Metro Community
Health Center

Casual Prep Cook

POSITION SUMMARY:

We are seeking a reliable and hardworking Prep Cook to assist our culinary team with daily food preparation and kitchen operations. The ideal candidate will help ensure ingredients are prepared accurately, maintain a clean and organized workspace, and support chefs in delivering high-quality food service. Perform any and all duties ask of them that will subport the organization.

ESSENTIAL FUNCTIONS:

- Wash, peel, chop, slice, and prepare vegetables, fruits, meats, and other ingredients.
- Measure and portion ingredients according to recipes and production sheets.
- Prepare sauces, dressings, soups, and other basic menu items as directed.
- Label, date, and properly store food products following food safety guidelines.
- Maintain cleanliness and organization of workstations, equipment, and storage areas.
- Assist with receiving and stocking deliveries.
- Follow all health, sanitation, and safety procedures.
- Operate standard kitchen equipment safely and efficiently.
- Communicate effectively with chefs and kitchen staff regarding production needs.
- Perform other kitchen duties as assigned.
- Perform all reasonable requests that subports the organization this may not include food-related requests.
- Helping in the patient's food pantry when needed filling orders and delivering then to the patient's vehicle.

POSITION REQUIREMENTS:

Education/Experience

- Highschool Diploma or equivalent level
- 5 years previous kitchen or food preparation experience preferred.

Skills/Abilities

- Basic understanding of food safety and sanitation practices.
- Strong attention to detail and organizational skills.
- Dependable attendance and punctuality.
- Team-oriented attitude and willingness to learn.
- Casual/Part-Time Position.
- Flexible schedule including evenings, weekends, and holidays as needed.
- Hours vary based on business needs and events.
- Comfortable working in hot, cold, and fast-paced kitchen environments.
- Ability to work in a fast-paced environment.
- Ability to follow recipes and instructions accurately.
- Ability to stand for extended periods.
- Ability to lift and carry up to 50 pounds.
- Ability to bend, stoop, reach, and perform repetitive motions.

PHYSICAL REQUIREMENTS:

While performing the duties of this job, the employee is regularly required to sit; use hands to manipulate objects, tools or controls; reach with hands and arms; and talk and hear. The employee must frequently lift and/or move up to 10 pounds and occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include close vision, distance vision, peripheral vision, depth perception and the ability to adjust focus. Noise level in the work environment is usually quiet.