



- 4 teammates
- 3-course meal
- 2 butane burners
- 1 hour

**Do you  
have what  
it takes  
to be the  
best in the  
state?**

Test your  
skills at the  
Iowa ProStart  
Invitational!



# STUDENTS

## 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.

You will learn in the classroom,  
gain experience working side-by-side  
with the industry's top professionals,  
and test your skills at the state  
competition!

Students who receive qualifying scores on two National exams and complete 400 hours of industry work experience earn the ProStart National Certificate of Achievement. This certificate is the key to career opportunities, scholarships, and recognition at more than 70 culinary arts and hospitality schools around the country including:



- 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)

## Certification Means A Competitive Edge

Today's businesses rely on people with proven skills. Certifications will help you stand out in a competitive career market.

The program teaches these and many more career ready skills:

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

...And employers take notice!

## Where Are The Jobs? They're Everywhere!

With nearly 6,000 foodservice establishments in Iowa, providing work for more than 140,300 employees, finding a career is easy. The Iowa restaurant industry adds 1,000 jobs to the economy every year, and the need for professional, highly-skilled employees is growing.

Check out the career ladder for careers and salaries!

### Restaurants— Cornerstone of Career Opportunities:

- 1 in 4 workers got their start in the restaurant industry.
- Iowa's restaurant industry will add 1,000 jobs to the economy each year for the next 10 years.
- The majority of these careers are at the managerial level which require education and training.

## Get Involved!

- Earn the ProStart National Certificate of Achievement
- Compete in the Iowa ProStart Invitational
- Use your work experience as internship credits
- Apply for scholarships to continue your education
- To learn more about the ProStart Program and what it can do for you, talk to your school's Family and Consumer Sciences teacher or Guidance Counselor.



**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.

## 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.