

# Food Service Worker

Anishinabek Employment and Training Services  
St. Joseph's Care Group  
Confederation College



Anishinabek Employment  
and Training Services



**Confederation**  
COLLEGE



ST. JOSEPH'S CARE GROUP

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# Regional Map



# What is a Food Service Worker (FSW)?

- The **Food Service Worker** is an essential member of the long-term care interdisciplinary team, delivering quality nutrition care and **service** in a health-care environment.
- The FSW performs a variety of tasks involved in the preparation, service, and clean-up for meals and refreshments served to clients, families, and staff in the assigned facilities.
- The FSW is responsible to perform duties in a manner that promotes workplace safety, team work within the department and follows safe food handling practices.



# Funding for the Program

- The first step is getting the word out about this opportunity to the nine communities that we service.
- Developed an advertising campaign
- Printed posters and brochures, advertised on our website and took full advantage of social media.



# Getting Started

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**FOOD SERVICE WORKER**  
Training Program (Begins May 2, 2016)

 Anishinabek Employment and Training Services
  Confederation COLLEGE
  St. JOSEPH'S CARE GROUP

AETS in cooperation with The Ministry of Training, Colleges and Universities Aboriginal Education Office, and Confederation College have initiated a new program which involves Aboriginal participants completing a compressed Food Service Worker (FSW) Training Program. The 6 week compressed FSW program is designed to provide you with the knowledge and skills to meet the expectations of this role. Program will consist of 6 weeks in-class with the intention that upon completion of the program all participants will become Food Service Workers, and gain employment in the sector, particularly with St. Joseph's Care Group.

**We deliver employment and training programs & services to the following 9 First Nations:**

- Animbiigoo Zaag'igan Anishinaabek • Biinjitiwaabik Zaaging Anishinaabek • Bingwi Neyaashi Anishinaabek
- Kiashe Zaaging Anishinaabek • Michipicoten First Nation • Ojibways of the Pic River First Nation • Pays Plat First Nation
- Pic Mobert First Nation • Red Rock Indian Band

**Program Includes:**

- Introduction to Nutrition
- Nutrition in Health Care
- Communications and the FSW
- Intuitional Food Services
- Sanitation and Safety
- Quantity Food Preparation

**Program provides:**

- Meals
- Accommodations
- Training Allowances

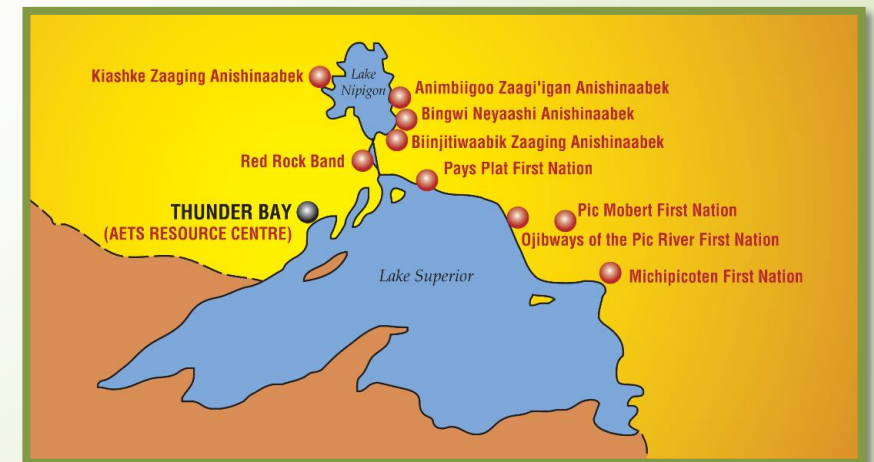
***Our vision is to lead in the development of a skilled Aboriginal workforce, empowering the Anishinabek, respectful of our culture and heritage.***

**FOR MORE INFORMATION ABOUT ANISHINABEK EMPLOYMENT AND TRAINING SERVICES**

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# Recruitment

- The recruitment sessions have begun and we are starting to travel to our respective communities
  - Provide in-person information about the opportunity and we started collecting applications.
  - Lake Nipigon, Sand Point, Red Rock, Pays Platt, Pic Mobert, Pic River, Rocky Bay Michipicoten and Gull Bay
- Interviews will be held prior to the program beginning



# Job Readiness Training

- AETS will help you prepare:
  - Resume
  - Cover Letters
  - Interview Preparation



**JOHN DOE**  
Full Address • City, State, ZIP • Phone Number • E-mail

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**OBJECTIVE:** Design apparel print for an innovative retail company

**EDUCATION:**

UNIVERSITY OF MINNESOTA College of Design	City, State May 2011
<ul style="list-style-type: none"> <li>• Bachelor of Sciences in Graphic Design</li> <li>• Cumulative GPA 3.93, Dean's List</li> <li>• Two-time, low Range Scholarship</li> </ul>	

**WORK EXPERIENCE:**

**AMERICAN EAGLE**  
Sales Associate  
City, State  
July 2009 – present

- Collaborated with the store merchandiser creating displays to attract clientele
- Use my trend awareness to assist customers in their shopping experience
- Thoroughly scan every piece of merchandise for inventory control
- Process shipment to increase my product knowledge

**PLANET BEACH**  
Spa Consultant  
City, State  
Aug. 2008 – present

- Sell retail and memberships to meet company sales goals
- Build organizational skills by single-handedly running all operating procedures.
- Communicate with clients to fulfill their wants and needs.
- Attend promotional events to market our services.
- Handle cash and deposits during opening and closing.
- Received employee of the month award twice.

**BLAVIERBARKER**  
Sales Associate  
City, State  
May 2008 – Aug. 2008

- Stocked sales floor with fast fashion inventory
- Matched down items allowing me to see unsuccessful merchandise in a retail market
- Offered advice and assistance to each guest

**VICTORIA'S SECRET**  
Fashion Representative  
City, State  
Jan. 2006 – Feb. 2006

- Applied my leadership skills by assisting in the training of coworkers
- Set up mannequin and displays in order to entice future customers
- Provided superior customer service by helping with customer decisions.
- Took seasonal inventory

**VOLUNTEER EXPERIENCE:**

**TARGET CORPORATION**  
Brand Ambassador  
City, State  
August 2009

- Represented Periscope Marketing and Target Inc. at a college event
- Engaged University of Minnesota freshmen in the Target brand experience



# Training Begins – May 2<sup>nd</sup>

- Confederation College
- 6 Weeks Long
- Program ends June 11<sup>th</sup>



# Courses for the FSW Program

Course	Description
Intro to Nutrition	<ul style="list-style-type: none"><li>• Basic principles of nutrition and the role of nutrition in the health care environment.</li><li>• Current nutrition recommendations for fat, fibre, vitamins and minerals and weight</li><li>• Special considerations for nutrition throughout the lifecycle</li></ul>
Nutrition in Health Care	<ul style="list-style-type: none"><li>• Basic principles of diet therapy</li><li>• Therapeutic diets, tube feedings and commercial preparations</li></ul>



# Courses for the FSW Program

Course	Description
Communications and the FSW	<ul style="list-style-type: none"><li>• Communication skills required by FSWs in the health care institution, including writing and presentation skills.</li><li>• General principles of human communication will be explored including verbal communication and listening</li><li>• Effective communication skills and techniques for communicating with patients, residents, co-workers and supervisors.</li></ul>
Instructional Food Services	<ul style="list-style-type: none"><li>• FSW's role in various food service systems in the health care environment.<ul style="list-style-type: none"><li>• Food service department organization, food production and delivery systems, food ordering and receiving systems, cost controls, quality improvement and computerization.</li></ul></li></ul>

# Courses for the FSW Program

Course	Description
Sanitation and Safety	<ul style="list-style-type: none"><li>• Preventing food-borne illness within the health care institutional setting.</li><li>• Special regulations and acts governing food service and strategies involved in proper food handling, control of contamination.</li><li>• Emphasis on food safety and quality assurance programs (HACCP)</li><li>• Safe working environments - including fire safety, managing safety hazards, prevention of common injuries and an introduction to first aid.</li></ul>
Quantity Food Preparation	<ul style="list-style-type: none"><li>• Cooking principles and methods for preparing food in large quantities.</li><li>• Nutritional components of food</li><li>• Various food types will be examined including meat and alternates, bakery products, cold prepared items, egg and cheese recipes, milk products, soups, stocks and sauces.</li><li>• Major cooking equipment will also be discussed.</li></ul>



# Along with...

- Accommodations at Confederation College Residence
  - Single bed, desk, closet
  - Microwave, bar sized fridge
  - Private bathroom
  - Common Rooms
  - Laundry Facilities (open 24/7)
- Meal Plan



# Along with...

- Training Allowance
- Evening events
  - Bowling
  - Silver City



# Potential Career Paths



## FSW

- YOU ARE HERE
- \$17.983 - \$20.881 / hour



## Culinary Management

- 2 year Diploma
- Basic and advanced techniques



## Supply Management

- Order the necessary food/supplies for the business



## Supervisor

- Manage employees



## Entrepreneurship

- Own/operate your own Food Business

# Program Requirements

- Ontario Secondary School Diploma (or equivalent)
- Or successful completion of the Mature Student Test
  - Can be written at the Registrar's Office at Confederation College
- Or successful completion of the General Education Development Test (GED)



**Applications available on the AETS Website**

**APPLICATION DEADLINE: MONDAY, APRIL 18 AT 12:00 NOON**

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