



Student Apprentice- Cook (Deli)

Job Specification:

Pembina West Co-op, in partnership with CAREERS, is seeking a high school student to join their team who has successfully completed Grade 9, being 15 years of age or older, to enter the skilled trade in cooking, operating in the deli department. This is your chance to explore the trade, gain more skills and earn high school credits. This position is located at Pembina West Co-op food store in Mayerthorpe.

Job Duties:

- Assist Pembina West Co-op deli by adding value to proteins, fruits and vegetables for consumer consumption.
- Chopping and slicing meats, washing, peeling, and cutting vegetables
- Preparing vegetables, salads, sauces and soups.
- Help with prep work, sanitization, and cleaning of department.
- Performs all work in accordance with established policies and safety procedures.

Special Skill Requirements:

- High level of integrity and work ethic.
- Self-starter with the ability to work in a team environment and follow directions.
- Ability to communicate effectively both orally and in writing
- Willing and able to learn, adapt to change and demonstrate flexibility

Knowledge and Experience Requirements:

- No experience necessary but a willingness to learn and have an interest in the cook trade.

Special Conditions:

- Must be willing to learn the basic skills of the cook trade
- \$15.25-\$16.04 per hour dependent on experience
- Part time hours to be determined by students and Co-op's scheduling.
- Completion of HCS 3000 (HCS 3010 is optional)
- Must be registered as a high school student and 15 years of age or older

Why work for Pembina West Co-op:

- Potential for college or university scholarship

Application Deadline- October 15th 2022

- Get your application in early
- Apply through your school's Off Campus Coordinator
- Complete the CAREERS Application Form along with your Resume & Cover Letter.
- Questions? Contact CAREERS Program Coordinator: Charity Vollmann, 403-443-8161, cvollmann@nextgen.org