

# Carroll's Kitchen

A nonprofit social enterprise restaurant creating healthy employment for women overcoming crisis.

19 East Martin Street · Raleigh, NC · [www.carrollskitchen.org](http://www.carrollskitchen.org)

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## VOLUNTEERING IN OUR KITCHEN

First and foremost - thank you for becoming a Carroll's Kitchen volunteer! We look forward to working with you and getting to know you.

The idea of volunteering at a restaurant might seem unusual, but for us, you fit into what we do every day: building relationships that empower women overcoming crisis, starting in our kitchen.

Volunteering with us is more than a few hours of picking basil or stamping soup cups. Your time with us expands our capacity to teach, reach, and grow the women in our program. Your presence in our kitchen encourages the women on our team and creates opportunities for learning. You help support our vision of creating a world of dignity and purpose.

Scroll through the rest of your volunteer kit for a primer on spending time in our Kitchen and what to wear. If you have any questions, please let us know. We look forward to working alongside you.

Sincerely,  
Team CK

***p.s. don't forget your free meal! As a thank you for volunteering, you can grab a meal once you are done with your volunteer shift.***

# VOLUNTEER DESCRIPTION

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## Location:

### 19 E Martin St. Raleigh NC 27601

Moore Square Parking Deck (233 S Wilmington St. Raleigh, NC 27601), is right across the street from us or you can do metered parking along the street.

## Purpose:

The kitchen volunteer increases the capacity of our daily production volume by assisting the chef and job training team in reaching their various production goals. Responsibilities may include:

- **Prep Work** - according to house style and under the guidance of a team member
- **Baking** - according to a recipe and under the guidance of a team member
- **Cooking** - according to a recipe and under the guidance of a team member
- **Cleaning** - sweeping, mopping, etc. at the direction of a team member
- **Stamping** - applying a logo stamp to product merchandise (e.g. bags)

# KITCHEN SAFETY

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## Please Wear:

- A baseball hat
- Closed toe sneakers, non-slip shoes, or a slip-resistant shoe cover
- Long pants and a shirt with sleeves or your CK t-shirt
- A mask

## Please Do:

- Announce yourself when walking behind someone.
- Assume a pan or pot is hot if you're not sure.
- Wash your hands thoroughly after eating, using the bathroom, sneezing/coughing, or using your phone.
- Wear gloves when touching food directly.
- Wear longer hair pulled back and in your hat.
- Maintain respect for yourself and those around you.

## Please Do Not:

- Wear dangling jewelry (earrings, bracelets, watch, etc.).
- Wear acrylic or painted nails.