

FOOD SERVICE TRAINING FOR YOUNG ADULTS



Good Harvest
COMMUNITY KITCHEN

Enrollment Requirements

- Must be 18 - 24 years old
- Sixth-grade reading & math skills
- 12-week availability, Monday thru Friday from 8:30 am to 2:30 pm
- Able to reach, bend, and stoop on a regular basis
- Able to lift 50 pounds
- Able to stand for an entire shift
- Provide proof of COVID vaccination
- Preference to young adults in the East Baltimore, Mount Vernon, and Charles Village areas



The Good Harvest Food Training Program is a 12–week, intensive food service training program that combines classroom instruction with hands-on experience in a real production kitchen.

Upon successful completion of the program, students are equipped with the skills required to work in a commercial kitchen, including a ServSafe® Food Manager Certification.

Graduates are provided job placement services and support to enter the foodservice industry at a competitive wage, often with full benefits.

100% Scholarships Available! This course costs \$5,000 per student, including all instruction, books, materials, testing, transportation, and weekly stipends. Due to grant funding, Good Harvest is able to offer this course at no charge to students.

Register today! New student cohorts start every six weeks.

- No High School Diploma or GED required
- No criminal background checks

For more information or to schedule an appointment for registration and testing:

Call 410-982-0855

Email: training@goodharvest.org

Good Harvest Food Service Training Program

OVERVIEW

Good Harvest Food Service Training Program is an intensive, hands-on training program in foodservice and culinary arts. The program provides students with the technical skills necessary for a career in the foodservice and hospitality industries including commercial kitchens, restaurants, hotels, and catering companies. Emphasis is placed on mastery of technical skills and achieving ServSafe Manager Certification which gives students the edge to earn competitive wages with benefits and embark on a life-long career in the foodservice industry, one of the largest industries in the Baltimore Region.

TECHNICAL SKILLS TRAINING

The program provides a tiered training curriculum combined with life and employability skills and one-on-one support. Student progression is determined by the attainment of specific skills using written and practical assessments and kitchen observations. Students master their skills while working in the production kitchen of Good Harvest Community Kitchen. This state-of-the-art industrial kitchen provides an exceptional training venue for a high-quality, hands-on learning experience. The kitchen experience reinforces the classroom training by providing practical experience in all facets of a professional kitchen including;

- Equipment and Food Knowledge
- Safety and Sanitation
- Recipe Reading
- Cooking Techniques
- Knife Skills
- Menu Planning
- Food Preparation
- Nutrition
- Packaging and Delivery
- Customer Service



In addition to learning basic food service skills, students assist in the preparation of nutritious meals for Baltimore area pre-schools, after-school programs, shelters, adult daycare, and senior programs.

ESSENTIAL SKILLS TRAINING

Students receive extensive job-readiness training highlighting the importance of punctuality, attendance, reliability, effective communication, conflict resolution, and teamwork. Students also learn specific skills required of the Food Service Worker. During training, students receive support services to address personal barriers to completing training and job retention.

JOB PLACEMENT SERVICES

Upon graduating, our students receive one-on-one career coaching and direct job placement with employers in the Baltimore region. In addition, students receive ongoing support services up to 12 months post-graduation.

Good Harvest Community Kitchen

1901 62nd Street, Suite 3906

Baltimore, MD 21237

410-982-0855

Email: training@goodharvest.org

www.goodharvest.org