

HANDS-ON TRAINING

CULINARY ARTS:

- ◆ Food prep

Soups & salads

Sandwiches & entrees

Desserts

Meal kits & partial prep



- ◆ Food storage & inventory
- ◆ Sanitation
- ◆ Kitchen safety
- ◆ Food safety
- ◆ Kitchen equipment
- ◆ Packaging & merchandizing

RETAIL:

- ◆ Customer service
- ◆ Cash register & purchases
- ◆ Retail technology
- ◆ Merchandising & displays
- ◆ Merchandise handling
- ◆ Inventory management
- ◆ Planning special sales



LIFE SKILLS:

- ◆ Goal setting
- ◆ Relationship building
- ◆ Résumé writing
- ◆ Interview skills
- ◆ Financial literacy
- ◆ Time management
- ◆ Communication
- ◆ Problem solving
- ◆ Teamwork
- ◆ Stress management



To Apply:

Download an application at
www.foodpantry.org/OYM

For more information:

Rachel Orié

The Open Door
28 Emerson Avenue
Gloucester, MA 01930
978-283-6776 x222
oym@foodpantry.org

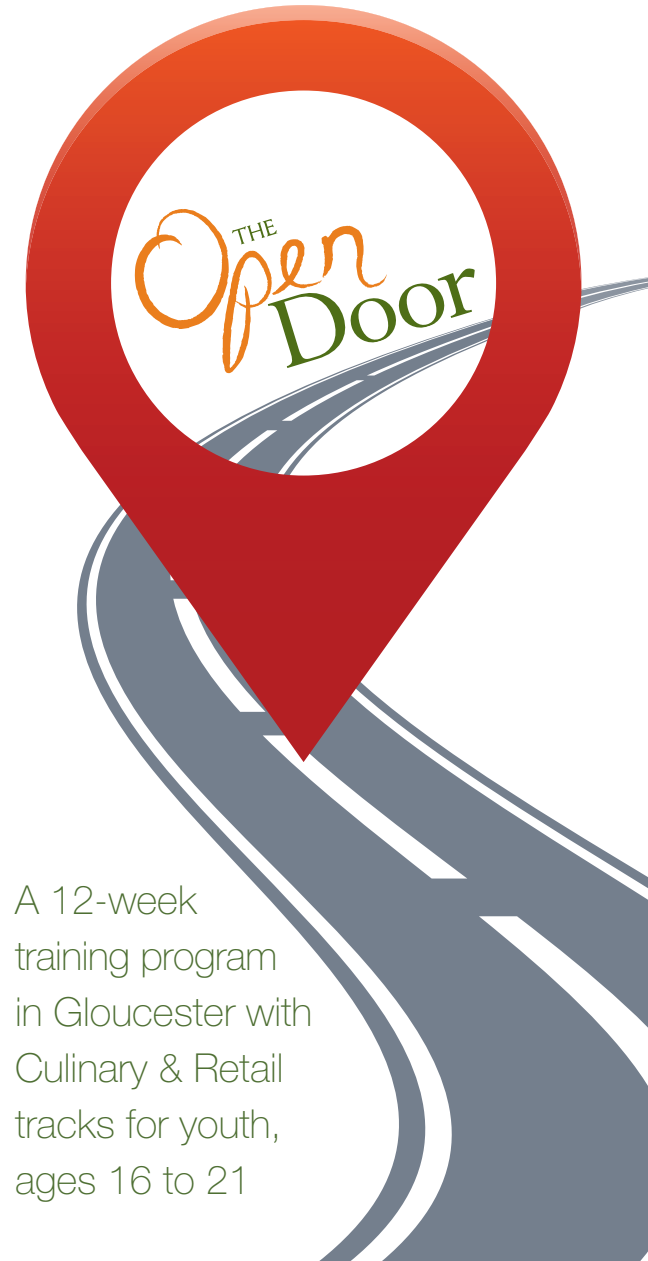
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and Merrimack Valley**



JOB TRAINING & WORKFORCE READINESS

On Your MARK!



A 12-week
training program
in Gloucester with
Culinary & Retail
tracks for youth,
ages 16 to 21

WHAT IS ON YOUR MARK?

On Your Mark is a 12-week program that offers job training and workforce readiness to youth ages 16-21. Students will attend three classes per week: two job training classes, and one life skills class. After graduating, students will have the skills for better paying jobs, and the knowledge to enter a degree or certificate program.

Job Training

Experienced culinary and retail professionals will teach you the fundamental skills you will need to work in a kitchen or retail store. Class instruction is hands-on, with different activities each week that will support the programs of The Open Door.

Life Skills

The Life Skills class will teach the basics of “adulting” to ensure that students thrive as they become independent adults. Guest presenters will include nutritionists, chefs, business leaders, job recruiters, and other professionals.

WHAT IS REQUIRED?

Responsible attendance and full cooperation are a must. Students are required to attend every session for 12 weeks and to participate fully in all job training activities.

WHERE

Culinary & Life Skills
The Open Door
28 Emerson Avenue
Gloucester, MA 01930



Second Glance

The Thrift Store of The Open Door

Retail

Second Glance Thrift Store
2 Pond Road
Gloucester, MA 01930

WHEN

Rolling sessions. Call 978-283-6776 x222.

Culinary Job Training:

Meets twice a week for 4 hours, each.

Retail Job Training:

Meets twice a week for 4 hours, each.

Life Skills:

Meets once a week for 4 hours.

WHO CAN PARTICIPATE?

Youth, ages 16-21. A completed application and intake interview are required. Only those with completed applications will be considered.

WHAT DO YOU GAIN?

- ◆ \$75.00 per week stipend (must come to all classes)
- ◆ Practical job training that could lead to employment
- ◆ Free ServSafe exam (for culinary students)
- ◆ Help finding a job or entering an educational program after you successfully complete the program
- ◆ Giving back to your community by supporting the programs of The Open Door

Employment opportunities are growing for skilled workers! The Open Door will train you and help you find a job through this 12-week program that combines job training and personal development. Or, if you're headed on to school, we will help you apply to a degree or certificate program to continue your education.

We offer support services and referrals to help you with your needs, such as:

- ◆ Groceries & SNAP assistance
- ◆ Clothing
- ◆ Health care
- ◆ Budgeting

WHAT IS THE OPEN DOOR?

The Open Door is a large hunger-relief organization serving 10 communities in the northeast corner of Essex County. Our mission is to alleviate the impact of hunger in our community. We use practical strategies to connect people to good food, to advocate on behalf of those in need, and to engage others in the work of building food security.