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## Shoreditch Trust Food for Life Sessional Worker: Job Description and Person Specification

**Reports to:** Food for Life Project Manager

**Remuneration:** £12.00 per hour

**Hours:** Variable – ad hoc

**Duration:** Variable – Service Level Agreements renewed on an annual basis

**Based at:** Variable/Shoreditch Trust, Orsman Road, London N1 5QJ

### Role Description

The Sessional Worker is a key contributor to the Shoreditch Trust Food for Life Programme, helping to prepare and deliver healthy eating sessions to members of the public and organisations in the local community. This involves supporting, guiding and working with diverse groups of all ages and backgrounds to prepare, cook and eat healthy food with the aim of improving their knowledge, skills and diet.

### Main tasks

The Sessional Worker will work closely with the Sessional Leader to deliver sessions that enable participants to learn about healthy eating principles. This will involve taking on a range of tasks agreed with the Sessional Leader in line with the roles of both as defined by Shoreditch Trust. It is an ad hoc role and is ideal for freelancers that are able to deliver sessions throughout the week with adequate notice.

Tasks include:

- Supporting the Sessional Leader in ensuring that the session is delivered safely, effectively and on time;
- Preparing the kitchen or work space in order to deliver sessions: ensuring work space is clean, eliminating hazards, setting out utensils and ingredients, etc.;
- Supporting and guiding participants through the recipes as part of the session;
- Ensuring the safety of participants in sessions with an emphasis on safe handling of knives and cutting techniques, hygiene and use of the oven and hobs;
- Engaging with participants and members of the public to convey healthy eating information and ensure active participation in the session;
- Following all health and safety and food safety guidelines;
- Collecting relevant monitoring data in line with the needs of the session and associated project, respecting data protection laws to ensure participant privacy;
- Taking part and contributing to training sessions organised by the Shoreditch Trust;
- Actively contributing to and improving the Food Programme by providing feedback and responding to consultations as and when they arise;
- Assisting with the sourcing and transport of food and supplies for the sessions;
- Any other duties commensurate with the role.

## Personal Specification

Being a Sessional Worker with Shoreditch Trust provides a great opportunity to hone cooking and teaching skills in a community environment where the participants, recipes and even the kitchens can vary from one session to the next.

### Qualifications

#### Essential

- Academic or professional qualification relating to nutrition, food or cookery (or working towards gaining it).

#### Desirable

- Food Safety Level 2;
- First Aid at Work;
- A valid Disclosure and Barring Service check dated within the last 12 months.

### Experience

#### Essential

- Working with community groups in a culturally diverse area;
- Teaching healthy eating in a group setting or on a one-to-one basis.

#### Desirable

- Cooking or preparing food in a busy environment;
- Leading and facilitating workshops with individuals from diverse backgrounds;
- Working with youth clubs;
- Working with vulnerable adults and people with disabilities.

### Skills/knowledge

- Skilled communicator, able to inspire, include and train individuals and small groups;
- Detailed knowledge of healthy eating principles and a passion for healthy eating;
- Confident cook with excellent cooking skills and a passion for cooking;
- Flexible and patient facilitator that can adapt to different learning abilities, environments and conditions;
- Good classroom management skills;
- Good team worker and prepared to be flexible to ensure successful delivery of projects.