

VOLUNTEERING OPPORTUNITY in the food sector for MIGRANT WOMEN



3 Kitchens

Volunteer • Seek Employment • Become an Entrepreneur

Are you looking to gain new skills and experience in the food industry?

Join our **3 Kitchens Project** volunteer placement and take that first step to a potential job/ career in the food sector. This unique volunteering opportunity is designed to empower migrant women by providing hands-on experience, skill development, and a pathway to employment or entrepreneurship.

Examples of Placements

We will match you with a welcoming business/non-profit for

- A support/learning role in a food or catering business. It can be in the kitchen or packing or even a sales or marketing role
- Volunteering at a food event, a food bank, a community garden

When

- At any stage from June to October 2024. The placement can be for a few days or even up to three weeks—whatever works for you.

Benefits of Joining:

- Gain valuable experience in a real-world food industry setting
- Develop new skills, build confidence and self-esteem
- Connect with other women and employers in your community
- Receive support and guidance from experienced mentors

How to Get Involved If you are interested in becoming a volunteer, please reach out to us at info@momentumconsulting.ie. We will provide you with all the information and support you need to join our network of partners.



momentum

Go-Woman Alliance
Europe (GWAEU)



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