



## CAREER PROFILES

### Cooks:

**Cooks** prepare, season, and cook a wide variety of foods. These foods may include soups, salads, entrees, and desserts.

### Wage/Salary Information:

\$28,500 is the median annual salary found in local job-postings.

\$11.48/hour is the median wage reported locally.

### Commonly Listed Skills in Job Postings:

- Teamwork
- Detail oriented
- Food handling
- Oral and written communication
- Organizational skills
- Work independently
- Problem solving
- Creativity
- Math
- Time management
- Self motivated
- Management
- Leadership
- Numeracy
- Customer service oriented
- Computer use
- Critical thinking
- Marketing
- Interpersonal
- Adaptable
- Bilingual
- Multitasking

### Job Duties:

Cooks prepare and cook complete meals or individual dishes, including special meals for customers as instructed by a dietitian or chef. Cooks schedule and supervise kitchen helpers and oversee kitchen operations. They may also be responsible for cleaning the kitchen and work area.

Good organizational skills are valuable for a Cook, as they maintain inventories and records of food, supplies, and equipment. They may also set up and oversee buffets. Strong communication skills are also valuable for a Cook, as they may hire and train kitchen staff.

### Working Conditions:

Working hours and conditions for Cooks vary depending on the employer. Cooks are often required to work shifts that include early mornings, late evenings, weekends, and holidays. Many employers, such as resorts, may only offer seasonal work.

Large restaurants and institutional kitchens typically have modern equipment and convenient work areas, while older, smaller establishments may have less comfortable work settings. Kitchens must be clean, well ventilated, appropriately lit, and properly equipped with sprinkler systems to protect against fires.

Cooks must work in close quarters during busy periods. They must also be able to lift heavy objects, work near hot ovens and grills, and stand for extended periods of time.

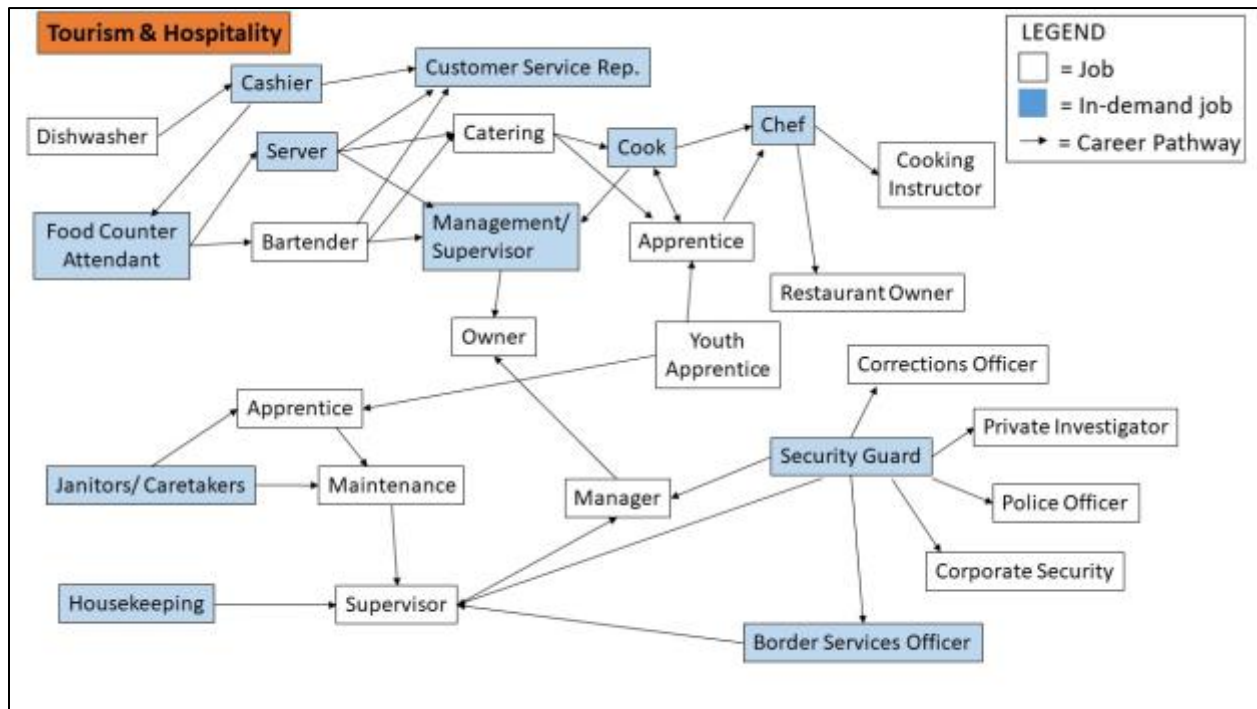
Cooks usually work under time pressure, while making sure quality, safety and sanitation guidelines are followed. Job hazards include slipping and falling, cuts, and minor burns.

### Career Pathways:

Many Cooks learn their skills through work-related experience. They typically start as a Kitchen Helper or Food Preparation Worker. Some learn by the guidance of a more experienced Cook. Advancement opportunities for Cooks often depend on training, work experience, and the ability to prepare more complex dishes. Cooks who learn new skills and manage new responsibilities can eventually move to a more senior position.

Cooks are employed in restaurants, hotels, hospitals and other health care institutions, central food commissaries, educational institutions, and other establishments. They are also employed aboard ships and at construction and logging campsites. Below are potential career paths for cooks:

- Apprentice Cook
- Cook
- Dietary Cook
- First Cook
- Grill Cook
- Hospital Cook
- Institutional Cook
- Journeyman/Woman Cook
- Licensed Cook
- Line Cook
- Second Cook
- Short Order Cook



### Education and Training Pathways:

If you're interested in becoming a Cook, you can begin your apprenticeship or attend a local training/education program.

### Apprenticeship Details:

#### Cook

- Certification: Voluntary (not required to practice this profession in Ontario)
- Red Seal: Yes
- On-the-job training: 5,280 hours
- In-class training: Two 12-week technical session

#### Institutional Cook

- Certification: Voluntary (not required to practice this profession in Ontario)
- Red Seal: No
- On-the-job training: 3,600 hours
- In-class training: 360 hours

## Assistant Cook

- Certification: Voluntary (not required to practice this profession in Ontario)
- Red Seal: No
- On-the-job training: 2,640 hours
- In-class training: One 12-week technical session

Individuals interested in pursuing an apprenticeship pathway, should follow these steps:

- 1) Get hired – by an employer/sponsor/union
- 2) Apply online to register as an apprentice at [www.ontario.ca/page/start-apprenticeship](http://www.ontario.ca/page/start-apprenticeship)
- 3) Sign a training agreement with your employer/sponsor and the Employment Ontario apprenticeship office.
- 4) Become a Member of the Ontario College of Trades Apprentices Class at [www.collegeoftrades.ca/membership](http://www.collegeoftrades.ca/membership)
- 5) Keep a record of the hours you work
- 6) Achieve the competencies listed in your training standard if required in your trade
- 7) Complete all of the training requirements in your trade and you will receive a Certificate of Apprenticeship (CoA).
- 8) Write the Exam for the Certificate of Qualification if required in your trade

If you are currently in high school and would like to begin an apprenticeship, visit [oyap.com](http://oyap.com) for more information about the Ontario Youth Apprenticeship Program.

Individuals unsure about whether to pursue an apprenticeship or not, can learn more by visiting [www.ontario.ca/page/prepare-apprenticeship](http://www.ontario.ca/page/prepare-apprenticeship).

### St. Clair College:

#### **Culinary Management**

**Admission/Eligibility Requirements:** OSSD with the majority of courses at the College (C), University (U), University/College (M), or Open (O) level

**Academic Credential:** Two Year - Ontario College Diploma

**Professional Certification:** Unknown

**Attendance:** In-person

**Full-time or Part-time:** Full-time

**Program Length:** 4 semesters

**Program Cycle:** Unknown

**Program Cost:**

- Year 1: \$4,441.61
- Year 2: \$4,304.05
- Total: \$8,745.66 (2017/18)

**OSAP Eligible:** Unknown

**Location:** 2000 Talbot Road West, Windsor, N9A 6S4

For more information on this program, please visit:

[http://www.stclaircollege.ca/programs/postsec/culinary\\_management/](http://www.stclaircollege.ca/programs/postsec/culinary_management/)

***Disclaimer:** The educational institution reserves the right to change information without notice, and may result in discrepancies between their information and the information presented above. If any errors are found, please report them to [info@workforcewindsorsex.com](mailto:info@workforcewindsorsex.com).*