



Opal: Food+Body Wisdom, an eating disorder treatment facility in the University District of Seattle, Washington, offers intensive day treatment as well as outpatient services. We look to hire skilled individuals who want to join our team to provide innovative treatment and work alongside a passionate and caring staff.

1100 NE 45th St, Ste 600, Seattle, WA 98105

www.opalfoodandbody.com @opalfoodandbody

Job Title: Chef/Cook

Responsibilities:

- Cook 2 dinner meals weekly (Tuesday, Thursday) in-house at Opal
- Ingredient procurement (aka shopping and using Business' existing food storage), using Business's credit card/membership cards and shopping with a "budget-shopping" mindset aiming for a price per head averaging between \$8-10
- Chef communicating with Opal's Nutrition Assistant for food ordering/purchase needs
- Provide own transportation
- Kitchen cleaning after meal preparation
- Menu planning, as needed; taking all Opal's meal planning guidelines into consideration
- Refrigerator and freezer organization/tidying
- One meeting with Nutrition Director and Chef each quarter
- Ability to cook different types of cuisines

Requirements:

Active food handlers permit

Culinary degree or commercial cooking experience preferred

Opal Value Alignment:

- An understanding and respect for client confidentiality
- Adaptable and flexible
- Good communicator
- High value of collaboration with multi-disciplinary treatment teams and colleagues
- Live, behave and talk in a way that reflects a non-diet, anti-racist, weight-inclusive relationship with food and body

Hours: 10-15 hours weekly. Tuesday and Thursday dinner meal prep (totaling about (8-12 hours). In addition to shopping and menu planning which can be done any time (totaling about 2-3 hours)

Compensation: Hourly rate is competitive, based on experience. Chef can be an employee of Opal or can be a contractor with Opal (if chef has own business license).

To apply: Check out Opal at www.opalfoodandbody.com. Contact julie@opalfoodandbody.com with your interest.

Opal's Aspiration: To contribute to a world where all are able to live fully with freedom

Opal's Vision: To inspire cultural change regarding food, body, movement and mental health

Opal's Mission: To free people from diet culture by offering eating disorder treatment for food, body and exercise concerns

Staff Values: Centering Community; Liberating from Oppression; Divesting from Perfectionism; Learning+Unlearning; Embodying Strength+Vulnerability