

# CINCINNATI COOKS

**CINCINNATI COOKS!** is a free culinary job training program for under-and unemployed individuals. During the 10-week course, students learn the mechanics of a commercial kitchen, as well as professional and life skills to ensure success in the food service industry and in their personal lives.

Eligibility requirements include: desire to work, commitment to the program for the 10-week period without interruption, childcare established prior to enrollment, 18 years of age or older, basic literacy skills, physical ability to perform duties; no kitchen experience needed.

## PROGRAM INCLUDES:

- Transportation
- Daily Lunch
- Monthly trips to the market
- Assistance with hygiene supplies and other resources

## OPPORTUNITIES

**When a student graduates from Cincinnati COOKS!, they receive a number of tools to take with them:**

- Certificate of completion with potential for awards
- ServSafe Food Protection Manager Certification, with passing score
- Professional chef jacket and pants
- Workforce readiness and leadership training
- Assistance with resume building, applications and employment opportunities
- Graduates may apply for our Second Course advanced program
- ACF Certification with Certified Fundamentals Cook® (CFC®) designation from the American Culinary Federation (ACF) after completion of Second Course
- Knife set upon proof of employment
- Scholarships are available to graduates who attend Cincinnati State's culinary programs

For more information about Cincinnati COOKS!, please contact:

**Kelsey Mullaney**

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To apply to our Cincinnati COOKS! program, please **scan our QR code** or go to <https://freestorefoodbank.org/cincinnati-cooks/>.



**LOGISTICS, INVENTORY MANAGEMENT, FACILITIES MANAGEMENT AND TRANSPORTATION (LIFT)** offers an opportunity under-and unemployed individuals throughout the tristate region to become trained in a growing field, providing essential job skills. This 10-week free job training program will supply hands-on training from experienced warehouse personnel at Freestore Foodbank, specialized coursework designed by Gateway Community and Technical College, as well as links to local employment through our program partners.

Eligibility requirements include: desire to work, commitment to the program for the 10-week period without interruption, childcare established prior to enrollment, 18 years of age or older, basic literacy skills, physical ability to perform duties; no warehouse experience needed.

**PROGRAM INCLUDES:**

- Transportation • Boots • Lunch

**PROGRAM CREDENTIALS:**

- Certified Logistics Associate (CLA) (passing grade required)
- Certified Logistics Technician (CLT) (passing grade required)
- Forklift Operator License (PIT)
- LIFT The Tristate Certificate
- Servsafe Food Handler Certificate
- Earn Up to 6 College Credit Hours towards a higher degree at Gateway Community & Technical College (3 credit hrs. for passing CLA exam; 3 credit hrs. for passing CLT exam)

For more information about LIFT, please contact:

**Claudia Johnson**

[cjohnson@freestorefoodbank.org](mailto:cjohnson@freestorefoodbank.org)



To apply to our LIFT program, please **scan our QR code** or go to <https://freestorefoodbank.org/lift-the-tristate/>.