



**KENDALL COUNTY  
WOMEN'S SHELTER**  
*A Safe Place*

**DIRECT SERVICE  
VOLUNTEER**

## **VOLUNTEER NUTRITION & WELLNESS ASSISTANT**

### **Volunteering Location**

Shelter

### **Required Training**

Kendall County Women's Shelter Orientation  
20 hour Advocate Training  
Shelter Tour

### **Preferred Qualifications**

General food safety knowledge; Ability to stand and work in the kitchen for periods of time.  
Human services, Medical, or Mental Health Background. Strong Communication Skills.

### **Role Description**

Volunteer Nutrition and Wellness Assistant will work alongside our Nutrition and Wellness Advocate to help maintain our client kitchen. Duties will vary from cleaning out the refrigerator, upcycling leftovers, preparing meals or desserts and assisting in keeping the kitchen organized.

This Volunteer Position requires available initially, MWF 9am-1pm to work alongside our Nutrition and Wellness Advocate and after training, hours are flexible.

