodcycle.org.uk> and sign up online!

Safeguarding statement

Safeguarding is Everyone's business – FoodCycle is committed to safeguarding and promoting the welfare / wellbeing of children, young people and adults at risk. It expects all staff and volunteers to share this commitment".

