

Free 4-weeks Food Preparation and Production Training Program & Tool Kit!

FOR MORE INFO, CONTACT: 601 Jackson Street (Kearny) San Francisco, CA 94133 (415) 677-7500 alisonc@selfhelpelderly.org

- Work with a wide range of à la minute cooking techniques
- Learn effective station set-up and organization
- Hone your knife skills and improve your speed and accuracy
- Learn & practice kitchen etiquette and line terminology
- Improve your ability to cook under pressure

Training provided in partnership with City College of San Francisco, and the San Francisco Office of Economic and Workforce Development





