

Volunteer opportunities!

Individual or small group volunteering (2 to 4 people)

1. [At our Solidarity Culinary Activities](#)

Your task will be to assist the person in charge on site to ensure that everything runs smoothly (kitchen support, setting up kitchen islands, setting the table, serving, washing up, service).

2. [Cooking](#)

Take part in the Solidarity Soups project, preparing soups from unsold food to provide food aid to school-age children.

Tasks are varied and simple, such as washing, peeling and chopping vegetables, washing dishes, putting soups in containers, gluing labels, and helping the chefs with other tasks as needed.

3. [Administrative](#)

You'll have the opportunity to support some of our daily administrative activities, such as sorting and receiving materials and food, taking inventory, maintaining cooking school materials and equipment, physical tasks, data entry, and telephone follow-ups, among others.

Corporate volunteering, individual or small group (4 people)

[Volunteer opportunities at our events](#)

Many of our activities take place at special events across Quebec (warehouse work, Les Grandes Tablées, food recovery at major events, etc.).