



Cooks may...

- Prepare and cook complete meals, including special meals
- Hire and train kitchen staff
- Schedule and supervise kitchen helpers
- Oversee kitchen operations
- Maintain inventory and records of food, supplies and equipment
- Clean kitchen and work area
- Plan menus, determine size of food portions, estimate food requirements and costs, and monitor and order supplies.

a project of
**Don Guthro of A+Projekt &
 Lookout Emergency Aid Society**

About Don Guthro

- trained at George Brown College, Toronto
- over 20 years experience
- regular guest chef on City TV's "The Breakfast Show,
- regular guest chef on CBC's BBQ tapings
- PBS chef instructor
- speaker and judge at numerous national and international food shows and service competitions
- experienced Academic Director for a premier culinary and management school



Find out more about the...
**Culinary
 Training
 Program**



North Shore Housing Centre

705 West 2nd Street,
 North Vancouver, BC V7A 1E6
 Tel: 604-982-9126 ext 39
 Fax: 604-982-9127
 www.lookoutsociety.ca
 chef@lookoutsociety.ca

This program is possible thanks to the generous funding from the inaugural North Shore Mayors Golf Tournament and Mayor Darrell Mussatto of the City of North Vancouver, Mayor Richard Walton of the District of North Vancouver, Mayor Pamela Goldsmith-Jones of the District of West Vancouver, and the North Shore Community Foundation.

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 and
 Lookout Emergency Aid Society**

Culinary Training Program

Learn the skills to be in demand in the hospitality industry, whether working in a diner, in a large kitchen, a fine restaurant, or on a cruise ship.

Program Overview

This 16 week program features

- theory combined with practical application
- real service in a working kitchen while you learn
- Practicum work experience of up to two months that could lead to employment



Who are students?

Suitable for men and women of any working age, students are North Shore residents with one thing in common – a desire to make a better life for themselves, and a desire for the training and support to get there.

Learning Style

Enjoy learning with experienced and caring staff in a hands-on setting.

Program Financing

Tuition, texts, and fees may be fully funded if you are referred from Lookout Emergency Aid Society, or a recognized referring Agency. Call to ask for more details.

Additional Certificates

- Food Safe
- First Aid
- Serving It Right



Job placement

We work with graduates to find suitable employment, recognizing that job search is a team effort.

Curriculum Overview

- Basic Food Service
- Worker Skills
- Vegetable Preparation
- Meat, Poultry & Seafood Cutting
- Meat & Poultry Cooking
- Seafood Cooking
- Stocks & Soups
- Sauces
- Cold Kitchen
- Baking, Pastry & Desserts
- Egg & Breakfast Cookery
- Nutrition

How to apply

Contact the Admissions office of the Culinary Training Program to arrange an informational meeting :

- email chef@lookoutsociety.ca, or
- call 604-982-9126 extension 39, or
- stop by Lookout's North Shore Housing Centre (705 W 2nd, North Vancouver) and fill out the Application Form to be contacted with more information

To help confirm your compatibility for this program, you will meet with our friendly staff, and will complete an assessment which will include a day in the kitchen.

Call Don Guthro at:

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chef@lookoutsociety.ca

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