

## **Kitchen Helper duties and responsibilities**

- Completing all tasks given by Head Chef or other kitchen manager
- Labeling and stocking all ingredients on easily accessible shelves
- Washing, chopping and sorting ingredients like fruits, vegetables and meats
- Measuring quantities of seasonings and other cooking ingredients
- Parboiling food, reducing sauces and starting first steps in various dishes
- Cleaning dishes, washing cooking utensils and cookware, taking out the trash and sanitizing kitchen
- Adhering to all relevant nutrition and sanitary regulations and standards
- Keeping track of ingredient inventory and collaborating with other kitchen and management staff to order resupply
- Prep work
- Taking garbage and trash to dumpster area
- Washing work areas, refrigerators, cooking equipment, walls and floors
- Assembling, maintaining and breaking down the dish machine
- Able to lift up to 60lb
- Food Handler Certification required