



1121 Southeastern Avenue
Indianapolis, IN 46202



Apply today! Please complete the prospective student form: secondhelpings.org

scan here!

FREE Culinary Job Training Program

The Second Helpings Culinary Job Training program prepares unemployed and underemployed adults for careers in the foodservice industry. 975 adults have graduated from this program, and alumni are now working in central Indiana as cooks, executive chefs, business owners, and culinary instructors. Class meets Monday-Friday for Chef-instruction and focused, kitchen-based learning. Second Helpings requires full vaccination against COVID-19 for everyone.



WHAT YOU CAN EXPECT

Culinary Skills:

- Knife Skills
- Basic Cookery
- Culinary Mathematics
- Paid Internship
- Industry Site Visits
- ServSafe Certification

Skills Beyond the Kitchen:

- Job Interview Skills
- Time Management
- Financial Literacy
- Life Skills Coaching
- Teambuilding
- Support/Guidance from Staff



READY TO APPLY?

For more information about the Culinary Job Training program, contact Tonya at tonya@secondhelpings.org or call [317-632-2664](tel:317-632-2664) ext 114.