



- Interested in Hospitality and Restaurant Management or Culinary Arts
- Strong Leader
- Creative Spirit
- Team Player

**Does your student have a passion for the culinary arts?**



# PARENTS



## The ProStart® Program – Now Offered at Your Child's 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 foundation that lasts a lifetime.

Students learn in the classroom, gain experience working side-by-side with the industry's top professionals, and showcase their skills in 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 and are well qualified to begin a career in hospitality or continue on to post-secondary training 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)

### 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 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

## Scholarship Opportunities for Your ProStart® Student

The National Restaurant Association Educational Foundation and the Iowa Restaurant Association Education Foundation offer a variety of merit-based scholarships to ProStart students who want an education and career in the foodservice industry.

### First Time Freshman Scholarships

- Al Schuman Ecolab First-Time Freshman Entrepreneurial Scholarship: \$2,500
- Al Schuman Ecolab Undergraduate Entrepreneurial Scholarship: \$3,000 - \$3,500

### Undergraduate Scholarships

- Undergraduate Scholarship: \$2,500
- Al Schuman Ecolab Undergraduate Entrepreneurial Scholarship: \$3,000 - \$3,500

- GRI/Giacomo Bologna Scholarship: All-expense-paid trip from New York City to Italy

\*To learn more about these scholarship opportunities, visit [www.nraef.org/scholarships](http://www.nraef.org/scholarships)

### Iowa Restaurant Association Education Foundation ProStart Graduate Scholarships

- Application available: March 15
- Application deadline: June 1

\*To learn more about this scholarship opportunity, contact the Iowa Restaurant Association Education Foundation at 515-246-1454

## 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! Your Student Can:

- Participate in the Iowa ProStart Invitational
- Earn the ProStart National Certificate of Achievement
- Use their work experience as internship credits
- Apply for scholarships to continue their education
- Enter the workforce with higher-paying wages
- To learn more about the ProStart Program and what it can do for your child, talk to your school's Family and Consumer Sciences teacher or Guidance Counselor and visit [www.nraef.org](http://www.nraef.org)



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

CALL 515-276-1454  
 EMAIL [mschaben@restaurantiowa.com](mailto:mschaben@restaurantiowa.com)  
 WEB [www.restaurantiowa.com](http://www.restaurantiowa.com)  
[www.nraef.org](http://www.nraef.org)  
 f IowaProStart | ProStartProgram  
 YouTube Twitter ProStartProgram

## 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.