

# Stephen E. Garner Summers of Service 2022

## Foodnet Meals On Wheels – Food Prep Intern



United Way  
of Tompkins County

Purpose of Position:

Foodnet Meals on Wheels' mission is to provide meals and other nutrition services that promote dignity, well-being and independence for older adults and other persons in need in Tompkins County. We envision a community in which senior hunger is eliminated, supportive services are readily accessible, and our neighbors enjoy independence without isolation. The Food Prep Intern will assist the Food Service Operations Manager in the daily preparation and packaging of over 500 meals to be delivered out into the community; gaining experience in food service meal production, skills with portion control, industrial kitchen equipment use, dish room and dish washing experiences will be highlighted with on-the-job training. These skills are valuable for those seeking employment in the hospitality/restaurant industry.

Site address/location of the position:

2422 N Triphammer Road, Ithaca NY 14850

Special Instructions: Interns must wear closed toe shoes, long pants and shirts with sleeves. Hat or hair net required. All work will take place at Foodnet Meals on Wheels facility. Parking available on site. **Vaccination against COVID19 is required.**

Required responsibilities/tasks of this position:

- Work with a team that makes people happy through food!
- Prep menu items in support of daily and weekly client menu production.
- Portion menu items into serving size containers as directed.
- Stage and prep food for next day's production.

Skills necessary for this position:

- Ability to accurately measure food ingredients according to direction.
- Possess a sense of humor, and have a positive, honest, and energetic work ethic.
- Able to commit to your volunteer schedule and the ability to stand, sit, or walk your volunteer shift.
- An interest in supporting older adults, individuals living with disabilities, and diverse populations in our community.
- Experience working in a fast paced and noisy kitchen is also a plus.
- Ability to adapt quickly to changes in temperature, smells and sounds is important.

Age requirement for this position in order to be compliant to state guidelines:

16 years old or older.

Leadership opportunities or decision-making expectations for the position:

- Expectations to be able to accept and understand tasks assigned toward goal of complete meal preparation and packaging.
- Expectations to communicate restocking needs to meet meal prep and packaging goals.
- Expectations to work with the other Foodnet Meals on Wheels kitchen staff and drivers to collaboratively meet work goals and objectives.
- Understanding of food safety elements is a plus but will be trained.

Certifications obtained as part of the internship experience: ServeSAFE

Start and end dates of the internship:

June 27 – Sept. 2

Hours completed before the end of August preferred but not required.

Schedule for this role (days/hours):

10 am - 2 pm each Monday- Friday

“Must-be-available” dates and any flexibility available:

Interns working during the summer 2022, as part of this program will have flexibility in developing their work schedule, with the assumption that it falls between 10 am and 2 pm, Mondays through Fridays, during the internship period. Intern and supervisor will develop a mutually agreeable schedule and the intern will be expected to be present for those shifts. Due to the size of the Foodnet Meals on Wheels team, when an intern agrees to a specific schedule or date for work, we expect the intern to be present.

Other information about a good match for the internship:

Individuals who enjoy a fast paced, kitchen/food service environment are encouraged to apply. Those with a passion for doing hard work in support of serving our community's most vulnerable individuals (seniors and those over the age of 60) are also encouraged to apply. Working hard to do good for others is so motivational.