## Volunteer Opportunity: Help Stock the Hermon Community Freezer

The community freezer in Hermon is a shared resource, open to everyone. It's there to ensure that food is readily available to those who need it. By reducing food waste and creating simple, effective systems, the freezer provides access to meals whenever the building is open, allowing people to help themselves to what they need.

## We're looking for in-person volunteers to help keep this service running.

As part of the role, you'll assist with:

- Managing the stock in the community freezer.

- Ensuring meals are rotated.

- Helping local residents in Hermon know what's available.

- Labelling meals and maintaining an organised system.

Cooking sessions will take place at Hermon Canolfan using fresh, local produce. Tasks include setting up the kitchen, prepping ingredients, cooking meals, and carrying them over to Y Stiwdio, where the freezer is located.

The community freezer meals are funded by the PAVS Doing the Small Things grant.

This role is approximately 7.5 hours per month. You'll be working with the team, not alone, and if you're interested, please contact Heather or Jemma to learn more

Heather

heather@cwmarian.org.uk

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