# kitchen helper

## Description

We are a well-established local restaurant in Winnipeg specializing in sushi, with an excellent reputation. Join our dynamic culinary team as a Kitchen Helper, where your enthusiasm and dedication will contribute to creating a vibrant, efficient, and welcoming food service environment. In this role, you will support the kitchen staff by assisting with food preparation, maintaining cleanliness, and ensuring smooth operations. Your positive attitude and attention to detail will help deliver high-quality meals and exceptional service to our guests. This paid position offers an exciting opportunity to gain valuable experience in the food industry while working in a fast-paced, energetic setting.

## Duties

- Assist with food preparation and meal assembly under the supervision of chefs and kitchen staff
- Maintain cleanliness of all kitchen areas, including washing dishes, sanitizing surfaces, and organizing supplies
- Handle food safely by following proper food handling procedures and hygiene standards
- Clean, peel, slice and trim foodstuffs using manual and electric appliances
- Use deep fryer, grill, oven, dispensers and other equipment to prepare fast food items
- Portion, assemble, and wrap food or place it directly on plates for service to patrons

## Closing Date

November 24, 2026

## Categories

Services

## Employer

Sushi Cushi

## Location

Assiniboine South

## Address

Unit k-1045 St.James St.
Winnipeg, R3H 1B1

## Job Type

Full-time

## Education Level

High School

## Wage

$17.00 - $18.00

## Email

- Ensure all kitchen equipment is used safely and maintained properly
- Follow health and safety regulations diligently to uphold food safety standards

## Qualification

- Previous experience in a restaurant or food service environment is preferred but not required
- Basic cooking skills and knowledge of food preparation techniques
- Familiarity with food handling safety protocols and sanitation practices
- Ability to work efficiently in a fast-paced setting while maintaining attention to detail
- Strong teamwork skills with a positive attitude towards supporting colleagues
- Willingness to learn new skills related to meal preparation and kitchen operations
- Good physical stamina for standing, lifting, and moving throughout shifts

sushicushi.HR@outlook.com

## Phone

(204) 960-1123