

A Slice of Life

Joy Cook started working in food services in 1986 for Sodexo. A prep cook supervisor, Joy is a wife, mother and grandmother, as well as a lifelong resident of the Buffalo area.



In this installment of "A Slice of Life," Joy details her daily responsibilities and shares that a positive outlook helps her enjoy work each day.

Q. As supervisor, what are your main responsibilities and how do you begin each work day?

A. As supervisor, I make sure that everyone has what they need on the line and that everything is ready to get the job done. I oversee everything from preparation of food, making the meals and all the way to cleaning up at the end of the day. I also delegate work to make sure everything is done properly. I start at 6:30 a.m. and work until 2:30 p.m. The morning begins with reviewing the day's menu and preparing food such as vegetables, soups and gravies. It's also necessary to get all the utensils set up and work with anyone along the line who may need help.

Q. Is there a philosophy or personal ideal that helps motivate you each day?

A. I am always looking forward to coming into work. Each day brings something different. I make sure to always be prepared and roll with whatever the day brings. I just enjoy it all. It also makes me happier if I stay positive. If you have a negative approach, nothing goes right.

Q. In reflecting upon your career, is there a time period that you found difficult?

A. The pandemic was definitely a tough time. It was difficult for us in food services. But, like everything else, you just keep pushing through and everything will be OK.

Q. Is there a secret to your career's longevity?

A. For me, longevity equals consistency, and that comes from maintaining what you can do and doing it to the best of your ability.

Q. What are your favorite aspects of working at Hearty Helpings?

A. The different jobs and responsibilities, and also the different people I am able to meet. Plus, I love coming in and getting to prepare things for special events. I also will help coworkers when they need help. I just enjoy what I do, and knowing where this food goes at the end of the day is something I feel good about. ❤️

*A Slice of Life is a feature that will be included in each edition of Extra Helpings. Each piece will profile a Hearty Helpings employee and their experiences and responsibilities. To suggest an employee who should be profiled in this section, reach out to **Don Rudewicz** directly or email drudewicz@heartyhelpings.org. Please state the reason for suggesting the employee be profiled by Extra Helpings. ❤️*



welcome



Wyndel Walker
Driver

Wyndel started his position on Aug. 14.

happy birthday

Sept. 3 - **Martin Middleton**, Driver
Sept. 6 - **John Marks**, Assistant Chef Manager
Sept. 10 - **Joy Cook**, Prep Cook Supervisor
Sept. 22 - **Jim Stoklosa**, Prep Cook
Sept. 29 - **Michael Floyd**, Prep Cook



party at the Pier in pictures!

8.18.23
at the Buffalo Outer Harbor



upcoming events



It may be September, but summer won't officially come to a close for three more weeks!

Below are a couple of events that you may be interested in attending.

Sept 2-3



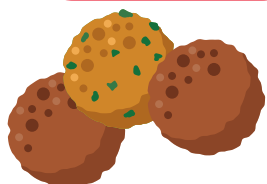
National Buffalo Chicken Wing Festival:

The annual National Buffalo Chicken Wing Festival will be held from noon to 9 p.m. Saturday, Sept. 2, and from noon to 7 p.m. Sunday, Sept. 3, at Highmark Stadium, One Bills Drive, Orchard Park. Admission is \$20; there is no cost for children 8 years old or younger to attend. The event is cash-only, but ATMs will be available on site. For anyone who'd like to volunteer to help FeedMore WNY during the event, people are needed to help with food ticket sales and restaurant vendor needs. Volunteer shifts are available during both days of the event.



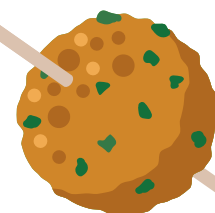
scan to
volunteer

Sept 24



Meatball Street Brawl 7:

Hosted by Osteria 166, Meatball Street Brawl 7 will be held at 11 a.m. Sunday, Sept. 24, in front of the restaurant, 166 Franklin St., Buffalo. The event will benefit FeedMore WNY, among other area organizations. Tickets cost \$25 during presale and \$30 on the day of the event.



For more details about any of the above events, visit feedmorewny.org