



# Culinary and Life Skills Training Program

The culinary skills training program is an intense, 12-week course designed to provide the motivated individual with the tools necessary to gain and retain employment in a growing industry where individual success is limited only by one's will and desire to achieve.

Not only will the program focus on developing culinary skills, but also on gaining an understanding of the daily workings of a full service kitchen and the importance of each player's role within the operation.

The course will begin by instilling vital food and kitchen safety habits. Each student will be required to pass an industry accredited food safety exam and become a certified safe food handler in order to advance.

Fundamental cooking methods and techniques (deep fry, sauté, grilling, roasting, poaching, etc.) along with essential kitchen terminology, sound knife skills, baking/pastry introduction and menu planning serve to round out the culinary training program.

Through a balance of classroom teaching and hands on lab time, each graduate of the course will possess a solid foundation on which to build a career in foodservice.

Successfully re-entering the work force requires more than just good kitchen skills. Our program is being designed to not only teach the candidate the skills of the trade, but basic life skills as well. While being trained on the food safety and the preparation and cooking of the food, our goal is to equip the candidate with the tools necessary to better succeed in life and on the job.

This program will help highlight positive characteristics that are vital to the complete success of the candidate, not just the mastering of good quality food service techniques. We want the graduates to come away with valuable skills, such as how to prepare for and succeed in an interview, appropriate behavior with co-workers, teamwork and the benefits to being a team player.

In addition to actual kitchen instruction, students will have ample opportunities for classroom discussion and role-playing to help them refine their skills. Our goal is to equip each candidate with the confidence and positive professional attitude required to not only learn a trade, but also to become a successful employee.