



## **Prep Cook Job Description**

The SoulFull Cafe is looking for energetic employees to help provide a phenomenal, delicious and positive experience at our wellness cafe. Employees will be cross trained to perform a variety of responsibilities all while receiving ongoing education and instruction for personal mental wellness. We believe that happy employees will result in happy customers.

### **Duties may include:**

- Working under the supervision of the chef
- Perform routine kitchen tasks
- Follow the prep list created to plan duties
- Label and stock ingredients so they can be easily accessible
- Washing, peeling, slicing, chopping, measuring, weighing, and mixing a variety of ingredients
- Following recipes and guidelines
- Preparing workstation with required ingredients and equipment
- Keeping station sanitary and organized throughout shift
- Participating in "Laundry Time"
- Complying with company procedures and food safety policies
- Other duties as assigned

### **Requirements:**

- Food handlers permit
- Basic mathematical skills
- Ability to follow instructions
- Proficient knife handling skills
- Available to work shifts on holidays and weekends (closed Sunday)
- Experience in the food industry preferable
- Attendance at trainings and wellness activities
- Personal commitment to mental wellness

### **Compensation:**

\$8.00-\$12.00/hour DOE