



- A state-recognized program of study
- Connects professional mentors with students
- AP model for Family and Consumer Sciences studies
- Awards an industry-recognized credential
- Post-secondary recognition

**Did you know
your school
is a ProStart®
School?**



WELCOME

The ProStart® Program – Now Offered at Your High School



ProStart® is a nationwide, career-building program for high school students created by the National Restaurant Association Educational Foundation and implemented in Iowa by the Iowa Restaurant Association Education Foundation. The ProStart program develops the best and brightest talent into tomorrow's restaurant and hospitality industry leaders. From culinary techniques to management skills, ProStart's comprehensive curriculum provides **real-world educational opportunities** and builds practical, transferable skills and a long-lasting foundation for the future.

Career Paths

Why does Iowa's restaurant and hospitality industry care so much about what career your students decide on? The industry statistics speak for themselves...

- Nationally, over the next decade, the industry is expected to create an additional 1.4 million jobs reaching 14.3 million by 2022
- Iowa's restaurant industry expects to add 1,000 more jobs EACH year over the next decade—majority will be at managerial level requiring high-level training and education
- Iowa's restaurant industry currently employs 140,000+ people making the industry the second largest private sector employer in the state

Post-Secondary Recognition

ProStart graduates who complete the program and mentored work hours are eligible to receive the ProStart National Certificate of Achievement. This certificate is the key to apply for thousands of dollars in scholarships and receive credit toward work experience requirements at more than 70 of the country's leading post-secondary culinary arts and hospitality schools. In Iowa specifically, four ProStart articulation agreements exist at:

- **Iowa Culinary Institute at Des Moines Area Community College, Ankeny**
- **Indian Hills Community College, Ottumwa**
- **Iowa Western Community College, Council Bluffs**
- **Western Iowa Tech Community College, Sioux City (coming soon)**

Iowa ProStart® Schools 2014-2015 School Year

North:

- Waterloo West High School
Black Hawk County
- Waterloo East High School
Black Hawk County
- Charles City High School
Floyd County
- Osage High School
Mitchell County
- Waverly-Shell Rock High School (2015-16)
Bremer County
- Hampton-Dumont High School
Franklin County

Northwest:

- Sioux City East High School
Woodbury County
- Sioux City West High School
Woodbury County
- Sioux City North High School
Woodbury County
- Sergeant Bluff-Luton High School
Woodbury County
- Cherokee's Washington High School
Cherokee County

West:

- Atlantic High School
Cass County

- Logan-Magnolia High School
Harrison County

East:

- Cedar Rapids Community High Schools
Linn County
- Davenport High Schools
Scott County
- Alburnett High School
Linn County

Southeast:

- Burlington High School
Des Moines County
- Mediapolis High School
Des Moines County

Central:

- Des Moines Central Campus High School
Polk County
- Glidden-Ralston High School
Carroll County
- Carroll High School
Carroll County
- Waukee High School
Dallas County
- Gilbert High School
Story County

Feeding Dreams. Building Futures.

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 comprehensive curriculum teach, among other topics:



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

Ideal Student for ProStart:

GPA

Ideal for a successful ProStart student: 2.5 (most colleges require 2.7-3.0 for scholarships & entry)

Competent In STEM Subjects

The program includes a fair amount of fundamental math, English and science

Strong Attendance

No more than 5 absences over the past three semesters (attendance often reflects future work attendance)

Graduation Course Plan

Students fully benefit from having necessary credits in line for graduation

Extra-curricular Activities

Well-rounded students are better prepared for the challenges that lie ahead and have better success in college

Work Experience

Because this is a career-based, comprehensive program, work and other hands-on experience is extremely valuable

Restaurant Industry 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+

Treasurer
\$25,000 - \$120,000+

Regional Manager
\$40,000 - \$100,000+

Food and Beverage Director
\$35,000 - \$85,000+

Director of Purchasing
\$35,000 - \$100,000+

Controller
\$35,000 - \$100,000+

Executive Chef
\$35,000 - \$90,000+

District Manager
\$45,000 - \$80,000+

Director of Training
\$35,000 - \$100,000+

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

Assistant Unit Manager
\$24,000 - \$45,000

Management Trainee
\$19,000 - \$33,000

Waiters & Waitresses
\$5.63 - \$20.00+ per hour including tips

Cook
\$6.71 - \$13.32+ per hour

80% of restaurant owners started in entry-level positions.



**Restaurants
Need Talent.
ProStart® Delivers.**



ProStart is a registered trademark of the National Restaurant Association Educational Foundation, and the logo appearing next to ProStart is a trademark of the National Restaurant Association.