



Revive & Thrive Project

Nourishing the community, one meal at a time.

Revive & Thrive Project Volunteer Roles - 2024

Teen Chef – Tuesdays and Wednesdays: 3:30-6:30pm

If you are between ages 14-18, currently enrolled in high school grades 9-12, and interested in learning culinary skills, teamwork, leadership, and healthy eating – we would love to have you join us in the Revive & Thrive kitchen! On Tuesdays, our teen chefs cook and bake components for our healthy meals – including house-made dressings and sauces, refined sugar-free desserts, and hearty salads. On Wednesdays, teen chefs participate in the finishing touches on our meals – including garnishing and plating up the meals. Must be able to work in a fast-paced environment, take direction and work as part of a team, and be on your feet for 3 hours without significant breaks.

Adult Kitchen Mentor - Tuesdays and Wednesdays: 3:30pm - 6:30pm

If you have whole food cooking experience and enjoy teaching teens, we'd love to have you join us as an adult mentor! You must love working with young people and have a sense of humor. Must be able to work in a fast-paced environment, be on your feet for 3 hours without significant breaks and be able to lead projects independently. We highly recommend starting as Adult Kitchen Support before taking on the mentor role.

Adult Kitchen Support – Tuesdays and Wednesdays: 3:30-6:30pm

If you are interested in supporting our teen chef program and getting experience in the Revive & Thrive kitchen, volunteer as Adult Kitchen Support. This shift involves cooking and baking, plating and packaging food prepared by our teen chefs, cleaning and helping with dishes. Must be able to work in a fast-paced environment, be on your feet for 3 hours without significant breaks and be able to lead projects independently.



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Chop & Chat – Tuesdays 12-3pm

Join adult volunteers in the kitchen to help wash and prepare vegetables and whole grains for cooking so the teens can start cooking meals when they arrive. Must be able to be on your feet for 3 hours without significant breaks. Some cooking experience and knife skills required.

Wednesday Prep Cook – Wednesdays 12-3pm

Join adult volunteers in the kitchen to help prepare and cook ingredients so the teens can start cooking and plating meals when they arrive. This shift involves the most cooking, including following recipes precisely, measuring ingredients, and using the stove and oven to prepare food. Must be able to work in a fast-paced environment, be on your feet for 3 hours without significant breaks and be able to work independently. Cooking experience and knife skills required.

Meal Packaging – Wednesdays 3:00-6:15pm

Plate, seal, label, and bag Revive & Thrive's beautiful, delicious meals so that they are ready to deliver across greater Grand Rapids. This shift is best for beginners and those interested in learning about the Revive & Thrive meal production process before getting started in the kitchen. Must have organizational skills, ability to work as part of a team and take direction, and ability to be active without significant breaks for 3 hours. This position involves tasks that can be performed while seated for the majority of the shift.

Delivery Driver – Wednesdays 6:00-7:15pm

Deliver nourishing meals to our clients who are facing serious illnesses. Delivery Angels pick up the meal bags at our kitchen on Wednesday between 6:00 - 6:30pm and deliver to 2-4 homes in greater Grand Rapids.