

Cook

A cook prepares a wide range of foods for public consumption in various settings, for small or large groups or individual dishes in restaurants and test kitchens.

Do you have a love of food? Are you creative? Are you a good listener? Can you work on your feet for long hours?



MOST IMPORTANT ESSENTIAL SKILLS

- communication
- collaboration
- creativity and innovation
- numeracy
- problem solving



POTENTIAL EARNINGS

Hourly wage

from \$16.50 to \$23.78

Annual salary

from \$32,175 to \$46,380

Make up to 100K during your apprenticeship



CAREER OPPORTUNITIES

You could work:

- in a restaurant
 - in a hotel
 - in a retirement home
 - on a cruise ship
 - in a food truck
 - in a cafeteria
- or one day have your OWN business!

Other related trades:

- Assistant cook (415B)
- Chef (415C)
- Institutional cook (415D)



To become a cook, you could participate in an apprenticeship training program.

Start your apprenticeship now with OYAP!



IMPORTANT DETAILS

- **CODE 415A**
- Non-compulsory trade
- 5,280 hours on the job + 720 hours of in-school training (levels 1, 2)
- Total of 6,000 hours (approximately three years)
- Certifying Exam

Check out the specialized programs in your high school to explore the trades!

Let OYAP be your helping hand!

Visit [Skilled Trades Ontario](#) for more information and a [report](#) on this trade.