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Kitchen Helper job in Canada with Work Visa Guide

Job Location

Canada

Remote work from: Canada

Base Salary

USD 2,500 - USD 3,000

Qualifications

Completion of secondary school education is usually required.

Employment Type

Full time

Description

Job Position: Kitchen Helper

Company Name: Northern Plate Hospitality Group

Base Salary: \$2,500 – \$3,000 USD Monthly

Qualifications: Completion of secondary school education is usually required.

Experience: Some experience in a restaurant or kitchen environment is an asset.

Hiring organization

Northern Plate Hospitality Group

Date posted

December 1, 2025

Valid through

24.05.2026

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Skills: Strong time management skills, physical stamina, ability to work quickly and effectively as part of a team, basic food safety knowledge, and a willingness to learn.

Responsibilities: Assist in basic food preparation tasks like peeling and cutting vegetables, clean and sanitize kitchen surfaces, equipment, and utensils, remove trash and clean kitchen garbage containers, and unpack and store supplies.

Description

Northern Plate Hospitality Group, a thriving restaurant and hotel management company in Canada, is seeking enthusiastic and dedicated Kitchen Helpers to join our culinary teams. We are looking for lower level or moderately experienced

candidates who are ready for a challenging yet rewarding position in a fast-paced environment. This is an excellent opportunity to gain international work experience and grow your skills in the hospitality industry.

The Kitchen Helper role is vital to our daily operations, ensuring our kitchens run smoothly, cleanly, and efficiently. Key responsibilities include supporting the cooking staff with preparatory tasks, maintaining the highest standards of hygiene and sanitation across all work areas, and managing the storage and organization of kitchen supplies. You must be able to work well in a team, have excellent time management, and possess the physical capability for a job that requires standing for long periods and lifting heavy items.

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