

August 29, 2025

KITCHEN HELPER - PART TIME/CASUAL

Join the Excitement at the Conexus Arts Centre!

About Us:

At Conexus Arts Centre, we create unforgettable experiences through concerts, galas, conventions, and more. Our Food & Beverage team is a big part of making those moments special. We're looking for enthusiastic **Kitchen Helpers** to support our culinary operations and help us deliver outstanding service.

What You'll Be Doing:

As a Kitchen Helper, you'll provide essential support in our kitchen operations. Your responsibilities will include:

- **Food Preparation:** Assisting with basic food prep such as cutting, peeling, and portioning ingredients.
- **Support for Cooks:** Helping with salads, trays, platters, and other kitchen tasks under the direction of the Cook or Chef.
- **Cleanliness & Safety:** Maintaining a clean and organized work area, ensuring food safety standards are followed.
- **Storage & Organization:** Assisting with receiving, storing, and rotating supplies as needed.
- **Teamwork:** Supporting kitchen staff to ensure timely and efficient service for banquets, buffets, and events.

To thrive in this role, you should have:

- **Willingness to Learn:** No formal culinary training required — just a passion for food and teamwork.
- **Food Safety:** Food Safe course certification (or willingness to obtain).
- **Communication Skills:** Ability to work well with kitchen staff and respond to requests with courtesy.
- **Physical Stamina:** Comfortable with standing for long periods, repetitive tasks, and lifting trays/boxes of food.
- **Positive Attitude:** A helpful, reliable, and adaptable approach to work in a busy environment.

What We Offer:

- ✦ Flexible, casual/part-time shifts — great for students or those seeking extra hours.
- ✦ Training and experience in a professional kitchen environment.
- ✦ A supportive and dynamic workplace.
- ✦ The chance to be part of Regina's premier events and celebrations.

How to Apply:

If you're ready to bring your talent and enthusiasm to our team, please send your resume and a cover letter by September 12th, to Leo.Pantel@conexusartscentre.ca.

Note: Only candidates selected for an interview will be contacted.

Join us at the Conexus Arts Centre and be a part of something extraordinary!