

PROGRAM Vision/Mission Statement

- ▶ Our vision is to provide adults with skills that are relevant in the workplace, skills that will allow participants to be meaningfully employed and fully engaged in community.
- ▶ We are committed to fulfilling our vision and providing skills that will enhance adults' personal attributes, with a view to assisting them in securing meaningful careers and opportunity for success.

Advisory Board

All courses are developed and updated in consultation with Business Advisors.

Staff

Dedicated, well trained and experienced staff care about student needs.

Teaching methods are geared to student learning, allowing the personal attention that will lead to success.

Instructors are licensed and/or certified with industry, and are leaders with significant experience within their industry. They continually maintain their links to business, bringing real life experiences and examples to the classroom.

About Lookout Emergency Aid Society

Lookout Emergency Aid Society is a non-profit, charitable organization, providing non-sectarian lay services to adult men and women who cope with a wide variety of challenges including mental illness, mental handicaps, medical problems, physical disabilities, social dysfunctions, substance abuse or — more frequently — a combination of issues.

About Don Guthro and A+ Projekt

Don Guthro received an Advanced Culinary and Hospitality Management degree at George Brown College, and expanded his education in Small Business Development, Financial Analysis and Marketing.

Don has appeared regularly on Vancouver city TV's "The Breakfast Show", and his genuine personality and skills earned him some fame in CBC's BBQ tapings, as a returning PBS chef instructor, as a regular speaker at numerous food shows, and as lead judge at nationwide food and service competitions across Canada and the United States.

Don applied his experience to culinary education, an avenue where he could share his two decades of experience and knowledge, and inspire the next generation of culinary chefs. As an Academic Director for a premier North American culinary and management school, he was able to develop a program locally that focused on quality education.

Funded by the inaugural North Shore Mayors Golf Tournament — 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.



COURSE CALENDAR

For Service Providers

**Don Guthro of A+ Projekt &
Lookout Emergency Aid Society**
present the

Culinary Training Program



NOC 6242 • apprentice cook • assistant cook • banquet cook • breakfast cook • broiler cook • cafeteria cook • camp cook • caterer cook • construction camp cook • diet kitchen cook • dietary cook • domestic cook • ethnic food cook • first cook • fishing and merchant vessel cook • grill cook • hospital cook • institutional cook • journeyman/woman cook • kosher foods cook • licensed cook • line cook • logging camp cook • mess cook • pastry cook • pizza cook • railway cook • restaurant cook • second cook • ship's cook • short order cook • small establishment cook • special diet cook • therapeutic diet cook • third cook

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

Program Overview

In our Culinary Training Program a range of skills are covered, including fundamental kitchen organization, food ordering, and food preparation. This is a complete program designed to train today's food service professionals for entry level jobs which may ladder to further opportunities.

Schedule

Duration: 16 weeks (600 hours) Full-time: Monday through Friday, 9am - 4:30pm (with meal break)
Continuous intake process for the following class start. Please call for the next start date.

Entrance Requirements

- A letter of referral from a professional who knows the applicant. This may include a doctor, counsellor, support worker, former employer.
- Successful completion of Entrance Assessment. This will consist of an interview with the Program Coordinator, a written assessment, and a one day in-kitchen evaluation.
- Health suitable for working with food.
- A working understanding of English Language.

Registration and Admissions Process

Applying

Phone or email the Admissions office for the Culinary Training Program for an interview (email Don at chef@lookoutsociety.ca, or call 604-982-9126 extension 39). A meeting will be arranged to talk about the program.

Financing

Tuition, texts, and fees may be fully provided (*courtesy of funding through the North Shore Mayors Golf Tournament and the North Shore Community Foundation*) if an applicant is referred from Lookout Emergency Aid Society, or another approved community agency. Please call for details.

About the Program

Who are students?

Suitable for men and women of any working age, students are North Shore residents who have experienced, or are at risk of homelessness. They have one thing in common – a desire to make a better life for themselves, and a realization that they need the training and support to get there.

Practicum

Students will be placed in work experience settings in the food services industry.

Job placement

The goal is for graduates to find suitable employment, and we will work together to achieve that, recognizing that job search is a team effort.

Learning Style

These full time studies take the best from the standard educational environment and from real-life learning style. Instructors provide classroom leadership and regular lectures, helping to master skills. Individual coaching is available.

To apply for this course, contact Don Guthro at

Lookout Emergency Aid Society North Shore Housing, at 705 West 2nd Street, North Vancouver, BC V7A 1E6

Tel: 604-982-9126 extension 39

Fax: 604-982-9127

chef@lookoutsociety.ca

Program Curriculum (NOC 6242)

TECHNICAL SKILLS

Skill Area "A" – Basic Food Service Worker Skills

- Personal hygiene, kitchen and equipment cleaning and sanitization, safe work habits, food storage, standards of professionalism.
- Knife handling, smallwares identification, equipment usage, Mis-En-Place, food/plate presentation.
- Basic kitchen terminology, re-cycling methods, receiving product, utilization of leftovers.

Skill Area "B" – Elementary Kitchen Management

- Weights & Measurements, understanding the recipe, stock rotation.
- Recipe conversion, product identification, qualities and grades of food product, convenience foods, basic food costing.
- Recipe modification, daily specials, organic products, preservatives in food, basic menu construction.

Skill Area "C" – Nutrition

- Nutritional requirements, food groups, importance of diet, retention of nutrients, consumption habits, basic menu planning, basic dietary modification.

Skill Area "D" – Stocks & Soups

- Stock ingredients, procedure, bases, classifications of stocks, classification of soups, gelatinization of starches.
- White stock, brown stock, fish stock, beef stock, vegetable stock, reductions and glazes.
- Cream Soups, clear soups, chowders, purees, specialty soups, consommés, garnishes.

Skill Area "E" – Sauces

- Composition of sauces, thickening agents, procedures, identify sauce families.
- Espagnole, veloute, bechamel, tomato, hollandaise, purees and coulis.
- Secondary sauces, specialty/foreign sauces, beurre blanc, finishing techniques.

Skill Area "F" – Vegetable Preparation

- Store and handle, clean and prepare, cut accurately, processed vegetables, cook rice and pasta.
- Select and identify, quality indicators, blanch for service, boil/steam, stew, grill, roast.
- Hold for service, sauté, glaze/gratinee, stuff and bake.

Skill Area "G" – Egg & Breakfast Cookery

- Identify breakfast items, understanding eggs, poach eggs, boil eggs, fry eggs, scramble eggs.
- Breakfast cereals, breakfast meats, breakfast potatoes, breakfast fruits, omelettes.
- Hot cakes, poached egg variations, French toast, compound butters, station set-up.

Skill Area "H" – Cold Kitchen

- Receive/store salad items, clean and prepare salad items, basic sandwich preparation, salad table mis-en-place, sandwich fillings.
- Identify salad items, quality indicators, salad dressings, fancy sandwiches, garnishes.
- Plated salads, buffet salads, identify cheese, Canapes and Hors D'Oeuvres.

Skill Area "I" – Meat, Poultry & Seafood Cutting

- Basic Cuts, quality indicators, clean and scale seafood, cut and bone chicken, cut and tie roasts.
- Portion cut meats, identify primal cuts, portion cut seafood, skin and de-bone poultry.
- Identify secondary cuts, identify variety meats, prepare forcemeats.

Skill Area "J" – Meat & Poultry Cooking

- Identify types and cuts, effects of heat on protein, appropriate cooking methods, slice, carve and portion.
- Stew, roast, braise, deep fry.
- Broil, grill, pan fry, sauté, prepare stuffings, cook variety meats.

Skill Area "K" – Seafood Cooking

- Identification of seafood, quality indicators, store fresh/frozen, testing for doneness.
- Poach, grill, deep fry, identify molluscs and crustaceans.
- Steam, sauté, stuff, bake, pan fry.

Skill Area "L" – Baking, Pastry & Desserts

- Identify ingredients, formulas and measurements, plain pastry, basic pies, quick breads.
- Mixing methods, puddings and custards, cakes, yeast products, choux pastry.
- Puff pastry, fruit compotes, gelatin desserts, plate presentations.

Independent Certifications

Food Safe

First Aid

Serving It Right