

2024-
2025

Course Catalog

FOOD HERO
2024-2025

**About Us:**

Food Hero is the first Latino led culinary school that builds culinary confidence for those looking for a career in the food industry or are interested in starting a food business. We also serve as a bilingual food incubator and shared kitchen to help small businesses. These businesses range from street vendors, bakers, catering services, restaurants and consumer packaged goods.

We Believe In:

- Workforce Education
- Good Food
- Healthy Menus
- Sustainable Restaurants
- Business & Community Empowerment
- Social & Environmental Responsibility

What We Do:

At Food Hero, we strive to empower our communities the best way we know how – through food, tradition and innovation. Our programs are designed to support the new era of cooking led by people of color. We believe in maintaining our traditional cultural cuisine alive but also elevating it in today's modern table.

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

We do this by strengthening the food ecosystem through a variety of programs and services that include:

- Culinary Training
- Entrepreneurship Training
- Nutrition Education
- Food Safety Training
- Restaurant Consulting

Our Program:

16 weeks Culinary Arts Training Program

The first 8 weeks 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, 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. The final 8 weeks identifies skill gaps and provides customized training for professional development through online learning, kitchen labs, work-based learning, internships, and on-the-job training with food industry employers. Learn the various technology tools to become more efficient in the kitchen and to adapt to current and future market climates.

Accreditations:

- National Restaurant Association
- American Culinary Federation
- Serv Safe

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

Certifications:

- Certified Fundamentals Cook
- Food Costs
- Food Service Sanitation Manager
- Food Allergens
- Restaurant Professional

Why Food Hero:

Food Hero is designed to serve the community by the community. Located in the west and south sides of Chicago.

- Our culinary school in low-income communities which makes us accessible to residents and surrounding neighborhoods.
- Our bilingual programs are designed to empower our students by enriching them with a second language – whether that be English or Spanish – which they can leverage to compete in the workforce.
- Our educational approach goes beyond the traditional classroom setting. In collaboration with chefs, community partners, employers, and funders our programs are developed based on our participants and industry needs. We ensure that our approach and resources serve as a pathway to progress for our participants and our employers.

What Food Hero offers is key to building that confidence participants need to find their voice whether it be to step foot in a culinary career with livable wage or starting a food business.

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

Course Description:

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)Certified Fundamental Cook , (4)Certified Restaurant Professional, (5) Food Hero Certificate of Completion (6) Food Service Sanitation Manager

Employment Opportunities:

Occupations: 119051

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

Course Code	Course Title/Description: <u>Culinary Arts Certificate</u>	Credit Hours	Instruction Hours
CAC-110	<p data-bbox="422 310 695 337">Intro to Food Service:</p> <p data-bbox="422 378 1545 581">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.</p> <p data-bbox="422 618 646 646">ISBN: 013345855</p>	3	45
CAC-115	<p data-bbox="422 656 764 683">Food Sanitation and Safety:</p> <p data-bbox="422 724 1566 927">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.</p>	1	15
CAC-120	<p data-bbox="422 964 701 992">Chef Training-Level 1:</p> <p data-bbox="422 1000 1545 1162">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 data-bbox="422 1203 646 1230">ISBN: 013345855</p>	4	60

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

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> <p>ISBN-13: 9780132175272</p>	2	30
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 	3	45

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

	<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>		
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
	Total		<u>575</u>

Tuition, Fees and All Other Course Charges:

Program	Tuition	Books	Exams	Registration	Total Cost
Culinary Arts	\$7,750	\$0	\$0	\$250	\$8,000.00

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

Requirements for Admission:

All students must have the minimum qualifications as listed below for enrollment into the Food Hero 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)

Food Hero is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food Hero is not accredited by a US Department of Education recognized accrediting body.

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.

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

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.

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

2024-2025 Class Schedule

Program: Culinary Arts Certificate

SUMMER

Start Date: July 30 , 2024

End Date: October 30th, 2024

FALL

Start Date: October 10th, 2024

End Date: December 30th, 2024

WINTER

Start Date: January 9th, 2025

End Date: March 30th 2025

SPRING:

Start Date: April 1st, 2025

End Date: June 30th 2025

Course Instructors

Chef Herbert Delgado

Chef Esmeralda Lorenzo

Chef John Borrás

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

Records & Retention

The office, 3331 W 26th Street Chicago, IL 60623, 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 Hero'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 3331 W 26th Street Chicago, IL 60623 and will be required to present appropriate identification. Original records may not be removed from any office where they are maintained.

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.

Food Hero
 Institutional Disclosures Reporting Table
 July 1, 2023 through June 30, 2024 (past fiscal year)
 Per Section 1095.200 of 23 Ill. Adm. Code 1095.

Institution Name: _____

The following information must be included with the enrollment agreement, catalog, and posted on the institution's website.

Disclosure Reporting Category	Program Name	Program Name CIP*	Program Name SOC**				
	Culinary Arts	12-0503	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.		25					
2) The number of additional students who were admitted in the program or course of instruction during the next 12 months and classified in one of the following categories:							
a) New starts		10					
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).		35					
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		25					
c) Withdrew from the school		0					
d) Are still enrolled		25					
5) The number of students enrolled in the program or course of instruction who were:							
a) Placed in their field of study		15					
b) Placed in a related field		5					
c) Placed out of the field		3					
d) Not available for placement due to personal reasons		1					
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.							
		25					
B2) The number of students who took and passed a State licensing examination or professional certification examination, if any, during the reporting period.							
		25					
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.							
		25					
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.							
		\$18					

*CIP - Please visit the program CIP Code for more information on CIP codes: <https://nces.ed.gov/ipeds/data/ipedsreports/cip/>
 **SOC - Please visit the program SOC Code for more information on SOC codes: <http://www.bls.gov/oc/oc/soc/codes.htm>
 *A course of instruction is a stand-alone course that 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 certificate or other credential awarded or in preparation for an occupation, profession, or in the case of students requiring catch-up work, a prerequisite for a program. It should be used to describe a course that is used to prepare students for a trade, occupation, profession, or to improve, enhance or add to skills and abilities related to occupational/career opportunities.

In the event that the school fails to meet the minimum standards, that school shall be placed on probation.

If that school's passage rate in its next reporting period does not exceed 50% of the average passage rate of that class of schools as a whole, then the Board shall revoke the school's approval for that program to operate in this State. Such revocation also shall be grounds for reviewing the approval to operate as an institution.

Feb 2014

Food He.ro is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education. Food He.ro is not accredited by a US Department of Education recognized accrediting body.