



- Make a lasting impact
- Contribute to a future
- Support the industry
- Give back to your community

Become a mentor to students in your industry!



BE A MENTOR



What Is Prostart®

ProStart® is a nationwide, career-building program for high school students which develops the best and brightest talent into tomorrow's restaurant and hospitality industry leaders. From culinary techniques to management skills, the ProStart curriculum provides real-world experience and builds a long-lasting foundation for the future.

As an Iowa ProStart® mentor, you have the opportunity to create a lasting impact on a student while contributing to the future of the Iowa restaurant and hospitality industry.

Mentor Opportunities:

Mentors experience great opportunities to give back to the community by working with students on: culinary and management techniques, business aspects of the industry, field trips, events, and preparing and joining students for competitions.



Mentor Role:

Mentors get to know their community and build excellent networks by getting to know their students' educators and joining local advisory boards. As a mentor, you can provide students with: a wide range of work experience, regular feedback, field trips, job shadowing and letters of recommendation to deserving students.

Mentor Benefits:

Being a mentor is easy and flexible. Mentors can design their own schedules and even choose the school where they would like to mentor. By developing future industry leaders, mentors are helping to develop a high-quality labor pool for the future of their own business and Iowa's foodservice industry.

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.

Mentor Time Commitment Sample:

(each visit is 1 to 2 hours long)

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Contact my ProStart educator.

Schedule my first classroom visit.

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

My first visit to the ProStart classroom!

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

ProStart classroom visits and field trips.

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Weekly visits to my ProStart classroom.

Competition is coming soon!

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2, 2015

Iowa ProStart Invitational!
Iowa State University, Memorial Union

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Weekly visits to my winning ProStart team!

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

April 18-20, 2015: Travel with my ProStart team to the National ProStart Invitational, Disneyland Hotel, Anaheim, CA

Mentor Commitment:

- Provide and coordinate industry-related speakers/presenters, and present/conduct classroom demonstrations.
- Visit your chosen school regularly to assist teachers/build relationships with students.
- Support ProStart Teams in preparation for the Iowa ProStart Invitational.
- Become a member of the school advisory board (typically meet 2-3 times a year).
- To find out how you can become an Iowa ProStart mentor, contact May Schaben at the Iowa Restaurant Association.



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

CALL 515-276-1454

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www.nraef.org

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