



## JOB OPENING: COOK

IMS is a spiritual refuge for all who seek freedom of mind and heart. We offer meditation retreats rooted in the early Buddhist teachings of ethics, concentration and wisdom. These practices help develop awareness and compassion in ourselves, giving rise to greater peace and happiness in the world. A position at IMS offers an abundance of meditation resources, all within a friendly and caring environment.

We are seeking a Cook to prepare healthy vegetarian food, much of it organic and locally sourced, to guests on meditation retreat. Being part of the IMS kitchen team is an opportunity to support our retreatants, teachers, and staff by maintaining a safe and nourishing silent retreat environment. Work with like-minded individuals in excellent working conditions to turn fresh, quality ingredients into healthy, delicious meals. Position starts in mid-September 2021.

### Primary Responsibilities

- Prepares and serves homemade, high-quality vegetarian meals.
- Bakes breads, cakes, cookies and others desserts.
- Maintains a clean, orderly and efficient workplace.
- Washes pots, cleans floors, and performs other cleaning tasks.
- Performs support cook duties including food preparation, cleaning, organizing and special projects.
- Ensures work environment meets or surpasses hygiene and safety standards.
- Required to work varying shifts as scheduled, with start times as early as 6:00 am and ending times as late as 9:00 pm; may include weekends and holidays.
- Supports and protects silent retreat environment; upholds ethical principles.

### Qualifications/Experience

- High school diploma or equivalent
- 1 or more year(s) professional food service experience required; experience with vegetarian cooking for large groups strongly preferred
- A strong customer service background with a commitment to providing a high level of service
- Proof that you are fully vaccinated with the COVID-19 vaccination (2 weeks after the second dose of the Moderna or Pfizer vaccine or 2 weeks after the Johnson and Johnson Janssen vaccine) is a requirement of this position and must be submitted prior to your start date

### Position Now Open

Qualified applicants: Please send a résumé and cover letter to [IMSjobs@dharma.org](mailto:IMSjobs@dharma.org).

This is a full-time, 40 hours/week position offering health and dental benefits, Flexible Spending Account, meal plan options, generous paid time off, and staff meditation resources.

*Consistent with the Americans with Disabilities Act (ADA) and Massachusetts law, it is the policy of IMS to provide reasonable accommodation when requested by a qualified applicant or employee with a disability, unless such accommodation would cause an undue hardship. The policy regarding requests for reasonable accommodation applies to all aspects of employment, including the application process. If reasonable accommodation is needed, please contact Human Resources at [HR@dharma.org](mailto:HR@dharma.org).*

*Insight Meditation Society is an equal opportunity employer that is committed to diversity and inclusion in the workplace. We prohibit discrimination and harassment of any kind based on race, color, sex, religion, sexual orientation, national origin, disability, genetic information, pregnancy, or any other protected characteristic as outlined by federal, state, or local laws.*