



## **Mandala Kitchens**

### **A 10-Week Culinary Training Experience**

Mandala Kitchens offers free and low-cost 10-week Culinary Training programs to anyone wishing to develop skills in commercial or at-home kitchens. While the program is open to everyone, there is an emphasis on training unemployed/underemployed, homeless, formerly incarcerated individuals and youth. Scholarships may be available to help defray or cover the cost of training.

The Mandala Kitchens Program will explore the practical and theoretical aspects of culinary arts and hospitality management, including ingredients, techniques, equipment, portion control, production procedures, and weights and measures.

Program participants will learn:

- Sanitation and food safety
  - Knife skills
- Cooking principles
- Stocks and sauces
- “Garde Manger”
- Dining room management and service
- Written and verbal communication skills
- How to successfully work in a team environment
- Analytical problem-solving skills

The training will also include a meditation/mindfulness component

Upon successful completion of the program, graduates will be eligible to take the exam for a New York City Department of Health Food Protection Certificate and will receive job placement services.

The culinary training will be led by Chef Grizelle “Grizzy” Garcia. She brings her passion for the arts, cooking, and teaching to the program. Chef Grizzy holds an A.A. Degree in Culinary Arts and a B.A. in Hospitality Management from Monroe College of New Rochelle, N.Y. She also holds a ServSafe Manager certification and is a proctor/instructor certified in ServSafe protocols.

Phase II of Mandala Kitchens will be to create a food prep/ catering business to provide jobs for the graduates as well as support the on-going funding of the training.

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