



### ***What Skills are Necessary to be a Kitchen Mentor?***

A Kitchen Mentor plays a critical role in the Food for Health teen program. While the Mentor is often doing a task along side the teens, their **main job** is to **teach the teens** how to do the task well and engage the teens so they understand more fully the what, why and how of what they are doing.

The following skills/abilities are needed to be a successful Kitchen Mentor

- Comprehensive background in culinary arts, whole foods preparation, and teaching/mentoring
- Ability to take a large scale recipe (up to 100 servings) and execute/teach all tasks to a small group of teens
- Knowledge of basic kitchen measurements and how to calculate/convert them (example – how many cups are in one quart)
- Knowledge of basic cooking skills (such as sautéing, roasting, blanching) AND can teach/explain the difference to teens
- Proficient in preparation of basic raw ingredients (such as how to cook different grains, proteins, etc)
- Proficient in knife skills and be able to do/explain the different knife cuts (such as large dice, medium dice, minced etc)
- Knowledge of food service safety and sanitation, preferably holds a food service sanitation certificate
- Ability to lift heavy pots/pans and work in a sometimes warm & crowded kitchen
- Willingness to work with all types of ingredients and taste all components of the dish you are preparing

Checklist to become a Kitchen Mentor

1. Submit a Food for Health Volunteer Application
2. Review the Necessary Skills to be a Kitchen Mentor
3. Provide documentation of food safety certificate, do the online ServSafe Course, or attend a Food for Health Sanitation Class
4. Complete a background check
5. Shadow an existing Kitchen Mentor for 2-4 weeks and evaluate with Executive Chef and Volunteer Coordinator on if you are ready/willing to work as a Mentor independently