

WORKING TO BE AN

Institution or Cafeteria Cook



What type of education is needed to be an institution or cafeteria cook?

- High school diploma or equivalent is preferred
- Often position can be learned through on the job training
- May go to culinary school to receive more formal training

What licenses or certifications are needed to be an institution or cafeteria cook?

- None required

What is the work environment like for an institution or cafeteria cook?

- Indoors, the kitchen area may be very warm
- Can be hazardous from grease and spills but using the correct safety precautions can reduce chances of accidents
- Requires long periods of standing, bending, and lifting
- May be full time or part time
- May include nights, weekends, and holidays

What does an institution or cafeteria cook do?

- Prepares family style meals for cafeterias, schools, hospitals, or institutions
- Cooks in large quantities, not for individual orders
- Prepares and cooks vegetables, meats, desserts, etc.
- Bakes breads, rolls, and pastries
- Cleans work area and equipment
- Plans menus
- Portions and serves food
- Orders supplies
- Keeps records of supplies, food costs, and nutritional requirements

What is the normal pay range for an institution or cafeteria cook?

- \$6.24–\$13.73 per hour

What Source partners offer training to be an institution or cafeteria cook?

- Toledo Public Schools
- Owens Community College

How can an institution or cafeteria cook grow in their field?

- Can become an executive chef or a head cook
- Can become a personal chef or open their own restaurant
- Through training and experience, can move into a related career in food service

The Source

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