

COOK

Assistant Branch 1

NOC 6242
(A.C.A., unrestricted certified trade)
SERVICE SECTOR

WORK DESCRIPTION

Assistant Cooks prepare, cook and assemble:

- complete breakfasts
- short-order grill
- sandwiches
- simple salads
- simple desserts
- vegetables
- non-alcoholic beverages

Assistant Cooks carve cooked:

- meats
- poultry
- fish
- game

Assistant Cooks have a working knowledge of:

- table service
- soups and sauces
- salads and dressings
- weights and measures
- hygiene
- equipment handling
- sanitation
- workplace safety

WORK OPPORTUNITIES

Employers who hire Assistant Cooks include:

- Institutions
- Restaurants or catering companies
- Health and Social Services firms
- Hospitals
- Large recreational chains or resorts

WORKING CONDITIONS

Assistant Cooks may:

- need a high level of stamina
- work in crowded spaces

Assistant Cooks may be exposed to:

- sharp knives
- hot appliances
- dangerous equipment

Assistant Cooks:

- may work both full or part-time
- may work shifts which include weekends and holidays

Assistant Cook is an unrestricted certified trade and therefore does not require a valid Certificate of Qualification in order to work in the trade.

PROSPECTS OF EMPLOYMENT

Employment opportunities and wages vary across the Region. For current employment prospects in this trade go to:

www.ontariojobfutures.net

SALARIES/WAGES

A fully qualified Assistant Cook can earn in the range of \$30,000 to \$70,000 per year, depending on the employer. For the most up to date information regarding wages go to:

www.ontariojobfutures.net

Payment of a wage to OYAP students during the hours of their Cooperative Education placement is at the discretion of the employer.

EDUCATION & TRAINING

SECONDARY SCHOOL – Ontario Youth Apprenticeship Program (OYAP)

In-School

- must have completed 16 OSSD credits, be 16 years of age and a full-time student for acceptance in OYAP
- must be working towards completion of the OSSD
- for recommended course selection see Apprenticeship Subject Pathways (Section 4, page 56) and talk with a Guidance Counsellor/Co-op Teacher

On-the-job training

- must be enrolled in Cooperative Education
- may or may not be registered as an apprentice

POST SECONDARY – Apprenticeship

- minimum Gr. 10 requirement, but employers/unions may require Gr. 12
- must be a registered apprentice to obtain Certificate of Apprenticeship/Certificate of Qualification

In-school courses

- Level one – 12 weeks

On-the-job-training

- takes 1 years to complete the training (approximately 2000 hours of combined in-class and on-the-job training)
- apprentice must follow the program outlined in the Apprenticeship Training Standards book

CERTIFICATION

- Certificate of Apprenticeship
- can challenge exam for Certificate of Qualification

CAREER PATH

Once the apprenticeship has been successfully completed the Journey person may:

- work as an Assistant Cook
- progress to a supervisory position
- start own business
- work in related areas or occupations ---

RELATED OCCUPATIONS

- Cook
- Pastry Cook
- Chef

CONTACT INFORMATION

School Guidance/Co-op/ Tech Studies Office

Apprenticeship Website:

www.edu.gov.on.ca/skills.html

York South Simcoe Training & Adjustment Board Website: www.ysstab.on.ca

Training Hotline: 1 800 387 5656

Industry Contacts:

The Canadian Personal Chef Alliance
www.canadianpersonalchefalliance.com

Union Contacts:

United Food and Commercial Workers
www.ufcw.ca

UFCW Locals 175 & 633

905 821 8329

<http://www.ufcw175.com>