

PARENTS

Pennsylvania ProStart® Now Offered at Your Child's High School

ProStart® is a nationally accredited, career-building program for high school students created by the National Restaurant Association Educational Foundation (NRAEF) and implemented in Pennsylvania by the Pennsylvania Restaurant & Lodging Association Educational Foundation (PRLAEF). From culinary techniques to management skills, ProStart's comprehensive curriculum provides real-world educational opportunities and builds practical, transferable skills and a foundation that lasts a lifetime.

Students learn in the classroom, gain experience working side-by-side with the industry's top professionals, and showcase their skills at a state competition.

Students who receive qualifying scores on both national exams and complete 400 hours of industry work experience can earn the ProStart National Certificate of Achievement and are well qualified to begin a career in hospitality or continue on to post-secondary training at more than 70 culinary arts and hospitality schools around the country including:

- Art Institute
- The Culinary Arts Institute of America
- The Culinary Arts Institute of Montgomery County Community College
- Indiana University of Pennsylvania Academy of Culinary Arts
- Johnson & Wales University
- Sullivan University
- Westmoreland County Community College

ProStart Career Readiness

ProStart students enter the workplace ready to make an immediate impact. They have developed industry-specific and transferable skills that bring value to any hospitality establishment. The program and curriculum teach students:

- Safety and sanitation
- Kitchen essentials
- Management essentials
- Customer service & communication
- Culinary arts
- Leadership
- Purchasing, inventory, cost control
- Sustainability



OPPORTUNITY
on the
MENU

**Does your child
have a passion for
the culinary arts?**

- ✓ Interest in Restaurant Management or Culinary Arts
- ✓ Leader
- ✓ Creative
- ✓ Team Player

**Learn more about
ProStart!**

**Restaurants
need talent.
ProStart delivers.**

Scholarships

NRAEF and PRLAEF offer a variety of merit-based scholarships to ProStart students who want an education in the hospitality industry. These scholarship opportunities exist for first-time freshman, returning undergraduate student and graduate students. Visit www.prla.org/scholarship for more information on the various opportunities available.

Where are the jobs? They're everywhere!

Pennsylvania boasts more than 25,000 food service establishments, providing work for more than 557,000 people. The Pennsylvania restaurant industry adds about 2,000 jobs to the economy every year and the need for professional, highly skilled employees is growing.

RESTAURANTS: Cornerstones of Career Opportunities

- The first job for 1 in 3 workers was in the restaurant industry
- 80 percent of restaurant owners started in entry-level positions
- Nine in 10 salaried positions started in an hourly position
- Pennsylvania restaurants will add 22,500 jobs over the next 10 years

Get Involved!

Through ProStart, your child can:

- Participate in the Pennsylvania ProStart Student Invitational
- Earn the ProStart National Certificate of Achievement
- Use their work experience as internship credits
- Apply for scholarships to continue their education
- Enter the workforce with higher-paying wages

To learn more about the ProStart program and what it can do for your child, talk to your school's family and consumer sciences teacher or guidance counselor.

www.prla.org/prostart

PRLAEF: (800) 345-5353

RESTAURANT CAREER LADDER

| | |
|--------------------------|-----------------------|
| President/CEO | \$50,000-\$350,000+ |
| Owner | \$35,000-\$200,000+ |
| Chief Financial Officer | \$45,000-\$200,000+ |
| General Manager/COO | \$42,000-\$200,000+ |
| Director of Operations | \$40,000-\$150,000+ |
| Regional Manager | \$40,000-\$100,000+ |
| Food & Beverage Director | \$35,000-\$85,000+ |
| Director of Purchasing | \$35,000-\$100,000+ |
| Executive Chef | \$35,000-\$90,000+ |
| District Manager | \$45,000-\$80,000+ |
| Unit Manager | \$30,000-\$70,000+ |
| Chef | \$27,000-\$60,000+ |
| Catering Manager | \$30,000-\$50,000+ |
| Sous Chef | \$26,000-\$45,000+ |
| Kitchen Manager | \$25,000-\$45,000+ |
| Banquet Manager | \$26,000-\$45,000+ |
| Pastry Chef | \$25,000-\$40,000+ |
| Server (including tips) | \$7.25-\$20+ per hour |
| Cook | \$7.25-\$13+ per hour |