



FoodHero L3C is a social enterprise vocational culinary training provider building culinary confidence for individuals pursuing career paths in food or starting a business. In response to COVID-19, FoodHero is launching Cocina Rx- a food production initiative that serves chef driven “ Food As Medicine” meals and for Latinx & African American communities in Little Village and North Lawndale for pick up or delivery. Evidence based telemedicine chef coaching will also be provided for individuals that will need one on one coaching in developing their immune systems and or reverse chronic illnesses such as diabetes, obesity, high blood pressure, and cholesterol through home cooking

FoodHe.ro also serves as a food incubator for minority food entrepreneurs looking to start businesses throughout Chicago neighborhoods. In 2020, it will also operate as a shared kitchen in Little Village for food startups in partner with the Little Village Chamber of Commerce in association with the Xquina Incubator. Lease space currently under construction. Training programs consist of culinary arts, food safety, food entrepreneurship, food manufacturing, management, and food as medicine training programs, Our vision is to address and help solve the community issues in Little Village and surrounding communities with the lack of livable wage jobs, food insecurity, chronic illness, obesity, and struggling food startups through education, coaching, technology, tools, and resources. Disenfranchised students in our programs consist of Hispanic immigrants, out of school youth, returning citizens, working moms, low-income families, LGBT, veterans, and minority entrepreneurs.



MISSION

FoodHe.ro mission to become a best in class vocational culinary training provider and shared kitchen empowering disenfranchised populations to have a higher probability of financial, career, business, and personal health success.

The vision is to bring about heroes of change and empowerment in local communities through leadership and training to spread higher probability of success and good food values.

Addressing and providing solutions to the following challenges are at the core of our organization:

- *Food Desserts*
- *Food Waste*
- *Chronic Illness / Obesity*
- *Bilingual Adult & Youth Vocational Training*
- *Food Insecurity*
- *Good Food Policy Entrepreneurship Tools & Resources Workforce Development*
- *Workforce Development*
- *Healthier Families*
- *Youth Opportunities Small Business Education Technology*
- *Create new food career opportunities and address barriers to entry such as language, skills deficits, and immigration status.*
- *Establish, improve, and expand health, lifestyle, and nutritional program for all regardless of income, age, and immigration status*
- *Create new food career opportunities for out of school youth*
- *Assist new and existing small food businesses*
- *Bilingual (Spanish & English) education*



Course Title: **Culinary Arts Certificate**
CIP: 12-0503

Course Description:

A program that prepares individuals to provide professional chef and related cooking services in restaurants and other commercial food establishments. Includes instruction in recipe and menu planning, preparing and cooking of foods, supervising and training kitchen assistants, the management of food supplies and kitchen resources, aesthetics of food presentation, and familiarity or mastery of a wide variety of cuisines and culinary techniques. Obtain “hands on experience” by participating in an On The Job Training program with food industry employer. Learn the various technology tools to become more efficient in the kitchen and to adapt to current and future market climates.

Length of Program: 16 Weeks

Instruction Method: Classroom, Kitchen, Online, On-The-Job Training, Learning Management System

Library: Rouxbe-Online, Escoffier Online

Accreditation/Licensure: National Restaurant Association, ServSafe, State of IL Health Department, American Culinary Federation

Certifications: (1)Food Costs, (2)Allergens, (3)Culinary Fundamentals Cook, (4)Certified Restaurant Professional, (5)Take Out & Delivery, (6) FoodHero Certificate of Completion

Licenses: (7) Food Service Sanitation Manager (City) & (8) Food Service Manager (State)

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Employment Opportunities:
Occupations: 119051

Course Code	Course Title/Description: <u>Culinary Arts Certificate</u>	Credit Hours	Instruction Hours
CAC-110	Intro to Food Service: This class is an introduction to the food service industry (history, organization and future challenges), career opportunities, standards of professionalism, instruction in principles, procedures and use of basic equipment; basic food and kitchen safety, beginning fundamentals and concepts of cooking. An emphasis will be placed on culinary math and measurements as well as culinary terminology. Writing assignments, as appropriate to the discipline, are part of the course. ISBN: 013345855	3	45
CAC-115	Food Sanitation and Safety: The course outlines the importance of food safety management training in the hospitality industry. The first half of the course covers the importance of food safety, good personal hygiene, time and temperature control, preventing cross-contamination, cleaning and sanitizing, and safe food preparation. The second half of the course covers receiving and storing food, methods thawing, cooking, and cooling, and reheating food, HACCP, food safety regulations, and more.	1	15
CAC-120	Chef Training-Level 1:	4	60

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	<p>This course covers basic knife skills, proper station set-up and sanitation, classical cooking terminology, standard cooking methods, stock preparation, sauce preparation and heat transfer methods of steaming, sweating and roasting. Emphasizes professionalism, team work and career readiness as basic elements for success. Writing assignments, as appropriate to the discipline, are part of the course.</p> <p>ISBN: 013345855</p>		
CAC-125	<p>Chef Training-Level 2:</p> <p>This class continues building on Chef Training Level 1 – A with a focus on the standard cooking and heat transfer methods of frying, broiling, poaching, and braising. Includes practicing knife skills, proper station set-up, classical cooking terminology and culinary math and measurements. Students will be introduced to basic plate presentations. Writing assignments, as appropriate to the discipline, are part of the course.</p> <p>ISBN: 013345855</p>	4	60
CAC-130	<p>Controlling Food Costs:</p> <p>The course outlines the importance of controlling food service costs in the hospitality industry. The first half of the course covers importance of cost control, forecasting and budgeting, calculating food costs, determining menu prices, and food costs purchasing. The second half of the course covers the controlling food costs in receiving, storage, and issuing, controlling food costs production, controlling labor and other costs, managing buffets, banquets, and catered events, and revenue projections.</p>	2	30

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	ISBN-13: 9780132175272		
CAC-135	<p>Restaurant Professional</p> <p>The course outlines The ServSuccess Certified Restaurant Professional (CRP) certification that has been designed in collaboration with the restaurant industry to validate and certify the most critical competencies for emerging restaurant professionals.</p> <p>The course and exam focuses on the most important professional skills from the following areas:</p> <ul style="list-style-type: none"> • Front-of-the-house knowledge and service culture • Back-of-the-house and restaurant kitchen knowledge • Product quality & cost control • Branding & marketing <p>If you have worked in hourly positions in both front- and back-of-the-house restaurant operation's, this certification will help you demonstrate the expertise you've gained to employers, current and future.</p> <p>sku: 40-401-13-57-10-1</p>	3	45
CAC – 201	<p>On The Job Training</p> <p>The student will participate in 8 week On-The-Job Training with an industry employer in culinary skills application through full time employment and training.</p>	21	320* working hours of which 20 hours will be classroom

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			assignment report
		Total	575

Prepared By: Food Hero L3C (Javier Haro)

The Culinary Art certificate courses cannot be taken separately ONLY as part of the entire program.

Currently Food He.ro Culinary Arts certificate course is not articulated into any particular school. None of the above listed courses will hold any transferability credits into any institute of higher education.



TUITION, FEES AND ALL OTHER COURSE CHARGES

Program	Tuition	Books	Exams	Registration	Total Cost
Culinary Arts	\$7,998.50	\$0	\$0	\$1.50	\$8,000.00

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Requirements for admission;

All student s must have the minimum qualifications as listed below for enrollment into the Food He.ro programs

- Must be 17 years of age
- Must have a minimal reading grade point equivalent of 6th grade
- Must have a minimal math grade point equivalent of 8th grade
- Must have obtained (or in the process of obtaining) High School/GED certificate
- Must have interest in food (or similar industry) career interest
- Must have proper US documentation and have the right to work in US (or participant in Dream Act)

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There are no prerequisites for any Food He.ro course

COURSE CANCELLATION / REFUND POLICY

Food He.ro does not charge its students any registration fees, book fees or application fees or accept down payments. Foodhe.ro will not accept any tuition from any student prior to enrollment. When a student gives written notice of cancellation, FoodHe.ro will provide a refund in the amount of at least the following:

1. When a notice of written cancellation is given before midnight of the fifth business day after the date of enrollment but prior to the first day of class, all tuition shall be refunded.
2. When notice of cancellation is given after midnight of the fifth business day of class, FoodHe.ro may retain no more than \$150.
3. When notice of cancellation is given after the student's completion of the first day of class attendance, but prior to the student's completion of 5% of the course of instruction, FooHe.ro may retain no more than 10% of the tuition.
4. When a student has completed in excess of 5% of the course of instruction FoodHe.ro may retain an amount computed prorated by days in class plus 10% of the tuition up to completion of 60% of the course of instruction.
5. When the student has completed in excess of 60% of the course of instruction, FoodHe.ro may retain the entire tuition.

STUDENT'S RIGHT TO CANCEL

The student has the right to cancel the initial enrollment agreement until 15 business day after the student has been admitted. If the right to cancel is not given to any prospective student at the time the agreement is signed, then the student has the right to cancel the agreement at any time and receive a refund on all monies paid to date within 30 days of cancellation. Cancellation should be submitted to the authorized official of the school in writing.

For purposes of cancellation, the date shall be the last day of attendance.

FoodHe.ro shall refund all monies paid to it in any of the following circumstances:

- 1.) FoodHe.ro did not provide the prospective student with a copy of the student's valid enrollment agreement and a current catalog or bulletin.
- 2.) FoodHe.ro cancels or discontinues the course of instruction in which the student has enrolled.
- 3.) FoodHe.ro fails to conduct classes on days or times scheduled, detrimentally affecting the student.

REFUND AND WITHDRAWALS



Participants who withdraw ten (5) days prior to the first day of classes (unless specified otherwise) will not be charged program costs and/or tuition. For non-voucher programming, no tuition refund will be given for any reasons for no shows for single day training classes.

REFUND FOR VOUCHER PARTICIPANTS

For Voucher paid programming, no tuition refund will be given to program participants in cash. All defaulted or unused vouchers will be returned to the appropriate funding agency. Vouchers will not be submitted to third party agencies for students who do not begin programs. Note: Refund may be defined as non-submission of program costs or tuition payment vouchers. For cash paying individual participants engaged in training programs of extended length '5 weeks', refunds for weeks not completed may be issued upon proper written withdrawal unless otherwise rescheduled with program administrator approval.

REFUND FOR REGISTRATION, LECTURES, WORKSHOPS AND SEMINARS

No refunds will be allowed for registration fees, lectures, workshops and seminars and others as assigned.



Course Title: **Culinary Arts Certificate**

2021 Class Schedule

SESSION 1

Start Date: March 1st 2021 (weekdays)

End Date: June 30th, 2021

SESSION 2

Start Date: July 1st, 2021 (weekdays)

End Date: November 30th, 2021

SESSION 3

Start Date: July 1st, 2021 (weekends)

End Date: October 31st 2021

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COURSE INSTRUCTORS

EXECUTIVE CHEF EDGAR RORDIGUEZ

- Recipe developer
- Menu developer
- Flavor developer
- Food and Wine Purchasing
- Food and Wine Educator
- Hiring and Training

AWARDS AND ACCOLADES

Food-Cost Analysis Restaurant Advisor Restaurant planning Catering planning Cooking classes
Chef Vegan and Raw '05, '06, '07

- ZAGAT Food rating: 27 out of 28: 2000, '01, '02, '03, '04,
- Chicago Tribune: 3 stars
- Chicago Sun Times: 3 stars
- Daily Herald: 3 stars
- Chicago Magazine: 3 stars in 1998, '99, '00, '01, '02, '03,
- Chicago Magazine: Best Dessert Winner, 2007
- Chicago Magazine: Recognition- Top 20 New Restaurants, 1998
- Metromix: Best B.Y.O.B, 1998
- 2004 Plitt Seafood Competition: First Place Winner
- 2003 Samuel Adams Beer National Competition: First Place Winner
- 2002 Pork Producers National Competition: First Place Winner

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EXECUTIVE CHEF DUDLEY NIETO

Dudley Nieto grew up in Puebla, México. His father – who grew up in Spain – was a force to be reckoned with in the kitchen, which provided Nieto a “strong sense of pride, knowing men could be great cooks.” At 21 years old, Nieto intended to study medicine but decided to pursue culinary school instead. After graduating from Le Cordon Bleu, Nieto brought his Mexican palate and classic French technique to kitchens in the Chicago area. He’s opened countless restaurants, from Adobo Grill and Chapulin in Chicago to Bartaco, Rosa Mexicano-Lincoln Center and Dos Caminos Park Avenue in New York City, finally returning home to the Midwest last year where under his guidance, new eatery Mezcalina has recently earned the distinction of being named one of 23 “Authentic Mexican Restaurants” by the Mexican government.

“As you know, Mexican cuisine has been designated World Heritage by UNESCO and it hasn’t become popular by accident. It’s all about giving diners great food with excellent flavors. It’s a cuisine that’s quickly becoming more mainstream, but we can continue to make it grow by staying true to our roots. For the foodies that have had street tacos in Mexico, I want to deliver a taco that’s even better. For first-time diners, I want to provide an experience they’ll never forget. That’s my challenge: to put authentic yet contemporary food at the table.”

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Institutional Disclosures Reporting Table

Per Section 1095.200 of 23 Ill. Adm. Code 1095:

Institution Name: Food He.ro
July 1, 2018 - June 30, 2019

The following information must be submitted to the Board annually; failure to do so is grounds for immediate revocation of the permit of approval.

Disclosure Reporting Category	Program Name	Culinary Arts
	CIP*	12-0503
	SOC*	35-2021.00
A) For each program of study, report:		
1) The number of students who were admitted in the program or course of instruction* as of July 1 of this reporting period.	0	
a) New starts	0	
b) Re-enrollments	0	
c) Transfers into the program from other programs at the school	0	
3) The total number of students admitted in the program or course of instruction during the 12-month reporting period (the number of students reported under subsection A1 plus the total number of students reported under subsection A2).	0	
4) The number of students enrolled in the program or course of instruction during the 12-month reporting period who:		
a) Transferred out of the program or course and into another program or course at the school	0	
b) Completed or graduated from a program or course of instruction	0	
c) Withdrew from the school	0	
d) Are still enrolled	0	
5) The number of students enrolled in the program or course of instruction who were: *		
a) Placed in their field of study	0	
b) Placed in a related field	0	
c) Placed out of the field	0	
d) Not available for placement due to personal reasons	0	
e) Not employed	0	
B1) The number of students who took a State licensing examination or professional certification examination, if any, during the reporting period.	0	
B2) The number of students who took and passed a State licensing examination or professional certification examination, if any, during the reporting period.	0	
C) The number of graduates who obtained employment in the field who did not use the school's placement assistance during the reporting period; such information may be compiled by reasonable efforts of the school to contact graduates by written correspondence.	0	
D) The average starting salary for all school graduates employed during the reporting period; this information may be compiled by reasonable efforts of the school to contact graduates by written correspondence.	NA	

*CIP--Please insert the program CIP Code. For more information on CIP codes: <https://nces.ed.gov/ipeds/cipcode/Default.aspx?y=55>

*SOC--Please insert the program SOC Code. For more information on SOC codes: <http://www.bls.gov/soc/classification.htm>

*A **course of instruction** is a standalone course that meets for an extended period of time and provides instruction that may or may not be related to a program of study, but is either not part of the sequence or can be taken independent of the full sequence as a stand-alone option. A Course of Instruction may directly prepare students for a certificate or other completion credential or it can stand alone as an optional preparation or, in the case of students requiring catch-up work, a prerequisite for a program. A stand-alone course might lead to a credential to be used toward preparing individuals for a trade, occupation,



RECORDS & RETENTION

The office, 324 North Leavitt Chicago, IL 60612, maintains a record for each enrolled student.

Files generally contains the student's acceptance letter, high school transcript, diploma, GED, or transcripts from other postsecondary schools, enrollment agreement (one for each academic year, semester grades, policy confirmations, withdrawal or cancellation information) and final transcript, and may also contain exam scores from certifications.

Electronic documents will be retained as if they were paper documents. Therefore, any electronic files that fall into one of the document types on the above schedule will be maintained onsite properly filed permanently. Student files will be stored electronically on Food He.ro's master Computer Management System and in physical office files. Student files can be accessed with prior written request notice and presentation of proper identification.

Access and Review: Students have the right to physically review their own Education Records in the presence of a designated representative. Where necessary and reasonable, an explanation and interpretation of the record will be provided by qualified personnel.

The Student is required to submit all requests for access to his/her records in writing to the main office, located at 324 North Leavitt Chicago, IL 60612 and will be required to present appropriate identification. Original records may not be removed from any office where they are maintained.