Put Yourself on the Map:
How to Use This Brochure

Would you like to meet people who work in this industry? To get the most out of this brochure, ask questions about jobs, and try things. You might be able to get a job, or you might like talking and learning about their experience. If you ask in a professional manner, many people are happy to speak with you. You can also visit websites that have videos or pictures of careers. Ask if they are willing to talk with you for a few minutes. This is called an "informational interview." You're not asking them to find you a job; you're only asking to listen and learn about their experience. If you ask a teacher, guidance counselor or parent to help.

Before you meet with the person, reread the brochure and write down any questions you have, for example:

- What do you do every day in this job?
- How did you get involved in this field?
- How much reading, writing or math do you do in your job?
- How do people dress at the work place?
- How do you work the same schedule every week, or does it change?
- What courses would I take in high school or college to prepare for this job?
- Do you work the same schedule every week, or does it change?
- What is my next step after high school if I am interested in this field?
- Where can I get additional general information on careers?
- Where can I get additional general information on careers?

Find someone who works in the industry – ask your friends, parents, teachers and neighbors if they can introduce you. Ask if they are willing to talk with you for a few minutes. This is called an "informational interview." You're not asking them to find you a job; you're only asking to listen and learn about their experience. If you ask in a professional manner, many people are happy to speak with you. You can also visit websites that have videos or pictures of careers. Ask if they are willing to talk with you for a few minutes. This is called an "informational interview." You're not asking them to find you a job; you're only asking to listen and learn about their experience. If you ask in a professional manner, many people are happy to speak with you. You can also visit websites that have videos or pictures of careers. Ask if they are willing to talk with you for a few minutes. This is called an "informational interview." You're not asking them to find you a job; you're only asking to listen and learn about their experience. If you ask in a professional manner, many people are happy to speak with you.

Before you meet with the person, reread the brochure and write down any questions you have, for example:

- What do you spend your day doing in this job?
- How did you get involved in this field?
- How much reading, writing or math do you do in your job?
- How do people dress at the work place?
- Do you have a routine set of tasks you do every day or do you do something different every day?
- Do you work the same schedule every week, or does it change?
- What courses would I take in high school or college to prepare for this job?
- Do you work the same schedule every week, or does it change?
- What is my next step after high school if I am interested in this field?
- Where can I get additional general information on careers?
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Before you meet with the person, reread the brochure and write down any questions you have, for example:

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- How much reading, writing or math do you do in your job?
- How do people dress at the work place?
- Do you have a routine set of tasks you do every day or do you do something different every day?
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## Jobs Preparing Food in Restaurants, also called “Back of the House”

**High School and College/Course/Training Required:**
- **Assistant Butcher** (Most Specialist)
  - Duties: Cuts, trims, and prepares carcass and/or parts of meat for sale in retail establishments.
  - PAY RANGE: $8 to $11 per hour
- **Prep Cook**
  - Performs a variety of food preparation duties other than cooking, such as preparing raw meats and other ingredients, slicing meats, cleaning equipment, or performing custodial work in food service establishments.
  - PAY RANGE: $15 to $19 per hour
- **Baker/Pastry Cook**
  - Mixes and prepares ingredients to produce breads, rolls, cookies, croissants, pastries, and other baked goods.
  - PAY RANGE: $11 to $22 per hour

**Experience and/or Course/Training Required:**
- **Line Cook**
  - Duties: Follows a menu to prepare and cook meats, fish, poultry, gravies, casseroles, soups, and other foods according to proper preparation methods.
  - PAY RANGE: $10 to $12 per hour
- **Sous Chef**
  - Duties: Assists the Executive Chef in the kitchen, including menu development, supplies inventory, purchasing, and cost control.
  - PAY RANGE: $20,000 to $44,000 per year

**High School and Little/No Experience**
- **Executive Pastry Cook**
  - Duties: Oversee the preparation of baked goods, plans and prepares the production methods.
  - PAY RANGE: $40,000 to $80,000 per year

### Food Manufacturing Jobs

**High School and College/Course/Training Required:**
- **Food Manufacturing Jobs**
  - Duties: Uses hand-held tools to perform routine and non-routine tasks in a manufacturing environment.
  - PAY RANGE: $41,000 to $75,000 per year
- **Very Experienced and/or Course/Training**
  - Duties: Oversees wine procurement, storage, collateral, and receipt service to customers in specialized or high-end restaurants.
  - PAY RANGE: $41,000 to $75,000 per year

### Did You Know?
- For jobs that require cooking, the more hands-on training you have, the more you stand out.
- Some jobs require a food handler’s certificate.
- The work requires you to stand more than 60 hours a week.
- Many entry-level jobs pay hourly.
- Many server/host positions depend on tips.

People who thrive in this industry like:
- A fast-paced environment.
- Working with their hands, being creative.
- Making food and serving people.

### MAP KEY
- Expected to grow faster than the average in the next 6 years.
- Required listening or certification required.
- May vary from employer to employer.

This flyer highlights some jobs, but not all jobs in this sector.