



Blue Mountains Food Services

Supporting our community



Volunteering Opportunities

Meal Delivery - Driver and Assistant (Frozen Run/Short Run)

- We deliver meals across the Blue Mountains from Lapstone to Mount Victoria
- Shifts vary from 2 - 5 hrs per week or fortnight
- Load and deliver meals to allocated areas as per run
- Good driving record essential
- Physically active with reasonable level of fitness.

Community Restaurant Assistant

- Community restaurants are located in five locations across the Blue Mountains
- Volunteers provide assistance to BMFS Restaurant Cooks in the preparation and/or service of meals to restaurant clients
- Weekly or fortnightly, usually a 4 hour shift
- Reasonable level of fitness as usually standing on your feet for the duration of the shift
- Variety of duties including food preparation, setting up dining room, serving, clearing and cleaning
- Interacting with clients
- Be able to work within food safety guidelines.

Call us on 4759 2811 for more information

We are a registered Commonwealth Home Support Program and NDIS provider

Supported by the Australian Government
Department of Health and Ageing

Although funding for Blue Mountains Food Services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government



25 Livingstone St Lawson NSW 2783

www.bmfs.org.au



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Office Administration Assistant (Located at the Lawson office)

- Weekly or fortnightly, usually a 3 hour shift
- Tasks and hours vary
- Computer and telephone skills essential.

Social Support

- Social support volunteers provide assistance to clients who need support to access their local community
- Tasks usually involve assistance with local shopping including grocery, chemist, library and café visits
- Willing to use your vehicle to transport client – mileage reimbursement available
- Reasonable level of fitness as clients can be frail, may have mobility issues, may require assistance in and out of your vehicle, and you may need to load a 4-wheel walker into your vehicle
- 2- 4 hrs per week or fortnight.

Distribution/Packing Assistant (Lawson office)

- Assist with packing and receiving frozen meals
- 3 hours weekly or fortnightly
- Of good health with no mobility issues
- The role involves standing, bending and some limited lifting
- Involves working in cold fridge/freezer environments.

Cook + Connect Assistant

- Assist our Program Facilitator in the delivery of a 'skills based' group cooking program for people living with disability or older people
- Ability to follow the facilitator's directions
- Cooking groups typically have up to 6 participants with varying support needs
- Commitment to a 10 week program run during school terms
- Hours are generally 9:00am – 1:30pm
- An interest in food and disability support or working with older people is essential.

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