



**IGNITE
YOUR
CAREER.**

**EARN 5 CREDENTIALS
DESIRED BY EMPLOYERS**

ServSafe® Food Handler

ServSafe® Food Safety Manager

ServSafe® Allergens

Completion of FirstStart Level 1: Prep Cook

Completion of FirstStart Level 2: Line Cook

Course will be taught at
PROMISE CULINARY SCHOOL

211 Livingston Ave.

New Brunswick, NJ

Easy access to NJ Transit bus and train

Classes will begin in October
and will run for eight weeks.
Monday-Thursday • 5:30-10:30 PM

FirstStart

is the spark you need to take
your career to the next level.

Interested students should
contact **Kelly Robinson** or
Dalila Valdez at (732) 545-9002, ext. 121.

Visit www.njrha.org/firststart to view this information
online or to share the course with a friend.

Curriculum developed
by the **New Jersey
Restaurant Educational
Foundation**

FirstStart



Curriculum developed by the New Jersey Restaurant Educational Foundation (NJREF)

5 CREDENTIALS DESIRED BY EMPLOYERS

Each level requires the student to pass the **written** and **practical exams** to move forward. At the completion of both levels, the student will have **five credentials** that restaurant owners and operators seek in their employees:

- ServSafe® Food Handler
- ServSafe® Food Safety Manager
- ServSafe® Allergens
- Completion of FirstStart Level 1: Prep Cook
- Completion of FirstStart Level 2: Line Cook

LEVEL 1: PREP COOK

Level 1 covers the **basic skills** needed to work as a simple **prep cook**. We have also incorporated **introductory culinary classes**. To help students learn to **read recipes**, we have incorporated production lists, recipes, and measurements into virtually every class.

LEVEL 2: LINE COOK

Level 2 essentially trains students in the skills necessary for working as a **line cook**. It includes **ServSafe® Food Safety Manager** training, as well as **ServSafe® Allergens** training. The Level 2 course also requires students to **gain work experience** as part of the lessons, which is imperative to students learning the importance of **efficiency** and **quickness** in the restaurant industry.

OVERVIEW

The **NJREF FirstStart Program** was designed with the **needs of the restaurant industry** in mind. Restaurants need a full supply of **skilled workers**, and skilled workers wish to **find employment**. This program is the **link** between restaurants and the skilled workers they **need**.

This eight-week training requires **minimal to no experience** working in a commercial kitchen. Graduates will learn how to **successfully work in a kitchen**, rather than simply how to cook.

The program is a compilation of teaching lessons from the Food Bank of Monmouth County, Eva's Village, Elijah's Promise, and the New Jersey Restaurant Educational Foundation. The curriculum consists of **two levels**.

ELIGIBILITY

Individuals who do not qualify to receive free training through the One Stop Career Center may pay for the course out of pocket for \$2,600.

- Must be **registered** with the **One Stop Career Center**
- Must have been collecting **unemployment** benefits **within one year** of registration
- Must **meet with a counselor** at the **One Stop Career Center** to confirm you qualify
- Must possess at least **8th grade reading and math skills**

CONTACT

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