



## Cooking Volunteer

Location: Project Light Safe House

Reports To: Residential Coordinator

Frequency: Flexible, ideally once per month

Duration: Volunteers are requested to commit to a minimum of one year and maintain consistent communication with the Residential Coordinator regarding availability.

### Position Overview

This role involves preparing and delivering a meal for a small group, contributing to the physical and emotional well-being of survivors.

### Responsibilities

- Plan and prepare a balanced, nutritious meal, considering dietary restrictions and preferences (allergies, cultural preferences, etc.).
- Follow food safety and shelter home security protocols at all times.

### Training and Orientation:

- Attend mandatory volunteer orientation and any additional training related to trauma-informed care, safety protocols, and emergency procedures.
- Stay informed about Project Light's mission, policies, and services to provide accurate information and support to survivors.

### Qualifications:

- Previous experience in cooking for groups is a bonus but not required.
- Understanding of or willingness to learn about trauma-sensitive practices.
- Willingness to follow dietary guidelines, and adjust recipes as needed.
- Must be respectful, compassionate, and committed to maintaining confidentiality.

### Benefits:

- Make a tangible difference in the lives of survivors by providing a nourishing meal.
- Gain a deeper understanding of anti-trafficking efforts and support networks.
- Be part of a compassionate, supportive team dedicated to empowering survivors.