

# Welcome to Ceres Community Project!

## We are delighted you are interested in becoming a Ceres teen.



As a Ceres teen you have the opportunity to be involved in both our kitchen and our garden sites. You will participate with many other teens to create the hundreds of beautiful, delicious, and nourishing meals we make every week for families in our community dealing with serious illness. And you will be working side by side with other teens, adult chefs, and Master Gardeners to grow and make those meals.

Working at Ceres is a wonderful experience. You have the opportunity to work with teens from all over the county, learn new skills of cooking and gardening, contribute to your community, meet great people, and learn about how our food choices influence not only our personal wellness, but also that of the planet. With your participation, families are nourished and our community strengthened. It is as simple as that.

Whether you have never cooked or gardened before, or feel confident in your skills, there is a place for you at Ceres. We will find the right job for your skill level, and give you the opportunity to learn more.

We are growing and serving food to nourish families who need support, so the energy and intention as we work in the kitchen and garden is really important for the healing potential of the meals. We expect everyone to keep their attitude positive and have the intention of putting healing energy, nourishment and love into the food. The clients repeatedly tell us they can taste the love.

## We look forward to working with you at Ceres!

John Littlewood  
CHEF &  
KITCHEN PROGRAM MANAGER

Sara McCamant  
GARDEN COORDINATOR &  
TEEN PROGRAM COORDINATOR

Tina Green  
ASSOCIATE CHEF &  
TEEN PROGRAM MANAGER

Nick LaHaise  
ASSOCIATE CHEF &  
TEEN PROGRAM ADMINISTRATOR

& All the Teen Leaders at Ceres

### WHAT WE ASK FROM YOU

We ask for a three-month commitment from all teen volunteers. And we ask that you work at least a 2½-3 hour shift per week. We welcome teens between the ages of 14-19.

### WHAT OUR COMMITMENT TO YOU IS

At Ceres we know that teens are intelligent, responsible, capable, creative, and caring. You will be respected as a person and mentored in an appropriate way.

*Every time I open a meal from Ceres, I realize I would not be eating at all if it were not for Ceres. You are true life savers...I have not a clue what I WOULD DO WITHOUT CERES. I HAVE NO MONEY, NO APPETITE, no family with money. I would just probably die from starvation or lack of hope... I could never express all my gratitude for Ceres' loving service...  
~ Love, D*

# Thanks for volunteering at Ceres Community Project

## Here are some guidelines to help orient you to Ceres' Culture.

Our motto is *Heart Centered, Love Guided* and we try to come from this attitude in all of our interactions and actions. Leave your worries at the door and bring your positive, helpful energy into Ceres. The intention with which we do our work is a vital component of the healing nature of the food we grow and cook.

When you arrive at Ceres, come ready to jump in and do what is needed – from washing dishes and chopping onions to weeding the garden and harvesting kale. All tasks are necessary and important; each person is vital to the smooth running of the group.

## PRACTICALITIES

- **Turn off cell phones**  
in the kitchen and garden. No texting, calls etc.
- **Wear appropriate clothing.**  
In the kitchen it is closed-toe shoes, long pants, and no tank tops. Pull hair back, or wear a hat or bandana (we have them). In the garden, closed-toe shoes and clothes that you can get some dirt on are necessary.
- **Clean up work area as you go,**  
especially after you have completed a task.
- **Keep hydrated!**  
The kitchen and garden can be warm and we are working hard. Don't forget to take time to drink water.
- **Ask questions if you do not understand something.**  
That is how you learn!
- **In the kitchen, wash your hands often**  
whenever you sneeze or touch your hair or face, after eating, going outside, or to bathroom, or after handling any raw meat or seafood.
- **Let us know at least 48 hours in advance if you cannot make your shift.**
- **The third time you do not show up**  
or notify us in advance you will not be allowed to participate in the program.
- **Eat before you come!**  
We taste the food but do not eat a lot during shift.

## A Ceres Teen ~

- 1 Works as part of a unified team.
- 2 Takes responsibility.
- 3 Keeps his/her energy positive and enthusiastic.
- 4 Honors commitments.
- 5 Is caring and welcoming to all.
- 6 Puts passion and love into the food.
- 7 Looks for what is needed and does it!

Every time we enter the kitchen, our goal is to create food that is beautiful, delicious and nourishing. Meals provided by Ceres are designed to be rich in nutrients and to support our clients' abilities to heal. They are prepared from primarily organic ingredients, locally grown whenever possible, some even from our own garden! All of our poultry, eggs, dairy, grains, beans and at least 90% of our produce are organically grown.

### Here is what you won't find in any of our food:

white flour, white or refined sugar, processed foods, or chemical additives

