



University Settlement

23 Grange Road, Toronto ON M5T 1C3

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Website: www.universitysettlement.ca

Charitable #: 119279412RR0001

Over 100 Years of Service in the Community

Job Posting: Food and Nutrition Program Instructor

Location: University Settlement – 23 Grange Road

Program Start: Fall 2025 (Exact date TBD)

Schedule: weekly or biweekly sessions (daytime, weekday only), 1.5-2 hours per session

Contract Length: 8–10 weeks (with potential to extend)

Compensation: \$60/hour

About Us:

University Settlement is a multi-service community organization in downtown Toronto offering inclusive and accessible programs. Our centre provides a wide range of free programs that promote healthy aging, connection, and lifelong learning for older adults 55+.

About the Role:

We are seeking an engaging and knowledgeable Food and Nutrition Program Instructor to lead cooking demonstrations and nutrition education session for older adults. The ideal candidate is passionate about food, skilled at teaching in an accessible and interactive way, and able to provide culturally relevant and health-conscious recipes.

Responsibilities:

- Plan and deliver weekly or bi-weekly cooking programs/demonstrations for older adult participants
- Share recipes and cooking techniques tailored to seniors' needs and abilities
- Educate participants on nutrition, healthy eating habits, and food safety
- Incorporate culturally relevant recipes that reflect participants' background and preferences
- Engage participants in hands-on activities when appropriate
- Answer questions and provide guidance on meal planning and healthy ingredient substitutions
- Monitor safety during food preparation activities and ensure compliance with food handling guidelines
- Communicate regularly with program staff regarding attendance, feedback, and participant needs

Qualifications:

- Experience in cooking instruction, nutrition education
- Food Handler Certification (required)
- Experience leading community cooking/food program will be an asset



- Knowledge of healthy eating principles and senior-friendly nutrition
- Strong communication and presentation skills
- Ability to adapt content for different cultural backgrounds and dietary needs
- Experience working with older adults or in community-based settings will be an asset
- Multilingual ability (ex. Mandarin) will be an asset

To Apply:

Please email your resume and a short cover letter to **esther.zheng@universitysettlement.ca** with the subject line: **Food and Nutrition Program Instructor – Fall 2025.**

Applications will be reviewed on a rolling basis until the position is filled.