



## 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. IMS offers an exceptional work environment centered on kindness, positivity and respect. Our generous benefits plan reflects our sincere appreciation for the contributions of our colleagues. New full-time team members begin accruing up to six weeks of PTO and are eligible to participate in our outstanding benefits plan beginning on their first day of employment. 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 skilled professionals in excellent working conditions to turn fresh, quality ingredients into healthy, delicious meals. **Pay rate is \$18.50/hour.**

### 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 7:00 pm; may include weekends and holidays
- Position involves standing for long periods and requires physical labor including lifting, carrying, pushing or pulling objects weighing up to 50 pounds
- 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

### Position Now Open

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

Full-time position is 40 hours/week and offers health and dental, and vision 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.*