

## FOOD for Lane County

### Fresh Start

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**Name:** Fresh Start

**Number of Instructional or Supervised Hours:** 168

**Time period:** 12 weeks

**Training objectives:**

- Demonstrate work readiness and strong work ethic
- Ability to adhere to safe work practices
- Broad understanding of food service equipment and tools
- Basic kitchen and cookery skills
- Excellent customer service skills

**Assessment:** All skills will be evaluated and assessed by a certified culinary instructor. While some are written assessments (Food Handler Permit, for example), most are evaluated based on a documented demonstration of skills

**Training program hours:** Mondays and Wednesday from 9:00 a.m. – 2:00 p.m. at the Dining Room, 270 W. 8<sup>th</sup> Ave. in Eugene; Fridays 12:00-4:00 pm. at FOOD for Lane County, 770 Bailey Hill Road.

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The participants will be receiving training in the tangible skills that will allow them to acquire a job in food service. The course will focus on workplace readiness through the 12 weeks, including:

- Strong attendance and punctuality
- Appropriate dress and readiness for the work day
- Flexibility within the workplace
- Good communication with coworkers and customers
- Ability to adhere to workplace policies and regulations

Week 1: Safe Food Handling

Establish basic understanding and begin the forming of good kitchen habits. Graduates will demonstrate their knowledge of safety and food sanitation on-the-job and by successfully obtaining a Food Handler Permit.

Week 2: Utensil/Kitchen Equipment Identification

Introduction, demonstration, and application of hand tools, countertop and large equipment. Graduates will correctly name all kitchen equipment and utensils in the kitchen, while also knowing how to use it, what it is used for, how to clean and store it.

### Week 3: Knife Skills

Types of knives and their applications. Safe knife use and fundamental vegetable cuts. Graduates will demonstrate their knowledge of parts of the knife, basic types, safe use of a knife, safe and proper technique, set up and sanitation of cutting surfaces, and are able to prepare specific cuts from memory at a reasonable pace with consistent accuracy.

### Week 4: Recipe Comprehension/Food Service Math

Activities include measuring techniques and tools with guidelines for selecting appropriate equipment. Standard US kitchen forms of measurement and standard food product pack sizes. Scaling and conversion of recipes, including portion yields. Correctly calculate amounts of product needed, yields, and portion sizes.

### Weeks 5-6: Cooking Terms and Techniques

Can describe basic cooking terms and techniques, included mashing, cutting, dicing, etc.; dry heat cooking methods, and moist heat cooking methods.

### Week 7: Menu Planning

Ability to create an accurate list of items to prep before a shift starts to be ready for service; ability to create a nutritionally well-balanced meal.

### Week 8: Job Search Class

Participants will attend a jobs search training through the Goodwill Jobs Connections program teaching them how to write a cover letter and resume, good interviewing strategies, how and where to look for jobs to utilize their skill sets.

### Week 9: Customer Service

Ability to serve diverse customers with a friendly, pleasant demeanor. Serve in the restaurant for the week.

### Weeks 10-12: Implementation of skills

Participants will be required to utilize all of the skills they have acquired to successfully operate within the kitchen.