

**START YOUR
CAREER AS A
RESTAURANT COOK**

**FIRST COURSE
NYC**



**APPRENTICESHIP
PROGRAM**



FIRST COURSE NYC

teaches you
fundamental culinary
skills and places you in
a full-time, entry-level
restaurant cook job.

TO LEARN MORE:

VISIT nyc.gov/firstcourse

OR CALL 311 AND ASK FOR

"FIRST COURSE NYC"



PROGRAM FEATURES



Eight weeks of full-time
culinary job training led by
restaurant professionals
(weekly MetroCard and
\$355 stipend provided,
if eligible)



Work-Earn-Learn:
Continue paid, full-time
training on-the-job
in a respected NYC
restaurant kitchen



Earn the NYC Food
Protection Certificate



Continue as a full-time
permanent employee in
an entry-level restaurant
cook position

MINIMUM REQUIREMENTS

- Willing and able to work full-time as a restaurant cook
- Aged 18 or older
- New York City resident
- Authorized to work in the United States
- Make no more than \$50,000 annually
- Registered for Selective Service (if applicable)
- Restaurants participating in this program may require apprentices to be vaccinated against COVID-19