Hello ProStart Educators and Administrators, March is Women’s History Month!!!

Celebrating Women’s History Month

Women in American Culinary History You Should Know!

Check out this interesting article, Celebrate the Most Significant Women in American Culinary History, from Chowhound and learn more about the women who are considered the mothers of American culinary invention. Women who are entrepreneurs, businesses, chefs and cookbook writers who have made their contributions through American history including:

- Catharine Beecher
- Fannie Farmer
- Leah Chase
- Alice Waters
- and more!

16 Women Changing the Food and Drink World

This exciting article from Food & Wine showcases 16 women chefs, creators, and businesswomen changing the hospitality industry. These stories of food and drink industry powerhouses feature women from chefs to uni divers to winemakers. They impress people with their talent, innovation, and all-around creativity.

Some of the women featured include:

- Norma Frances “Tootsie” Tomanetz - 83-year-old pitmaster
- Chef Tiantian Qiu – Revolutionizing L.A. Chinese Food
- Alexis Brown and Ariel Neal – Chicago nonprofit group Causing a Stir
- Stephanie Mutz – California’s leading uni authority & state’s only female diver

Article: Read These 16 Stories of Women Changing the Food and Drink World
The National Women’s History Museum has several motivating stories and biographies on the lives of women who contributed to the world through food and cuisine. Learn more about these women and their fascinating life stories and contributions to the culinary world.

**Julia Child (1912 – 2004)**
Before being know around the world as a famous chef, author and TV personality, Julia Child served in World War II. The Recipe for Adventure article talks about Julia Child’s earlier years and her service in the American Red Cross and eventually the Secret Intelligence Branch of the Office of Strategic Services (OSS).

After her service in WWII, Julia Child, known as Julia Carolyn McWilliams met Paul Child while working for the OSS in India and they married. The couple was posted in Paris where Julia Child’s interest in cooking became serious. You can read more about her life and contributions to the culinary world in the NWHM biography article on Julia Child.

In 1995, Julia had the foresight to establish The Julia Child Foundation for Gastronomy and the Culinary Arts to further her far-reaching impact as a teacher and mentor after her death. Since 2004, the Foundation, through grants made to other non-profit organizations and by presenting the Julia Child Award, continues Julia’s legacy, educating and encouraging other to live well through the joys of cooking, eating and drinking well.

**Edna Lewis (1916 – 2006)**
Edna Lewis is an admired chef and cookbook author who taught the American public to appreciate southern meals in a new way. She is known as both the Grande Dame and Grande Doyenne of southern cooking and was among the first African American women from the south to write a cookbook that did not hide the author’s true name, gender or race. Combining her love of food preparation and her deep knowledge of African American history, Lewis’ legacy taught countless others the importance of traditional southern cuisine. To learn more about Edna Lewis’ life, cookbooks, building her brand as a chef and private caterer and opening restaurants and becoming the head chef, check out the NWHM biography article on Edna Lewis.

**Joyce Chen (1917 – 1994)**
As a well-recognized chef, television personality, and restaurant owner, Joyce Chen introduced Chinese food to the American public. She developed new ways of cooking authentic and healthy meals and her cookbooks, cooking classes and microwavable “Soup Dumplings,” made it easy for people to learn how to make Chinese cuisine worldwide. After opening several restaurants, Joyce began to expand her brand by marketing various cooking items in stores. She famously created and patented the Peking Wok, a flat bottom “stir-fry pan” and its handle in 1970. To learn more about Joyce Chen’s life, check out the NWHM biography article on Joyce Chen.

Links & Articles: [The Recipe for Adventure](#)  
Julia Child (biography article)  
The Julia Child Foundation for Gastronomy and the Culinary Arts  
Edna Lewis  
Joyce Chen
Women’s History Month Celebrated at The James Beard Foundation
A Place At The Table

“At the James Beard Foundation, we strive to uplift and celebrate the innumerable contributions of women in the culinary field. Committed to advancing women in the industry, our Women’s Entrepreneurial Leadership program (WEL), presented by Audi, was created to support women at any stage of their career, from established culinary figures to budding leaders of the future, and provide them with the tools and opportunity to succeed”.

*Download the cookbook*

Entering Women’s History Month, the James Beard Foundation continues to pay homage to the women who have made history while paving a way for those who have yet to come. Yet, there is still work to be done. Women only make up 19 percent of head cooks/executive chefs in America. And despite comprising more than half of all culinary school graduates, only 33% of restaurant businesses are majority-owned by women. And culturally, the restaurant industry has notoriously been seen as a boys club, overemphasizing the contributions of men while allowing few women within its ranks.

Check out the recipes including:
- Pimento Cheese-Stuffed Deviled Eggs by Jennifer Hill Booker
- Asparagus Salad with Whipped Ricotta and Pistachio Vinaigrette by Liza Hinman
- Cappelletti di Prosciutto by Sabrina Tinsley
- Rosemary’s Baby French Cruller by Katy Gerdes
- Chocolate Pot-de-Crème by Sandra Holl

To read the full article, click here: [A Place At The Table](#)

*Support these amazing leaders in the industry by downloading this digital cookbook today.*

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**Summer Institutes Educator Professional Development**

Summer Institutes Registration is Live!

The NRAEF’s Summer Institutes are now digital! These online courses offer educators the opportunity to learn from nationally recognized faculty, network with peers and obtain continuing education credits to strengthen their foodservice education skills. With in-depth demonstration and lecture instruction, educators learn how to apply their course’s takeaways to their own classrooms.

[Click here](#) for more information, including dates, cost, and how to register. Registration closes May 18th, 2021.
2021 ProStart Invitational Week – April 19 – 23, 2021!!

*The ProStart Invitational will be an individual and virtual competition this year.*

**Culinary Competition**

*Make your own Specialty Pizza!*

- Create pizza recipe, showcase ingredients, and preparation technique
- Analysis of food cost
- Description of selection of ingredients and type of pizza created
- Video to showcase how to prepare the specialized pizza

**Submissions will include:** Recipe, photo, cost analysis, 100-word detailed description of the entry, and pre-recorded video of 3 minutes or less.

**Upload to Dropbox Link:** Sysco's ProStart Invitational 2021 - Culinary Competition

**Management Competition**

*Develop a Business Plan for Reopening a Restaurant Post-COVID!!*

- Explain what is new, different, updated, and additional safety protocols
- Describe communication plan to ensure customers feel comfortable and excited to return to the restaurant
- Strategies on how to (re)connect, engage and motivate staff members
- Identify ways to increase sales through the usage of social media and a dedicated marketing campaign

**Submissions will include:** Minimum of a 350-word written business plan and pre-recorded video of 5 minutes or less.

**Upload to Dropbox Link:** Sysco’s ProStart Invitational 2021 - Management Competition

Take the ProStart Invitational Survey (Due March 31st)! **Click Here for Link**

**TIMELINE OF EVENTS**

**April 19:** Kick-off ProStart Invitational Week
**April 20:** College Expo and Fair
**April 21:** Industry and Teacher Development Day
**April 22:** ProStart Invitational Celebration and Awards Ceremony
**April 23:** Share your Success!
February – Turning Your Classroom Knowledge into Real World Success

Educators and Students were invited to join the NRAEF on February 26th for Turning Your Classroom Knowledge into Real World Success. On this webinar, Kevin Foil, CEC Chef Instructor, educator, and restaurant owner of a successful Grilled Cheese pop up shop in Baton Rogue, LA, joined us to discuss how he turned his idea into a success with passion, a plan, and a creative use of community resources some may not know are available.

On this webinar, we also highlighted ways pop ups, streetery's and other new methods are changing the landscape of the food service industry. The recording can be found here, and slides are attached to this newsletter.

March – Exploring Innovations in the Restaurant Industry

Educators are invited to join the ProStart team from 2-3 PM CT Wednesday, March 31, for Exploring Innovations in the Restaurant Industry, the next installment of the monthly ProStart webinar series. We will be joined by Shandee Chernow, podcast host and creator of CertiStar.

Shandee will be discussing the creation of CertiStar and her unique background in the foodservice industry. We are thrilled to have Shandee join us and discuss her unique perspective and ways you can help students find their path within the restaurant industry.

After you complete the registration form found here (no later than noon on March 29th), a calendar invitation to join the webinar will be sent (24-48 hours after completion).

“Give Us Your Best Pitch”

Coming soon! “Give Us Your Best Pitch” Individual Student Competition

This spring the NRAEF will be hosting the first individual student competition, “Give Us Your Best Pitch,” where students can submit an original pitch for a new restaurant concept for the chance to win a cash prize and grant funding for their ProStart classroom.

*Official competition rules and details will be announced via the ProStart social media channels later this month.
IRA Education Foundation Scholarship Application is NOW OPEN!

The 2021-2022 Illinois Restaurant Association Educational Foundation Scholarship application is NOW OPEN! Applications will be accepted until Sunday, May 2, 2020.

The IRAEF is accepting applications to support students enrolling in post-secondary culinary or hospitality programs (including food science, nutrition and other related disciplines.)

Qualifications to Apply:
- Permanent resident of Illinois
- Accepted or plan to apply to an accredited culinary or hospitality school, college or university
- Enrolled as a full-time or substantial part-time student, taking a minimum of 9 credit hours each term
- Major is or will be culinary, restaurant management, foodservice or another related program

APPLY HERE!

Please encourage students to apply and reach out with any questions.

Nestle Professional ProStart “Pro Tips”

Have Career Advice Questions for an Industry Pro?

We need FIVE ProStart Students to Ask Their Questions to Nestlé Professional Executive Chef during Instagram Live!

The NRAEF is launching the first Nestlé Professional ProStart “Pro Tips” Instagram Live and are looking for students to participate. On March 30th at 2 PM CT, Nestlé Professional Corporate Executive Chef Tom Moran will take over the ProStart Instagram and go live with a culinary demo about food styling. After the demo, Tom will answer student’s questions about his career in foodservice. All students who are selected to ask their question live will take home a prize and some Nestlé Professional swag.

This is a great opportunity for students to network one-on-one with a chef at one of the largest foodservice companies in the world.

If you know of a student who wants to ask a question to Chef Tom during the Instagram live, email Tori Hyndman – vhyndman@nraef.org – subject line: Nestlé Pro Instagram Live – for more information by Wednesday, March 24. We will provide all of the information the student needs to participate, including a guide and information on how to log-in to Instagram to video chat with Tom.
Internships

**Name of Company:** Cocoa Chili Foods LLC

**Internship Title:** Prep Cook

- Looking for Part-Time Prep Cook to start in March 2021 working weekdays from 2pm – 8pm.
- Intern will use basic knife skills to chop vegetables according to the Chef and/or Kitchen Manager’s specifications, aid in preparing other ingredients for daily recipes, and performing ongoing cleaning and sanitation including dishwashing, sweeping, and mopping as needed throughout the shift.
- Interns are paid $13.50/hr. for a maximum of 160 hours

**Required Skills:** Basic knife skills, Great customer service, Attention to detail, A team player

**Additional Requirements:** All applicants must be over the age of 18
- Have a ServSafe Food Handler Certificate
  - If applicant does not have one, ICNC can assist
- Have an interest in the food and beverage industry

**How to Apply?** Email your resume directly to Alicia at alicia@industrialcouncil.com for review; please include how you heard about the internship.

**Name of Company:** Masa Madre

**Internship Title:** Baker & Kitchen Assistant

- Looking for Part-Time Baker & Kitchen Assistant Intern to start March 2021 working 8 – 12 hours per week.
- Intern will help throughout the baking process, making of doughs, inventory, cleaning, arranging ingredients, waiting and signing for deliveries, packaging and deliveries.
- Interns are paid $13.50/hr. for a maximum of 160 hours

**Required Skills:** Knowing how to work with artisanal product
- Physical strength
- Basic writing and reading
- Basic iPhone and computer knowledge

**Additional Requirements:** All applicants must be over the age of 18
- Have a ServSafe Food Handler Certificate
  - If applicant does not have one, ICNC can assist
- Have an interest in the food and beverage industry

**How to Apply?** Email your resume directly to Alicia at alicia@industrialcouncil.com for review; please include how you heard about the internship.
### Onigiri Shuttle Kororin

**Name of Company:** Onigiri Shuttle Kororin  
**Internship Title:** Kitchen Assistant

- Looking for Part-Time Kitchen Assistant Intern to start March 2021 working 20 hours per week.  
- The kitchen production assistant is expected to learn how to mix ingredients per recipe, package finished products for sale, know/apply/be compliant with basic food sanitation, and have an interest for healthy food and Japanese culture.  
- Interns are paid $13.50/hr. for a maximum of 160 hours

**Required Skills:** Good communication skills  
- Punctuality is key and reliability as well as an attitude towards learning

**Additional Requirements:** All applicants must be over the age of 18  
- Have a ServSafe Food Handler Certificate  
  - If applicant does not have one, ICNC can assist  
- Have an interest in the food and beverage industry

**How to Apply?** Email your resume directly to Alicia at alicia@industrialcouncil.com for review; please include how you heard about the internship.

### Nine Times Bakery

**Name of Company:** Nine Times Bakery  
**Internship Title:** Production Assistant

- Looking for Part-Time Production Assistant Intern to start April 2021 working 15 hours per week.  
- Interns are paid $13.50/hr. for a maximum of 160 hours

**Responsibilities include:** Measure, mix, and prepare raw materials according to company specifications and recipes  
- Forms, cuts, molds, shapes, and bakes dough  
- Monitors cooking completion times; sets heat and humidity temperatures on commercial ovens  
- Checks product to ensure it meets Nine Times Bakery quality standards  
- Ensures kitchen clean-up checklists are completed  
- Arrives to work station on time, appropriately groomed, dressed and ready to work  
- Follows and complies, or ensures compliance, with established procedures, including weights and measures, health and sanitation, and safe work practices  
- Performs opening, mid, and closing duties as assigned  
- Immediately reports safety hazards and violations

**Required Skills:** Passion for baked goods and the mission of Nine Times Bakery  
- Strong work ethic and ability to work in a fast-paced environment with a sense of urgency  
- Basic math skills for recipe conversions and modifications  
- Strong to excellent communication skills and willingness to work as part of a team  
- Ability to follow directions and procedures  
- Effective time management and organization skills  
- Thorough product knowledge  
- Working understanding of and compliance with all Nine Times Bakery quality goals, policies and procedures

**Additional Requirements:** All applicants must be over the age of 18  
- Have a ServSafe Food Handler Certificate  
  - If applicant does not have one, ICNC can assist  
- Have an interest in the food and beverage industry

**How to Apply?** Email your resume directly to Alicia at alicia@industrialcouncil.com for review; please include how you heard about the internship.
### March Spotlight Employer!!!

**Name of Company:** City BARBEQUE

**What is Available?** City BBQ is offering a variety of educational programs (internship, externship, pre-apprenticeship) & numerous job opportunities within your area!

City BBQ started in 1999 in Columbus, Ohio and we have grown to 49 locations in 7 states – Ohio, Indiana, Illinois, Kentucky, Michigan, North Carolina, and Georgia. Every day, at every restaurant, we’re slow-smoking award-winning barbecue and making sides and desserts from scratch. Furthermore, we have always believed in giving back to our communities and last year we donated $432,783 in food and funds to numerous groups throughout our markets. Why, because it’s the right thing to do.

**Opportunities for you to consider:** FOH crew member / BOH crew member / Catering Associates – full job descriptions available upon request.

**What are we looking for?**
Individuals who have a passion for taking excellent care of guests and fellow team members. People who are driven, have already developed their own high self-expectations & a personal sense of duty. These are “soft skills” that we seek to identify leaders at every level in our company.

**How to Apply?** Three ways to apply:
1. Send your contact info/resume to our recruiter, Nichole Brown: nbrown@citybbq.com
2. Apply online at: [https://apply.jobappnetwork.com/city-barbeque](https://apply.jobappnetwork.com/city-barbeque)
3. Visit your local City BBQ joint (see [https://www.citybbq.com/locations/](https://www.citybbq.com/locations/) to find the nearest restaurant in your area) & apply with a manager.

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### Culver’s

**Name of Company:** Culver’s

**What is Available?** In our restaurants, team members and teamwork are everything. When you join the True Blue Crew™, you’ll become involved in a supportive, fast-paced environment while having the opportunity to grow and develop personally and professionally. Work hard for us, and we’ll work just as hard for you. That’s the Culver’s way.

We are looking to hire additional team members across multiple Illinois locations!

- Seeking Full-Time and Part-Time team members in all areas, including, Crew Member – Front of House, Crew Member – Back of House, Porter, Assistant Manager, General Manager and everything in between.

**How to Apply?** Visit [https://www.culvers.com/careers](https://www.culvers.com/careers) and apply to your preferred locations and positions of interest.
**Name of Company:** Boston Market Rotisserie Kitchen

**What is Available?** Careers at Boston Market are a million miles from flipping burgers. You'll be providing wholesome, fresh meals that make busy families want to eat together. Serving up kind of happiness take pride, teamwork, and a special talent for service. In return, you'll enjoy schedules that work for you, a plate-full of benefits, and opportunity to turn a good job into a rewarding career.

We are looking to hire additional team members across multiple Illinois locations!

- Seeking Full-Time and Part-Time team members in all areas, including Server, Cashier, Cook, Dishwasher, Hourly Shift Supervisor, Assistant GM, General Manager and everything in between.

**How to Apply?** Visit [https://apply.jobappnetwork.com/boston-market-corporate/en](https://apply.jobappnetwork.com/boston-market-corporate/en) and apply to your preferred locations and positions of interest.

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**Name of Company:** Panda Express

**What is Available?** We thrive in an environment where continuous learning, a healthy lifestyle, respect for others and giving back is emphasized and acknowledged. We believe that professional and personal development is the most important ingredient in our recipe for success. One-on-one coaching, mentorship programs and the University of Panda are just a few programs that we offer to our family of associates. The growth of our people is truly the heart of our culture.

We are looking to hire additional team members across multiple Illinois locations!

- Seeking Full-Time and Part-Time team members in all areas, including Restaurant Service and Kitchen Team, Assistant Manager, General Manager and everything in between.

**How to Apply?** Visit [https://www.pandacareers.com/](https://www.pandacareers.com/) and apply to your preferred locations and positions of interest.

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**PROSTART: Key Dates and Notes**

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<td>March 15, 2021</td>
<td>Undergraduate Scholarships Close</td>
<td><a href="https://chooserestaurants.org/scholarships">https://chooserestaurants.org/scholarships</a></td>
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<td>March 31, 2021</td>
<td>March webinar</td>
<td><a href="https://www.surveymonkey.com/r/7ZSXLCQ">https://www.surveymonkey.com/r/7ZSXLCQ</a></td>
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<td>March 31, 2021</td>
<td>ProStart Invitational Survey Due</td>
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<td>April 2021</td>
<td>Student Pitch Competition</td>
<td>Keep your eye on our social channels for more info!</td>
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| April 19 – 23, 2021   | Illinois ProStart Invitational Week        | Culinary Submission - Upload to Dropbox Link: Sysco’s ProStart Invitational 2021 - Culinary Competition  
Management Submission - Upload to Dropbox Link: Sysco’s ProStart Invitational 2021 - Management Competition |
| May 2, 2021           | IRAEF Scholarship Application Close        | Click here for application                       |
| May 18, 2021          | Summer Institutes Registration Closes      | https://chooserestaurants.org/Summer-Institutes-2021 |
| June – July, 2021     | NRAEF Summer Institutes                     | https://chooserestaurants.org/Summer-Institutes-2021 |
| May 6 – 8, 2022       | NPSI and NEEA 2022                         | Washington, DC                                    |