

FINDING

Work in ...

Informing
Attracting
Developing
Retaining



CHEF / COOK

QUICK FACTS

- Clean working environment.
- Professional kitchens.
- Benefits may be available.
- Competitive pay.
- There is a heavy demand for cooks / chef in southeast Alberta.
- Occasional overtime may be required.
- Depending on the place of business, shifts may include early mornings, evenings, late night shifts, weekends and holidays.
- The hourly wage range for a Chef / Cook within southeastern Alberta is \$10.00 - \$20.00 per hour.
- For additional information, visit www.alis.gov.ab.ca (NOC#6241).

NATURE OF WORK

Cook

- Food preparation.
- Cooking meals.
- Repetitive knife chopping.
- Working over ovens and ranges when line cooking.
- Cleaning and sanitizing kitchen and counter areas.
- Stock rotation.
- Standing for entire shift.
- Some heavy lifting is required.
- Working in a hot temperature environment.
- Loud work environment.
- Ability to advance to supervisory or chef positions with experience and training.
- Work is in restaurant and hotel kitchens.

Chef

- Plan, oversee and instruct cooks on food preparation and presentation.
- Plan menus and food supplies.
- Hire, recruit and supervise cooks and kitchen staff.
- Oversee kitchen operations from ordering food to equipment maintenance.
- Prepare and cook specialty meals, sauces, and pastries.

General

- Ability to get to and from work is required.
- Work is available full time, part time, and year round.



WHAT EMPLOYERS LOOK FOR

- Some culinary training is preferred, but not necessary.
- Some restaurant experience.
- For restaurants located within hotels, prior work experience in hotel/restaurant setting is an asset.
- Any prior cooking experience is an asset.
- Food safety course.
- Hard working individuals.



WHAT EMPLOYERS LOOK FOR

(CONT'D)

- A willingness to learn.
- Individuals who are punctual.
- Must be reliable.
- A positive attitude is important.
- A willingness to work weekends and holidays.

RELATED TRAINING OPPORTUNITIES

- On-the-job training is provided.
- Apprenticeship opportunities are available.
- Training is available through the Lethbridge Community College (www.lethbridgecollege.ab.ca), SAIT (www.sait.ab.ca), and NAIT (www.nait.ca).
- Training requirements to advance in southeast Alberta include Red Seal Trade Certification and a good apprenticeship program.
- Additional schooling and several years experience in the industry provide opportunities to advance to Executive Chef and Director of Food & Beverage positions.
- Visit the **Corporate Education Network** for additional training opportunities specifically in Southeast Alberta (www.cenetwork.ca).

HOW TO APPLY

- Hiring procedures vary depending on the employer. Generally job seekers are to submit a resume or complete a company application form.
- Apply in person, by mail or by fax directly to the company office.
- In some cases, a company application form may be available on-line at the company website.
- A formal interview will follow.
- Check www.jobbank.gc.ca for current job listings in Southeast Alberta.

POTENTIAL EMPLOYERS

- ABC Country Restaurant
- Ace's Lounge & Grill, Brooks
- Argos Family Restaurant
- Astro's Restaurant & Bar, Bassano
- Beefeater Steak House
- Boston Pizza, Brooks & Medicine Hat
- Bow Garden Restaurant, Bow Island & Medicine Hat
- Buglers Restaurant, Elkwater (www.elkwaterlakelodge.com)
- D'Carlos Restaurant
- Egan's Restaurant & Irish House, Brooks
- East Side Marios
- Elkwater Landing Restaurant, Elkwater
- Garth's Restaurant & Lounge, Brooks
- Gus's Steak & Pizza House, Brooks
- Halfway Inn Restaurant, Oyen
- Harry's Place Restaurant & Bar, Bassano
- Heritage Inn, Brooks
- Houston Pizza
- Humpty's Family Restaurant, Brooks
- Humpty's Family Restaurant, Medicine Hat (www.humpysatthehat.ca)
- Joey's Only Seafood, Brooks
- Kelsey's Restaurant
- Medicine Hat Golf & Country Club (open seasonal April – October)
- Medicine Hat Lodge (www.medhatlodge.com)
- Montana's Cook House
- Moxie's Classic Grill
- O'Riley's Restaurant, Brooks & Medicine Hat
- Oyen Co-op Restaurant
- Perkins Family Restaurant
- Pony Express
- Ralph's Texas Bar & Steak House (www.ralphsbar.com)
- Rosie's Roadside Grill, Bassano
- Rustler's Corral
- Smitty's Restaurant, Brooks & Medicine Hat
- Top Steak House
- Trappers Grill & Pizzeria, Brooks
- Tumbleweeds Grill & Wine Bar