



Therapeutic chef (Sammamish, Issaquah, North Bend and surrounding areas) wanted to work with clients in their homes – will train!

The Secret Ingredient (<http://www.secretingredientmeals.com/>) is a personal chef service that supports people with special diets and food sensitivities. We specialize in therapeutic cooking for clients with various health conditions on special diets including gluten-free, dairy-free, sugar-free, candida, low FODMAP, paleo, GAPS and many others. We are the premiere therapeutic chef service in the greater Seattle area, serving Seattle, Everett and the Eastside.

Our mission is to help our clients heal and lead healthier lives through a better diet. We accomplish this by honoring our clients' specific food restrictions and providing them with delicious food.

Our values:

- We use organic ingredients where possible.
- We make delicious food using natural ingredients. We avoid processed, low-fat, and canned foods. We make real food using real ingredients.
- We encourage sustainable lifestyles by educating clients about healthy eating and shopping choices.

We are looking for a chef who loves to cook and has some experience with cooking for special dietary needs. We will train the right person in our unique style of cooking and customer service.

We are looking to start a new chef on a part-time basis (approximately 10-20 hours per week, which varies seasonally) with the expectation that the position will grow over time.

About the job:

- You will cook independently in clients' homes, preparing bulk meals for the week.
- You may be asked to do the shopping for some clients which is included in total work hours.
- Cooking sessions average between 3-5 hours per client.
- Cooking hours are between 9am and 5pm, but usually in the mornings. Sometimes clients are amenable to weekends as well.
- All recipes and information will be provided.
- Clients are located all over the East Side and Seattle. Right now we are looking for a chef who can serve the **Sammamish, Issaquah and North Bend** area and surrounding communities.
- You will operate as an independent contractor.
- Schedules are flexible, determined by your availability.

Requirements:

- Valid driver's license and transportation. You must be willing to commute to clients wherever they are located.
- Current food handler's card.
- Business license (obtainable online for \$20 fee).
- Knowing the basics of cooking. Experience with gluten-free and other specialized cooking is highly desirable.
- A love of cooking. An open mind and a willingness to learn. A sense of taste.
- Flexibility and reliability. We are a growing business and that means sometimes schedules change unexpectedly. However, being on time for cooking visits is a must.
- Excellent communication skills.
- A professional attitude towards the job.
- Excellent customer service and the desire to go above and beyond for each client.
- Ability to follow recipes quickly and accurately.
- Ability to multi-task and prepare several recipes in parallel.
- Independence and good problem-solving skills.
- Advanced training in holistic nutrition is helpful but not necessary.

Compensation:

This is an entry-level position, paying \$20 +/-hour, depending on experience. Training is \$15/hour for the duration of the training period. The length of the training period is dependent on skill level.

Please reply with a resume listing all pertinent experience and references to Ella Elman at info@secretingredientmeals.com as well as a cover letter explaining your interest in the position.