

Welcome

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Bienvenue

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Bienvenidos

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**Organization Overview:** South Vancouver Neighbourhood House (SVNH) is a community service agency and charitable organization serving South Vancouver since 1977. As a neighbourhood house, we work toward improving the quality of both community and family life. We offer activities and services for seniors, adults, families, youth, and children, which are determined by the needs and interests of the people living in our community. Each year, nearly 3,000 individuals participate in our programs, which are run in partnership with over 600 volunteers who donate more than 30,000 hours of their time.

**Vision:** Everyone in South Vancouver lives in a healthy and engaged community.

**Mission:** SVNH plays a leadership role in building healthy and engaged neighbourhoods in South Vancouver by connecting people and strengthening their capacity to create change.

## Volunteer Role Description

**Volunteer Role: Community Lunch Helper**

**Program/Project: Community Wellness Lunch**

**Objectives:**

- To support a nutritious and low cost community lunch program.
- To promote physical and mental well-being of seniors.
- To bring seniors out of isolation by providing a fun, multicultural environment in which they can socialize and engage with their community.

**Key Responsibilities:**

- Prepare and cook a healthy meal for a large group, with direction from supervisor
- Assist with dishwashing and kitchen clean up
- Attend all required orientation and training
- Treat all seniors and program attendees with dignity and respect

**Qualifications:**

- Relevant training or education related to food services, food security, or community development
- Physical ability to carry out the functions of the position
- Cross-cultural communication, understanding, and experience. Sensitivity towards seniors
- Strong organization and time management skills
- Valid First Aid/CPR and FoodSafe Level 1 Certificates an asset

**Schedule:** Weekly on Thursdays from 9:30 am to 1:30 pm

**Time Commitment:** 4 hours per week. Minimum 3 months commitment

**Benefits to Volunteer:** The opportunity to share your knowledge with and engage with a not-for-profit social service organization, and to contribute to your community in a significant way. We will provide a Certificate of Appreciation for your community service.

**For more information,** contact Laura Gair at [foodandliteracy@southvan.org](mailto:foodandliteracy@southvan.org).