

## ARE YOU READY TO START A NEW CAREER IN THE KITCHEN?

Demand for cooks is at an all-time high. New restaurants are opening every day and the demand for trained cooks is rising, and wages are rising too! Schools, hotels, caterers, banquet kitchens, food trucks, restaurant chains, restaurants everywhere are looking for qualified personnel. If you have ever thought about pursuing a career in the food service industry, now is the time!

GoCook! Hawai'i is a unique program. Before, the only way to gain professional culinary skills was to take two years of culinary school, or work your way from the bottom up in a restaurant. Go Cook! is a focused, fast track program that will make you "kitchen ready" in only 3 months.

GoCook! Hawai'i is taught by professional culinary instructors, hands-on, in a real work environment. In 3 months you will have the skills to enter into a new lifetime career. To find out how to get started, call 734-9484.

This project was funded under the Trade Adjustment Assistance Community College and Career Training (TAACCCT) Grants, as implemented by the U.S. Department of Labor's Employment and Training Administration. TAACCCT is an equal opportunity employer/program and auxiliary aids and services are available upon request to individuals with disabilities.

FOR A LIMITED TIME ONLY!

University of Hawaii  
Kapi'olani Community College  
Culinary Arts Department  
4303 Diamond Head Road  
Honolulu, Hawai'i 96816  
Phone: 734-9484  
Fax: 734-9212

<http://www.kapiolani.hawaii.edu/>

The University of Hawai'i is an [equal opportunity/affirmative action institution](#).



The Culinary Institute of the Pacific at  
Kapi'olani Community College,  
University of Hawai'i



**GOCOOK! HAWAI'I**  
**FAST TRACK**  
**FOOD SERVICE TRAINING**  
**PROGRAM**

## ABOUT THE PROGRAM

The Culinary Arts Department at Kapi'olani Community College is **offering culinary arts training free** to assist anyone with an interest in entering the food service industry with the essential knowledge and skills they will need to succeed. **This offer is good for the listed program dates only!**

The GoCook! Hawai'i program is designed specifically to take anyone from zero to working cook in just 12 weeks. Using a proven combination of lectures, cooking demonstrations, and hands-on, practical instruction, participants will gain the knowledge and fundamental skills to become a professional cook.

All trainees who successfully complete the program will receive a **Certificate of Professional Development** from Kapi'olani Community College, a nationally recognized **ServSafe® Food Handler's Certificate**, and job referrals to potential employers.

Instruction will be done by chef instructors from KCC's Culinary Arts program in the kitchens at Kapi'olani Community College. Participants will get practical training every day as they prepare ingredients and meals.

In addition, all trainees will be loaned a uniform and have access to all the necessary kitchen tools (including knives and utensils) and cooking equipment, on-site.

## THE PROGRAM ESSENTIALS:

Week 1 — Lecture, Cooking Demonstrations and Hands-On Cooking

Food Safety and Sanitation Certification Class

Basic knife skills, introduction to equipment usage

Fruit and vegetable cuts, basic stocks, basic sauces, basic meat and seafood preparation

Weeks 2 Through 12 — Practical Training

Pantry foods (salads, dressings, soups and cold take out items)

Entrees

Breakfast cookery

Basic baking techniques

Stewarding and Receiving

Customer Service

## INFORMATION SESSIONS:

KCC will hold information sessions for prospective trainees, on the following dates:

September 18<sup>th</sup> and December 4<sup>th</sup> 2015  
February 26<sup>th</sup> and May 20<sup>th</sup> 2016

Call for more information.

## WHO IS ELIGIBLE TO PARTICIPATE?

Anyone age 16 and over, unemployed or underemployed, and ready to work!

## HOW MUCH WILL IT COST?

The entire program is free to all trainees.

## WHEN DOES THE PROGRAM START?

The program will run four times this year: October 1<sup>st</sup> 2015, January 3<sup>rd</sup>, March 28<sup>th</sup> and June 20<sup>th</sup> 2016.

## HOW LONG IS THE PROGRAM?

The program will run 12 weeks.

## WHERE IS IT LOCATED?

All training will be done at the Kapi'olani Community College cafeteria, Diamond Head Road.

## WHO DO I CONTACT TO GET STARTED?

General inquiries: 734-9484

Agency referrals:  
Daniel Leung  
734-9473  
leungdan@hawaii.edu