



FOOD for Lane County

SELCO Fresh Start Food Service Training Program



Name: Fresh Start

Number of Instructional or Supervised Hours: 192

Time period: 12 weeks, 16 hours per week

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, Tuesdays, and Thursdays from 9:00 a.m. – 1:00 p.m. at the Dining Room, 270 W. 8th Ave. in Eugene; Fridays 12:00-4:00 pm. at FOOD for Lane County, 770 Bailey Hill Road.

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, Safety & Sanitation, Knife Skills, and Prep Skills

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.

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 2: Kitchen & Restaurant Equipment Identification, Mise en Place, and continuation of knife skills and basic prep skills

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: Culinary Math

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.

Week 4: Recipe Comprehension and Basic Cooking Theory

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

Week 5: Vegetables and Starches

Rice dishes, potato, pasta, and grains. Vegetable identification and standard cooking applications.

Week 6: Salads, Salad Dressing, and Sandwiches

Orientation to salad and sandwich categories. Basic preparation of salads, a variety of dressings and salad ingredients. Sandwich components identification and assembly.

Week 7: Stocks and Sauces

Stocks and other bases and their uses. The mother sauces and thickening agents. Soup classifications and classic examples with some ideas for improvisation.

Week 8: Meat, Poultry, Fish

Identification of contemporary animal proteins available to the foodservice industry. Some basic fabrication of portion cuts and application.

Week 9: Basic Baking Fundamentals

Yeast breads, quick breads, muffins, pies, and fillings.

Week 10: Job Search and Nutrition classes

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. Participants will attend a Nutrition Education class.

Week 11: Customer Service

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

Week 12: Final Exam

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