

MEDIA RELEASE

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NIC launches free Prep Cook program in Campbell River

Registration is now available for NIC's free Prep Cook certificate program in Campbell River this December.

Previously offered in only in Port Alberni, this year's certificate program starts Dec. 4 in Campbell River.

It will be taught by NIC's newest culinary instructor, Chef Avi Sternberg, who has trained in some of Japan's most demanding kitchens.

"I am grateful to have the opportunity to share my experience and passion for food and the culinary profession with students, and guide each individual to develop their passion, skills and knowledge into future careers," Sternberg said.

The four-month program gives students the basic safety, knowledge and credentials to start a career in a busy commercial kitchens, restaurants and resorts.

Students will learn to prepare a wide array of delectable staples, such as soups, stocks, sauces, vegetable dishes, salads, sandwiches, cookies and quick breads and graduate with industry certifications in Occupational First Aid, Foodsafe and WHMIS.

On graduation, students will qualify to work as entry-level cooks and kitchen staff across the North Island or, keep learning, and enrol in NIC's Professional Cook (Culinary Arts) program and move towards their Interprovincial (Red Seal) certification.

To qualify, students must pass a Prep Cook Assessment and be eligible to work in Canada, have graduated high school and not be working full time.

For more information or to apply, visit www.nic.bc.ca/program/prep_cook_certificate, call 1-800-715-0914 or email questions@nic.bc.ca.

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NIC Chef Xavier Bauby and Professional Cook student Gillian Rich-Barber flambé shrimp for the Sysco Food Fest at NIC's Campbell River campus Oct. 25.