

## SERVICE



# Institutional Cook

An institutional cook prepares meals in both small and large quantities using bulk-cooking methods in conventional, cook chill or cook freeze environments. An institutional cook prepares food to meet individual dietary needs, including health, religious needs, ethnic preferences and budgetary requirements.

Do you consider yourself a creative person? Are you comfortable working with different kitchen equipment? Are you reliable, a self-starter and able to work with minimal supervision? Can you follow directions? Are you detail-oriented? Do you enjoy working with your hands?



### MOST IMPORTANT ESSENTIAL SKILLS

- attention to detail
- communication skills
- problem solving
- teamwork



### POTENTIAL EARNINGS

#### Hourly wage

from \$17.20 to \$22.00

#### Annual salary

from \$32,272 to \$42,900

**Make up to 100K during your apprenticeship**



### CAREER OPPORTUNITIES

#### You could work in:

- retirement homes
  - long-term care homes
  - hospitals
  - childcare centers
  - schools
  - correctional facilities
- or one day have your OWN business!

#### Other related trades:

- Assistant cook (415B)
- Baker (423A)
- Baker-pâtissier (423C)
- Chef (415C)



To become an institutional cook, you could participate in an apprenticeship.

**Start your apprenticeship now with OYAP!**



### IMPORTANT DETAILS

- **CODE 415D**
- Non-compulsory trade
- 3,600 hours on the job + 360 hours of in-school training (level 1)
- Total of 3,960 hours (approximately three years)
- Certifying exam

**Check out the specialized programs in your high school to explore the trades!**

**Let OYAP be your helping hand!**

Visit [Skilled Trades Ontario](#) for more information.